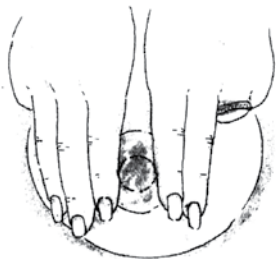
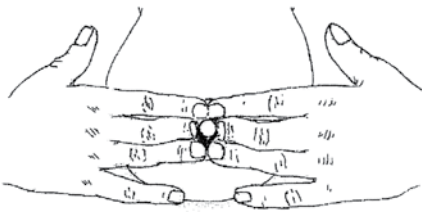


Ka fai lekua e tau Huhu

Ka fua e tau Huhu

Ko e tapu fakapa he oti e fanau, kua mafiti ke huhua e tau huhu, kua fua mo e mamafa, pihia mo e mao, vela mo e mamahi.

Nakai tumau e fua he tau huhu, ka eke ke fakahuhu e muke ke laga fiha he po mo e aho.



Drawn by Kyle Cotterman

Ka uka he muke ke moua mitaki e mata huhu, lagomatai e koe ke:

- tatau ke molu e tau fua huhu
- fakaaoga ua e matalima ke tatau aki e mata huhu, ti liu fakahuhu ka molu.

Ka eke kua fua e tau huhu mo e mamahi e tau mata huhu, to fai gagao ka moua, pihia mo e nakai lahi e talagaaga he huhua huhu.

Lali ke ua fakaaoga e matahuhu (dummy) po ke lupu huhu.



Falu a mena ke lali mo e taute

Fakamua to fakahuhu, tuku e tauela (towel) mafana he tau fuahuhu ke fai minute ke lagomatai aki.

Lali ke fakaaoga e saoa (shower) mafana, mo e fakatafe hifo ke he tau fuahuhu. Mulu fakaeneene ka eke kua ai hagahaga mitaki.

Fakaaoga foki e aisa (ice) poke taga (frozen veges) viko aki e tauela aleale ti tuku he tau fua huhu ke 15 poke 20 e tau minute.

Fufulu e tau lau kاپisi mo e uta kehe e tua, ti hele e lau ke lata moe mata huhu, ti tuku i koto he pale huhu (bra). Fakafoou ka oti e fakahuhu, po ke ka fifigo. Ka logona kua mitaki ti taofi.

Fakaaoga e pale huhu ne nakai fai uaea (wire).

To mole e fua, pete ni he huhua lahi e tau huhu, to nakai liu ke tuga fakamua.



Telefoni mai ka fia manako lagomatai:

www.breastfeeding.org.nz