



**ANZCA**  
FPM

TE RĀ REHUNGA  
Ā-MOTU 2021  
18 WHIRINGA-Ā-NUKU

# Te rehunga me te whakawhānau pēpi

Nā roto i te āhua o te hapūtanga, o te mahi whakawhānau hoki ka puta ētahi huringa rangitahi noa engari nui tonu ki ō tātou tinana. Ko ngā momo āhuatanga ka tino kitea i te wā o te whakawhānau ko te auhi, ko te mamae anō hoki, ka mutu, me haere ētahi wāhine kia poka i te wā e hapū ana. Ehara i te mea me whai kaitukurehunga i a koe e hapū ana, e whakawhānau ana rānei i tō pēpi, heoi anō, he pai te mōhio he aha anō ō kōwhiringa.

## E taea ai te rehunga i a au e hapū ana?

E taea ai te mahi poka i te wā e hapū ana, e whāngai ū ana hoki. Ka aromatawaitia koe e tō kaitukurehunga, ā, ka whakaritea tō rongoa kia hāngai tonu ki a koe anō. E hīkaka ana hoki rātou ki te whakamārama i te hātepe ki a koe, oti rā, ki te whakautu i ō pātai katoa.

## Me pēhea taku whakahaere i te auhi i te wā whakawhānau?

Mā tō tapuhi whakawhānau me tō tākuta whakawhānau koe e āwhina ki te whakahaere i te mamae māmā, āhua kaha anō hoki. Heoi anō, ki te hiahia koe kia roa ake te whakamāmātanga, kua mate rānei te poka whakawhānau, me tono kaitukurehunga kia awhina mai i te fīma whakawhānau. Kei ngā hōhipera matua katoa ngā kaitukurehunga, heoi anō mehemea e whakaaro ana koe ki te whakawhānau i tō pēpi ki tētahi hōhipera pakupaku ake, me kōrero ki tō tapuhi, Tākuta rānei.

## Pēhea te roa kia pai ai taku whāngai ū i muri i te rehunga?

I te nuinga o te wā e taea ai te pā inamata atu kiri-ki-te-kiri ki tō pēpi, me te tīmata te whāngai ū i te wā e rite ana koe.

## Me whai rongoa whakamāmā au i muri i te whānautanga mai o te pēpi?

Ka hiahia rongoa whakamāmā pea koe i muri i te whānautanga mai o te pēpi. E taea ai te nuinga o ngā rongoa whakamāmā te kai i a koe e whāngai ū ana, engari ka kōrerohia tēnei e koutou ko tō fīma whakawhānau ā taua wā.

## E mōhio ana koe...?

Kei runga rawa te haumarua o Ahitereiria, o Aotearoa hoki mō te tikanga poka e whakamahi ana i te rehunga, ka mutu, he tākuta mātanga whai whakangungu tino kounga rawa huri noa i te ao ā tātou tākuta.



SCAN ME

Hei mana nui i te Taiao o Ahitereiria-Aotearoa, e whakatakoto mōhiohio mārama, whai taunakitanga hoki ana a ANZCA hei mea āwhina i a koe ki te whakatau i ngā whakatau i runga i te mārama tonu. Karapahia te waehere QR kia haere ki tō mātou paetukutuku [anzca.edu.au](http://anzca.edu.au). He aratohu noa iho ēnei mōhiohio, ehara i te mea kapi i ngā mōhiohio ka whiwhi koe i tō kaitukurehunga.