

Ko tetai tuatau meitaki teia, no te
akamatutu i toou turanga oraanga
meitaki, koia oki me nui koe



Kāre 'e Kai 'ava'ava,
Kāre 'e kai kava



Te au manamanata
o te maki Teiaa o
te Manako



Patia'anga
Paruru



Takoto ki
runga i toou
kaokao



Kai No te
Oraanga
metaki



AUCKLAND
DISTRICT HEALTH BOARD
Te Toka Tumai



Waitematā
District Health Board
Best Care for Everyone

www.pregnancysmile.nz

Porokiroki'anga no te au vaine nui



Kāre 'e Kai 'ava 'ava, Kāre 'e kai kava

Oronga atu i te akamata'anga oranga
meitaki roa atu no taau pepe, ma te kore
te kava e te avaava i roto

EAA TE TUMU?

Me kai avaava koe i te tuātau e nui ara koe, ko te kino i roto i te avaava, ka tae katoa te reira ki te pepe. Ka tāmanamanata teia i toou nui. I roto i tetai au vaine, ka topa te pepe, tetai ka anau vave, e tetai pae ka meangitika ua te pepe me anau mai. I roto i tetai au tūranga, ka mate poitirere ua te pepe (kapiki'ia i roto i te reo papa'a e, e cot death).

Ko te kaikava ia koe e nui ra, ka tāmanamanata i te tupu'anga o te roro o te pepe. Me anau mai, ka ngata i te pepe i te opu atu i tetai au apii'anga, me kore, kare e noo maria aka angaanga i te akono. Ka riro te kava i te taime e nui ara te vaine i te tamanamanata atu i te ora'anga o te pepe no tetai tuatau roa.

EAA TE RĀVENGA TAUTURU

Komakoma atu ki toou neti anau (LMC), me kore ra ki toou Taote no tetai au rāvenga e rauka ei ia koe i te akaruke i te kai avaava. Ka rauka i tetai tangata i te tauturu ia koe anake, i raro ake i tetai porōkarāmu takake. Kua akakoro'ia teia porōkarāmu ei tauturu ia koe i te takore takiri atu i taau kai avaava e, e au voucher 350 tara katoa tetai mei ko mai i te Countdown e te Warehouse, no te tauturu e te akamaroiroi ia koe, i taau tauta'anga kia kore taau kai avaava. Ato roa atu i te

Ready Steady Quit i runga i te nūmero 0800 500 601, imere info@readysteadyquit.org.nz me kore ra i runga i te kupe roro uira readysteadyquit.org.nz.

Ka rauka i toou LMC, me kore toou Taote i te oake atu i tetai peapa akatika'anga, no tetai au apinga ei mono atu i te avaava me kaki avaava koe.

Komakoma atu ki toou kopu tangata, e toou au taeake no te turanga oraanga meitaki taau e umuumu nei, no te akamata'anga i te oraanga o taau pepe. Ka rauka te oraanga meitaki ia koe e te pepe, me kare e kai avaava i roto i te ngutuare. Me anoano oki toou ngutuare tangata e toou au taeake i te aru atu i teia akakoro'anga noou i te takore atu i taau kai avaava, ka rauka katoa ia kotou i te taangaanga atu i te porōkarāmu Ready Steady Quit. E au voucher katoa tetai no te akamaroiroi atu ia kotou e angaanga kapiti ara, no te reira umuumu'anga.

Komakoma atu ki toou LMC, me kore ra ki toou Taote, me te anoano ra koe i te takore atu i taau kai aavaava e te kai kava, i te tuātau e nui ara koe. Ka rauka katoa ia koe i te ringi atu i te nūmero 0800 787 797 me kore pata atu i te numero 8681 koia te Alcohol and Drug Helpline.

USEFUL LINKS

- **Ready Steady Quit:**
www.readysteadyquit.org.nz, 0800 500 601,
info@readysteadyquit.org.nz
- **Alcohol Drug Helpline:**
www.alcoholdrughelp.org.nz
0800 787 797, Free text 8681
- www.alcohol.org.nz/alcohol-its-effects/alcohol-pregnancy





Te au manamanata o te maki Teiaa o te Manako

Ko te akonokono'anga meitaki'anga i te teiaa i runga i toou manako, tetai apinga puapinga roa atu noou e te pepe

EAA TE TUMU?

Me nui koe, ko tetai tuatau mataora roa atu ia, inara, e tuātau katoa teia e rairai ana te apainga ki runga i te manako. E riro ana tetai au tau'i'anga i te tuātau e nui ara te vaine, i te tāmanamanata atu i to rātou manako, ma te oronga katoa atu i tetai au apainga takake.

Aiteite ua te puapinga o toou tūranga manako, e te tūranga o toou kopapa i te tuātau e nui ara koe, e pera i te tuātau i muri ake i toou anau'anga.

E RIMA RĀVENGA NO TE NO TE AKAMATUTU'ANGA I TOOU TŪRANGA ORAANGA MEITAKI

Ka riro teia au rāvenga raverave'anga matatio, e meitaki noou e te pepe.

Aa meitaki'anga e, te peeā ara koe – Kia kite rai koe e, te peeā ara koe, e me kare koe e meitaki ana, eiaa e uuna. Te meitaki ua ara e, me kare koe e meitaki ana. Ko koe rai tei kite ia koe, me kare koe e meitaki ana, atoro atu i tetai tauturu.

Kia rava te akaori'anga i te kopapa – Tamata atu i tetai au apinga te ka riro i te akaoriori i toou kopapa, te ka akaetaeta atu i te uaua. Tetai manga aereaere i te ra, eke vave mei runga

i te bus kia rava rai te mamao i taau ngai ka aereaere atu, no te taangaanga i te uaua. E apinga anake teia i te tauturu atu i te tūranga meitaki o te kopapa. Komakoma atu ki toou LMC me kore ra ki toou Taote, no te au angaanga ka tau ia koe i te rave atu.

Atoro atu i toou au taeake e toou kopu tangata –

I tetai taime, ko tera pukapuka ua ara ki tetai tangata no runga i tetai au apinga e vai ua ara i roto i toou manako, ka mama mai te apinga i runga i toou manako.

Akanoo atu i tetai tuātau noou, noou anake – E apainga maata te akono'anga meitaki i te tamariki. Akanoo rai koe i tetai tuātau no te taratara i toou manako. Pai vai, tatau puka, akarakara TV me kore aereaere takapini i te ngai e noo ara kotou.

Akarakara atu i tetai apinga ou – Aere atoro ia tetai o toou au taeake, tetai ngai ou takiri – tetai ngai te ka riro e maeva me kore e umere'anga no te manako.

ME ANOANO TAUTURU KOE

Me ka inangaro tauturu ke atu koe, komakoma atu ki tetai tangata taau i irinaki, no runga i taau e kite ara i runga ia koe. Ka riro te au taeake e te kopu tangata e tauturu ia koe, na roto ua i te akarongo'anga mai i toou manako, meitaki e te taitaia. Ka riro katoa rātou e irinaki'anga noou me anoano tauturu koe. Me taitaia me kore teiaa toou manako, komakoma atu ki toou Taote me kore ra toou Neti anau. Ka rauka ia rātou i te tauturu mai, me kore ra, ka rauka ia rātou i te tuku atu ia koe, ki tetai tangata ka rauka i te tauturu mai i te au ngai taau e anoano tauturu ara. Ko te aronga teia e rave ana i teia tu angaanga no te au vaine nui, te teiaa i runga i te manako, e te manako taitaia, e ka rauka katoa ia rātou i te atui atu ia koe ki tetai au pupu e tūranga teiaa katoa to rātou mei toou rai.

USEFUL LINKS

- **Mental Health Foundation:**
www.mentalhealth.org.nz
- www.depression.org.nz
- www.beatingtheblues.co.nz
- Try a meditation app such as CALM



Patia'anga Paruru

Paruru'ia koe mei te mare akatete (whooping cough) e te Flu i te au taimē rava rai me nui koe. Kare e tutaki!

EAA TE TUMU?

Me paruru'ia koe mei te mare akatete e te flu i te tuātau e nui ara koe, ka riro katou te reira i te pāruu i taau pepe, i nga marama mua o tona oraanga.

E tau e kia patia koe ia koe ki teia nga patia tutaki kore i te au taimē me nui koe.

MARE AKATETE

E maki kino te **mare akatete** (Pertussis), i te mea oki e, ka mare te pepe e poupuu ua atu te akaea. Ka kino atu teia i runga i te au pepe i raro ake i te 1 mataiti. Mei tetai 7 i roto i te 10 pepe tei kitena ia mai me tu'ia e teia maki, ka anoano'ia kia noo ki runga i te are maki. I roto i te aere'anga openga o teia maki i Aotearoa nei, e toru pepe i takake atu¹.

Ko te patia pāruu mei teia maki mare akatete, ka tau te reira kia patia'ia ki runga i te au vaine nui mei te 13 epetoma ki tetai ua atu tuātau i mua ake ka anau ei. E meitaki atu ra oki i nga epetoma mua o teia tau mei te 13 epetoma mai, kia rava oki te tuātau no teia vairakau pāruu kia tae ki te pepe i roto i te vairanga. Ka tau oki te patia'anga pāruu i te pepe i muri ake i te 6 epetoma i te anau'anga. Me patia'ia te mama i te tuātau e nui ara, ka rauka rai tetai 91% papu e, ka paruru'ia te pepe.

FLU

Ka riro te flu e kino kia koe, e te pepe i te tuātau e nui ara koe. E maata atu te kino ki runga i te vaine nui me tu'ia e te flu, i te vaine kare i nui. I tetai au taime, ka anau vave te vaine nui me kore ra, ka meangitika ua te pepe me anau mai. Te vai katoa ara oki tetai au vaine nui, me kare i patia'ia, ka anau mai kua mate te pepe.

Ka pāuru teia vairākau pāuru ia koe mei te flu. Ka pāuru katoa atu teia patia i runga i te vaine nui, i te pepe i roto i tona kopu.

PATIA'ANGA PARURU IA KOE

KARE TEIA PATIA'ANGA E TUTAKI, no te au vaine nui KATOATOA.

Ko te patia'anga o te vaine nui no te **Mare 'Akatēte** mei te 13 eptoma e tae ua atu ki te tuātau i mua ake ka anau e, KARE E TUTAKI. Ka rauka te reira mei ko mai i toou Taote (GP).

Mei roto mai ia Aperira ki roto ia Titema, te vai ua ara te patia flu me ka inangaro'ia. Tei ko te reira i toou Taote (GP), me kore, i te au Pharmacy, KARE E TUTAKI.

Kare e manamanata teia patia pāuru ki runga i te au vaine nui. Komakoma atu ki toou Taote me kore ra Neti Anau LMC no runga i toou au patia pāuru.

USEFUL LINKS

Atoro atu i te kupe roro uira

- www.health.govt.nz/your-health/healthy-living/immunisation/immunisation-pregnant-women me inangaro koe i te kite oonu atu ki roto i teia.
- www.waitematadhb.govt.nz/hospitals-clinics/clinics-services/maternity-services/immunisation-and-pregnancy
- www.healthed.govt.nz/resource/immunise-during-pregnancy

¹ www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/whooping-cough



Takoto ki runga i toou kaokao

Mei te 28 epetoma o toou nui'anga,
takoto ua rai ki runga i toou kaokao, me
te akangaroi me kore ra, te moe ra koe.

EAA TE TUMU?

Ka tauturu te takoto'anga e te moe'anga ki runga i toou kaokao, mei tetai 'āpa kia kore te pepe e anau mai e, kua mate (stillbirth). Me moe oki koe ki runga i toou mokotua, ka riro te teiaa o te pepe i roto i toou kopu, ei pāuru atu i te aere'anga o te toto i roto i te au aratoto i raro ake i te pepe, no te apai atu'anga i te toto ki te au mero o toou kopapa e pera te pepe. Ka tāmanamanata teia i te reva meitaki na roto mai i te toto ki ko i te pepe.

Me takoto ki runga i toou kaokao (kau i me kore katau), te akapāpū ara koe e, e maata re reva na roto i te toto e tae ara ki te pepe i roto i te vairanga.

AKAPEEA ME ARA MAI AU E,TEI RUNGA AU I TOKU MOKOTUA?

E mea mātau rai i te tauui i ta tatou takoto'anga ia tatou e moe ara. Ko te mea puapinga ra oki koia, kia oki akaou rai koe ki runga i toou kaokao me ara mai koe. Me takoto koe i mua ake ka moe ei koe, takoto atu ki runga i toou kaokao.

Ko te porokiroki'anga teia ki te metua vaine iaia e nui ara. Me anau mai te pepe, ka anoano'ia aia kia moe ki runga i tona mokotua, i runga rai i to rātou koti, me kore ra ngai moe'anga taau i akanoo, i roto rai i te pia e moe ara koe.

USEFUL LINKS

- www.sleeponside.org.nz
- www.sleeponside.org.nz/assets/downloads/CK-Sleep-safe-leaflet.pdf





Kai No te Oraanga metaki

Ko te kai'anga i te au kai meitaki no te oraanga, ka meitaki te reira noou e te pepe

EAA TE TUMU?

Ko te kai'anga i teia au kai meitaki no te oraanga, ka riro mai e puapinga no toou oraanga e te oraanga o te pepe.

Akatinamou ki runga i te kai'anga i te au kai raurau e te au ua rakau. Auraka e kaikai maata, tauta atu auraka koe kia kai i te au kai mei te keke, chips e te biscuit. Me maata taau kai tuka ka kai, ka maata katoa te tikaanga e ka tū'ia koe e te toto vene, e ka iri katoa atu tetai kino ki runga i te pepe, penei e ka matu te pepe me mapu mai. Inu maata i te vai areare, e auraka e inu i te au vai kairo'ia mei te coke, te sprite e te vai atura. Ko te energy drink oki, e vairākau akanauru'anga tetai i roto i te reira, te ka riro katoa e tāmamanata i toou nui me kare koe e matakite.

Paunu rai koe ia koe i nga ra mua o toou nui'anga e oti komakoma atu ki toou Neti Anau LMC, eaa te teiaa tau noou i te au tuātau o toou nui'anga. Me maata roa oki touu paunu i te tuātau e nui ara koe, ka ngata e topa ei te reira i muri ake i te anau'anga te pepe.

Ko te kai'anga i te au kai meitaki, e te inu'anga i te vai i te tuātau e nui ara koe, ka tauturu katoa te reira i toou tuke nio, e toou nio i te tuātau e nui ara koe. Me meitaki toou nio, ka meitaki rai toou, e to te pepe tūrangā oraanga kopapa.

USEFUL LINKS

- www.health.govt.nz/your-health/pregnancy-and-kids/pregnancy/helpful-advice-during-pregnancy/eating-safely-and-well-during-pregnancy
- www.mpi.govt.nz/food-safety/food-safety-for-consumers/food-and-pregnancy
- www.nzda.org.nz/public/your-oral-health/pregnancy



For healthy pregnancy
advice visit
www.pregnancysmile.nz



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