

He wā pai te hapūtanga kia hauora ai



Smoke And Alcohol Free
Auahi Kore, Waipiro Kore



Mental Wellbeing Matters
Ngā Take Oranga
Hinengaro



Immunise
Tuku awhikiri



Lie On Your Side
Takoto i runga
i tō kaokao



Eat Healthy
Kai tōtika
mō te
tinana



TE REO MĀORI



AUCKLAND
DISTRICT HEALTH BOARD
Te Toka Tumai



Waitematā
District Health Board
Dedicated Care for Everyone

Kano Ārai Mate Rewharewha Koreutu

Tiakina kōrua ko tō pēpi mai i te mate rewharewha

Whiwhi i tō kano ārai mate rewharewha
KOREUTU mai i tō rata, taka rongoā ranei

I IA hapūtanga

I IA WĀ mai i te Āperira ki te Tihema

INGOA O TE TAPUHI
ŌMAHU MATUA

WAEA A TE TAPUHI
ŌMAHU MATUA

Mō ngā tohutohu hapūtanga hauora haere ki www.pregnancysmile.nz

Tīmata ai te tiaki i te pēpi i te wā e hapū ana

Mate rewharewha (Whurū) – he huaketo ka tere hōrapa mai i tētahi tangata ki tangata, e pā mai ai te kirikā, te hāwiniwini, me ngā mamae noa. Mō te nuinga o ngā tāngata he tino mamae, ā, e hia wiki rā anō ka hipa kātahi anō ka ora ake.

- He nui ake te tūponotanga o ngā wāhine kei te hapū ki ngā raruraru nui o te mate rewharewha, pērā i te niuimōnia me te uaua o te whakangā, ā, me uru ki te hōhipera.
- Ko te **whiwhi ārainga mate** te āraitanga pai rawa mōu i te mate rewharewha, ā, e tūtuhia ana mō IA hapūtanga hei tiaki i a kōrua ko tō pēpi mai i ngā pānga kino o te mate rewharewha. Ka taea e ngā kano ārai mate rewharewha te āwhina i a koe hei ārai atu i te pānga mai o te mate rewharewha me te āwhina kia kaua e pā mai anō ki tō pēpi.
- E wātea ana te kano ārai mate mai i te Āperira ki te Tihema i ia tau, i tō rata, taka rongoā rānei.
- Ko te mea pai rawa kia tōmua te whiwhi i te kano ārai mate i te wāhanga mate rewharewha o te tau kia tino taea ai te tiaki i a koe.
- He haumaruru te whiwhi ārainga mate ahakoa te wā o tō hapūtanga.
- Me whiwhi kano ārai mate i ia wā ka hapū koe.

Me tiaki i a koe anō me tō pēpi mai i te mate rewharewha –me whiwhi kano ārai mate!

Mō ngā tohutohu hapūtanga hauora haere ki www.pregnancysmile.nz

