

ko te wā e hapū ana he wa
rangatira mo te aronui ki
te hauora.



Auahi Kore, Waipiro Kore



Ngā Take Oranga Hinengaro



Tuku awhikiri



Takoto i runga i
tō kaokao



Kai tōtika mō
te tinana



AUCKLAND
DISTRICT HEALTH BOARD
Te Toka Tumai



Waitematā
District Health Board
Best Care for Everyone

hai kōrero awhina māu kia pai ngā mea
katoa i te wā e hapū ana, me hono atu ki
www.pregnancysmile.nz



Smoke And Alcohol Free

Auahi Kore, Waipiro Kore

Kia auahi kore, waipiro kore hoki
te whakatipuranga o tō pēpī.

HE AHA AI?

Ki te momi koe i te wā e hapū ana, ka tukua ngā paitini kino o te momi ki tō pēpī. Kei pā mai he whakararu kino i te wā o te hapūtanga, pēnei i te materoto, te whānau wawe, te whānau tōriki rānei. Waihoki kei tūpono mai he mate ohorere ki tō pēpī (pēnei i te mate pouraka).

Ki te inu waipiro koe i te wā e hapū ana, ka pā kinotia te whanaketanga roro o tō pēpī. Kei whakararuhia tana ako, tana whanonga rānei, ā, he uaua ki te tiaki i a ia. Waihoki ki te inu waipiro koe i te wā e hapū ana, ka taketake taua mate ki a pēpī mō ake tonu.

ME PĒHEA E TONO ĀWHINA

Me kōrero ki tō LMC (Tāpuhi whakawhānau matua – kaiwhakawhānau, rata whakawhānau), ki tō tākuta rānei ki te āwhina i a koe ki te aukati momi. Tērā hoki tētahi hōtaka auahi kore mā te hunga hapū, hei āwhina i a koe, tētahi ki tētahi. Ka riro hoki he pukamoni \$350 ki Countdown, ki te Warehouse rānei hei āwhina i a koe i runga i te huarahi auahi kore. Whakapā atu ki a Ready Steady Quit **0800 500 601**,

īmērā **info@readysteadyquit.org.nz**, rēhita rānei ki <https://readysteadyquit.org.nz>.

Mā tō LMC, tō tākuta rānei e tuhi whakahau rongoā mō ngā tapitapi, ngā pia ngaungau, ngā rare ngote rānei hei pēhi i ngā warawara kai hikareti.

Kōrero ki tō whānau me ō hoa, ka ui atu kia tautokona koe ki te ara hauora mō tō pēpī. He take nui mō tō ake hauora me te hauora o tō pēpī, kia noho auahi kore tō whare. Mēnā e noho tahi ana koe me tō whānau, ō hoa rānei, ā, e hiahia ana rātou ki te aukati i te momi, he hōtaka motuhake tā Ready Steady Quit mā tō whānau. Ka whiwhi pukamoni hoki hei āwhina i a rātou i runga i te huarahi auahi kore.

Ki te hiahia āwhina koe ki te whakarere i te waipiro i te wā e hapū ana, kōrero ki tō LMC, tākuta rānei, māna koe e tohu ki tētahi ratonga taunaki, wāeahia rānei ki a Alcohol and Drug Helpline **0800 787 797**. Pātuhi rānei **8681**.

PAEHONO AWHINA

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





Mental Wellbeing Matters

Ngā Take Oranga Hinengaro

He take nui te tiaki i tō oranga hinengaro i a koe e poipoi ana i a pēpī.

HE AHA AI?

He wā hiamō te noho hei māmā, ēngari he wā anō ka pōkia e ngā taimahatanga. Ka piki ngā pēhanga o ia rā, nā ngā panonitanga i te wā e hapū ana, otirā he nui ngā āhuatanga hou.

He take nui tō oranga hinengaro me te oranga wairua, i te wā e hapū ana koe, ā, i muri hoki i te whānautanga mai o pēpī, rite tonu ki te oranga tinana.

NGĀ HUARAHĪ E RIMA KI TE ORANGA

Mā te taki i ēnei rautaki ngāwari ki tō ao, ka nui ngā painga mōu me tō pēpī.

Aro ki a koe anō – Me aro koe ki ō pūkare, me te mōhio he wā anō ka tau mai te anipā. Me whakapono ki ō wheako, ā, uia te tangata ki te tūpono mai he raru.

Kori Tinana – kia kaha ki te kori tinana ia rā, he hīkoi poto pea, me tuku tōmua i te pahi rānei hei whakaohonga. He oranga tō te kori mō tō tinana me tō oranga. Kōrero ki tō LMC (Tāpuhi whakawhānau

matua – kaiwhakawhānau, rata whakawhānau),
tākuta rānei mō ngā tūmomo ngohe e pai ana mōu.

Tūtakitaki Whānau me ngā hoa – Hei ētahi wā
he oranga kei roto o te whakawhanaunga me te
kōrerorero, kia māhea ake ngā pōraruru o te wā.

Me tā te manawa – He taumaha-ā-tinana te
whakatipu pēpī nō reira me whai wāhi koe ki te
whakatā ia rā. Me kaukau waiwera, pānui pukapuka,
whakarongo waiata, puta rānei ki te hīkoi.

Torohia tētahi wāhi hou – haere i runga i tētahi
haerenga tata, tūtakitaki hoa, haere ki te papa rēhia,
tētahi wharekai rānei – me mātorotia ētahi wāhi
hou, wheako hou rānei.

KI TE HIAHIA ĀWHINA ANŌ

Me tono āwhina, me kōrerotia tō āhua ki tētahi
tangata e mōhio pūmau ana koe. He pai tonu
te whānau, ngā hoa hei kaiwhakarongo, hei
whirinakitanga, hei ringa āwhina rānei i ngā mahi ā
ringa.

Mehemea e pouri ana koe, me kōrero ki tō
kaiwhakawhānau, tō tākuta rānei. Mā rātou e kōrero
ki a koe mō ō kare-ā-roto, e tūhono rānei i a koe
ki ētahi atu kaiāwhina. He tautōhito rātou ki ngā
māharahara katoa o ngā māmā hapū, tae atu ki te
oranga hinengaro. Mā rātou koe e whakamōhio i
ngā rōpū tautoko, rōpu hāpori me ētahi atu ratonga.

PAEHONO AWHINA

- **Mental Health Foundation:**
www.mentalhealth.org.nz
- www.depression.org.nz
- www.beatingtheblues.co.nz
- Hai kōwhiringa māu, whakamātau hia te taupānga
'noho āio'(meditation) e kiia nei ko 'CALM.



Immunise

Tuku awhikiri

Āraia te mate mare motu me te mate rewharewha mā te tuku awhikiri i o hapūtanga KATOA. He kore utu.

HE AHA AI?

Mā te tuku awhikiri i te wā e hapū ana hei tiaki i te oranga o kōrua ko pēpī mō ngā marama atinga, hei ārai atu i te mate mare motu me te rewharewha.

Me whakamahia ēnei āraimate KORE UTU, **ia wā** e hapū ana koe.

MATE MARE MOTU

He mate taumaha te **mare motu**, ko tōna hua he mare taikaha me te hāhā uaua. He mōrearea rawa ki ngā pēpī i raro i te kotahi tau te pakeke, otirā e 7 o ia 10 pēpī ka kawea ki te hōhipera kia āwhinatia rātou ki te kai me te whakahā. He mate mōrearea tēnei – i te urutā mutunga o tēnei mate i Aotearoa nei, tokotoru ngā pēpī i mate i te mare motu¹.

Ka taea te tuku awhikiri mō te mate mare motu i te kaupeka tuarua, tuatoru rānei o te hapūtanga. Ko te painga atu kia tukua tōmuatia (i muri i te wiki 16 o te hapūtanga) kia uru ai te kaihāpai awhikiri, mā te ewe ki tō pēpī, kia tauāraitia tō pēpī i te mate, āpānoa kia whiwhi a pēpī i tana wero awhikiri i te ono wiki te pakeke. Ka heke te whakamōrea o te mate mare motu i roto i ngā kōhungahunga mā te 91 ōrau, mā te tuku awhikiri i te wā e hapū ana.

TE MATE REWHAREWHA

Ki te pāngia koe e te mate rewharewha i te wā e hapū ana, kei pā kinotia kōrua ko tō pēpī. Nui kē atu te mōrearea o te mate rewharewha ki ngā wāhine hapū, pēnei i te niumōnia, (matenui ki ngā pūkahu). Nui kē hoki te tūpono o te mate tonu atu i te mate rewharewha o ngā wāhine hapū i ētahi atu wāhine kīhai i hapū. Kei whānau wawe, tōriki ranei a pēpī nā te mate rewharewha i te wā e hapū ana. Ka heke iho te mōrearea o te mate whakatahe i te wā e hapū ana o ngā mea i whiwhi i te awhikiri rewharewha.

Mā te awhikiri e āwhina ki te ārai atu i te mate rewharewha. Ka tukua hoki taua awhikiri rā ki tō pēpī, kia kore taua mate e pā ki a ia.

TE WHIWHI AWHIKIRI

He KORE UTU te tuku awhikiri ki ngā wāhine hapū i ō rātou hapūtanga KATOA.

He KORE UTU te rongoā ārai i te mate **mare motu** i te kaupeka tuarua, tuatoru hoki o te hapūtanga, mai i tō tākuta.

E wātea ana te kano ārai mate **rewharewha** mai i te Paenga-Whāwhā ki te Hakihea ia tau. He KORE UTU te tuku awhikiri i te hapūtanga mai i tō tākuta, tō kaitaka rānei, hei ngā kaupeka katoa o tō hapūtanga.

He wehikore ngā kano ārai mate nei i te wā o te hapūtanga. Kōrero ki tō tākuta, LMC rānei (Tāpuhi whakawhānau matua – kaiwhakawhānau, rata whakawhānau) mō te whiwhi awhikiri i te hapūtanga.

PAEHONO AWHINA

Mō ētahi atu whakamārama mō te whiwhi awhikiri i te hapūtanga tirohia a

- www.health.govt.nz/your-health/healthy-living/immunisation/immunisation-pregnant-women
- 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



Lie On Your Side

Takoto i runga i tō kaokao

I a koe e whakangā ana, e moe kinikini ana, e moe ana rānei, me mātua takoto i runga i tō kaokao mai i te wiki 28 o te hapūtanga.

HE AHA AI?

Mā te moe i runga i tō kaokao i muri o te 28 wiki o te hapūtanga, e haurua i te tūpono pānga mai o te mate whakatahe. Nā te mea ki te moe koe i runga i tō tuarua, ka pēhitia e tō pēpī ngā ia-toto matua e kawea ana i te toto ki ngā wāhi katoa o tō tinana, me tō pēpī. Nā taua pēhanga ka kōpiri te rere o te toto me te hā-ora ki tō pēpī.

Mā te takoto i tō kaokao mauī, matau rānei i te wā e moe ana, e mōhio tūturu ai koe e whiwhi ana a pēpī i te hā-ora e tōtika ana mōna.

ME AHA AU MĒNĀ KA OHO I RUNGA O TŌKU TUARA?

Ahakoā pēhea, ka hurihuri haere koe i te wā e moe ana, tē taea te aha. Ko te tikanga nui, me *tīmata* tō moe i runga i tō kaokao, ā, me *hoki* ki reira inā oho mai koe i runga i tō tuara. Ko te mea nu me moe koe i runga i tō kaokao i te nuinga o te wā.

Kia maumahara, he kupu tohutohu ēnei mā mā mā i te wā e hapū ana. Kia whānau mai a pēpī, me moe a pēpī i roto i tāna ake moenga i runga i tōna tuara, (wahakura, kete-mohi, moenga-pēpī) i roto anō hoki i tō rūma.

PAEHONO AWHINA

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





Eat Healthy

Kai tōtika mō te tinana

He whai tikanga nui tonu te kai
i ngā hua tōtika mō tō oranga
me te oranga o tō pēpī.

HE AHA AI?

He nui ngā hua hauora o te kai tōtika i te wā e hapū ana mō te roanga ō te oranga o kōrua ko pēpī.

Me arotahi ki te kai tōtika pēnei i ngā huarākau me ngā huawhenua, ā, me tūpato i te kaiapo i ngā keke, pihikete, kotakota rīwai rānei. Mēnā he nui rawa tō kai huka, ka piki te mōrearea o te mate huka me te whakatūpato anō kei pā te mate mōmona ki tō pēpī i tōna pakeketanga. He whai tikanga anō hoki te inu wai, me te kaupare i ngā inu waireka pēnei i te kōrā, te namuneiti, te wai huarākau me ngā inu whakariaka (he kawhe kei roto, me iti te inu i te wā e hapū ana).

Inetia tō taumaha i te tīmatanga o tō hapūtanga, ka kōrero ki tō LMC (Tāpuhi whakawhānau matua – kaiwhakawhānau, rata whakawhānau) mō te tōtika o te piki o tō taumaha i te wā e hapū ana. Me tata tō noho ki te taumahatanga i kōrerotia. Ki te kaha rawa te piki o tō taumaha i te hapūtanga, he mahi nui kia heke anō i muri o te whānautanga.

Ma te kai tōtika, me te inu tōtika, e āwhina i te ora o ō niho me ō pūniho i te wā e hapū ana. Ko te oranga niho tētahi take whai tikanga mō tō oranga whānui tae atu ki tō pēpī.

PAEHONO AWHINA

- 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



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