



Nakai Ula
moe Inu Kava



Malolo e Loto
Manamanatu



Huki



Takoto
fakatila



Kai Tau
Mena Kai
Mitaki



Huki noa nakai totogi e tau huki ke nakai moua e fulu

Puipui e tama mukemuke mo
koe ke nakai moua e fulu

Moua mai e tau HUKI NOA nakai totogi ka moua
mai he toketa haau (GP) poke tau fale koloa mae
tau vai tului gagao

TAU MAGAHALA OTI ka fatu
HA MAGAAHO kamata mai ia Apelila to hoko ki Tisema

Higoa he LMC _____

Numela telefoni he LMC _____

Kamata e puipui he tama mukemuke he magahala ne nofo i loto he manava haau

Gagao Utafano (Fulu) – ko e mogo kelea ne mafiti e fano mai he taha tagata ke he taha tagata, moua vela gagao, makalili moe mamahi noa e tino. Mae tokologa he tau tagata to logona e tau mamahi ti loga e faahi tapu to malolo.

- Ko e tau fifine he magahala ka fatu to mafiti ke lahi e tau kelea kaeke kua fulu, tuga e nimonia moe uka ke fafagu, ti lata ke uta ke he fale gagao.
- Ko e huki e lagomatai ne mitaki lahi ti fakamaō atu ko e tau magahala FATU OTI ke puipui aki a koe moe tama mukemuke ke nakai moua ha kelea ha ko e fulu. To puipui he huki fulu nei a ko eke nakai moua e fulu ti maeke foki ke fai puipui mai ia koe ke mitaki ai e tama mukemuke haau.
- Maeke ke moua e huki nei kamata he mahina Apelila to hoko kia Tisema he tau tau oti, ke moua mai he toketa haau poke tau fale koloa mae tau vai tului gagao.
- Mitaki lahi ke huki tuai he magahala ne fa moua e fulu nei ke moua e koe e tau lagomatai mitaki lahi.
- Mitaki ke huki he ha magahala ka fatu a koe.
- Lata tonu a koe ke huki he tau magahala oti ka fatu a koe.

Puipui a koe moe tama mukemuke mai he fulu nei – huki!

Ke iloa e tau talahauaga fakamalolo ka fatu a koe, kitia he www.pregnancysmile.nz

