

Faitamaga he vaitaimi gali mo te olalelei



Ulaula ma meainu
malohi e hē haoloto



Mea tau te
Mafaufau Ola



Togafiti
puipuia



Takoto
ki to itū



Kai
Olalelei





Ulaula ma meainu malohi e hē haoloto

Foki ki tau pepe he kamataga o he hē ulaula ma meainu malohi e hē haoloto.

AIHEA?

Ula ka koi faitama tona uiga ko na kona fakamatakutaku i na hikaleti ka pāhi ki tau pepe. E mafua ai te matuā fakahetonu o tauale faitama e ve ko te fafano. Pe ko tau pepe e fanau vave pe taigole. E atili lahi ai te avanoa ki tau pepe e oti fakafuaheki (e takua foki oti koti).

Inu meamalohi ka koi tō e ono afāina ai te tuputupu o te mafaufau o tau pepe. E tohina ai te pepe ke maua na akoakoga ma amioga fakahētonu ma hōvē ka faigatā ke taukikila. Ko na afāinaga o mea inu malohi e mafai ke mataloa mo tau pepe.

VEHEA ONA MAUA HE FEHOAHOANI

Faitala ki tau LMC (Takitaki Fakatoega Tauhi – tino fakafanau pe ko te fomai fakapitoa i na fakafanauga) pe ko te fomai pe vehea oi maua ni fehoahoaniga ke taofi ai te ulaula. E iei te polokalame tāua mo te taofia ote ulaula ka koi tō e mafai ke kavatu i te va o koe ma te hapoti e mafai ke maua e koe e pa ki \$350 i Countdown pe ko Warehouse pepa (vouchers) ke hapoti ai tau malaga ke hē toe ulaula. Fakahokotaki ia

Ready Steady Quit i te 0800 500 601, imeli info@readysteadyquit.org.nz pe haini i te readysteadyquit.org.nz.

Ko tau LMC pe ko te fomai e mafai ke foki atu talava'i mo meakie, pululole pe ni fualakau ke fehoahoani taofi te fia ulaula.

Faitala ki to kāiga ma au uō ma fehili kiei ke hapoti koe ke kamata oi fai he olaga malōlō mo tau pepe. E tāua mo tō olamalōlō, venā ma te ola malōlō o tau pepe ko to nofoaga e hē ulaula. Kafai koe e mau ma to kaiga ma na uō iē ia e fofou ke taofi te ulaula ma koe. Ready Steady Quit e fai te latou polokalame fakapitoa mo to kāiga ma e kilatou kavatua foki na pepa (vouchers) ki tau taofiga o te ulaula.

Kafai e manakomia he fehoahoaniga ke taofi tau ulaula ka koi tō faitala ki tau LMC pe ko te fomai e ia mafaia oi fakahino koe ki he tautuaga hapoti pe vili te Alcohol and Drug Helpline i te **0800 787 797** pe **text 8681**.

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





Mea tau te Maufaufau Ola

**Taukikilaga mo to maufaufau ola he
vaega tāua mo te taupauga o tau pepe.**

AIHEA?

I te kavea ma matua ko he taimi e mafai ke fakaoho fīfīa kae mafai foki ke fai manatu ma maufaufauga. Huiga i te taimi tō e mafai ke fakalalahi te kavega i aho uma, ma kaumaia na huiga fou.

Ko to maufaufau ma o maufaufauga olalelei i te taimi o to faitama ma te fanauga o te pepe e tāua ve lava ko te tāua o to tino malōlō.

LIMA AUALA KI TE OLAMALŌLŌ

Fakailoa ienei tapenaga faigofie ki to ola e aogā kia te koe ma tau pepe.

Hiaki ake ia koe lava – mātau pe vehea au fakalogoga ma iloa e hē logo lelei i taimi uma. Talitonu ki ō lagona ma fehili mo he fehoahoani kafai e manakomia e koe.

Koe ke mātāāla – taumafai ke fai he mea mātāāla i aho uma, nā ko he havalī pukupuku pe oho kehe mai he fakatali pāhi fokotahi muamua he auala gali e ohofia ai to lagona fīfīa. Mātāāla e lelei mo to tino ma lelei mo to ola malōlō. Faitala ki tau LMC (Takitaki

Fakatoega Tauhi – tino fakafanau pe ko te fomai fakapitoa i na fakafanauga) pe ko fomai ki na fakatinoga e lelei mo koe.

Fetaiakiga ma uō ma kaiga – letahi taimi ko na fetaiakiga gali pe ko avanoaga e talanoa ai ki na mea e heki pelenigia e mafai ke maua ai he kehekehega i te vehea o tau fakalogoga.

Fai ni taimi mo oku – tauhiga o he pepe ko he galuega e fakamalohia. Kave ni o taimi haoloto i aho takitahi. Takele i ni vai mafanafana, faitau he tuhi, fakalogo ki ni lauga pe havalī takamilo i te poloka.

Kikila ki he mea fou – fano i he malaga pukupuku, ahiahi ke he uō, fano ki he pāka fou, pe he falekaiga – fakaaogā tenei taimi ke hakilikili pea ni mea fou.

KAFAI E KĒ MANAKOMIA NI IETAHI HAPOTI

Fehili mo ni fehoahoaniga, taku ki he tino e talitonu koe kiei ō lagona. Kāiga ma uō e mafai ke kavea ma taliga fakalogo, he takuau e tele kiei, pe ni hoālima ke fehoahoani ki au amioga mahani.

Kafai kua maulalo ō lagona faitala ki tau fakatōhaga pe ko te fomai. E mafai ke faitala atu e uiga ki ō lagona ma hokotaki koe ki na tino e fehoahoani atu. E iei to latou iloa ke fehoahoani ai ki mātua fakatalitali ki hohe popolega, aofia ai te tulaga ote mafaufau, ma hokotaki ke feiloaki ma na kulupu hapoti, hokotaga ma fakalapopototoga ma ietahi kaukaunaga.

USEFUL LINKS

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



Togafiti puipuia

Fai tau togafiti puipuia agai ki te tale vivini (Pertussis) ma te fulū (Influenza) i taimi UMA e faitama ai. E haoloto!

AIHEA?

Ko te faia o tau togafiti puipuia i te faitama mo te tale vivini ma te fulū e puipuia ai koe ma tau pepe i na mahina muamua o te olaga.

E tatau ona faia ienei togafiti puipuia HAOLOTO i **taimi uma** e faitama ai.

TALE VIVINI

Ko te tale vivini (Pertussis) he tauale fakamatakutaku e ono tupu ai he tale kino ma faigatā oi mānava. E matuā hē lelei lava i nā pepe i lalo o te 1 tauhaga e tuha mai te 7 ki te 10 pepe e kave ki te falemai ke maua ni fehoahoaniga ki te fafāgaga ma te mānavaga. E mafai ke ola fakapokepoke – i te ohofakiga lahi i NZ taluai, e tokatolu ia pepe na feoti i te tale vivini¹.

Ko te togafiti puipuia ote tale vivini e mafai ke fai i loto o te lua pe ko te tolu o vāega o te faitama. E lelei te vave fai ka koi tō/faitama (ina kua 16 vaiaho o te tō/faitama) mo te togafitiga ke ulu ki te moegātama ki tau pepe ma maua ai te puipuiga ki tau pepe ke pā ki te taimi e fai ai o latou lava togafiti puipuia i te ono vaiaho te matua. Togafiti puipuia i te tō/faitama e fakataigolea te ono tupu o te tale vivini i na pepe taigole ki te 91%.

TAUALE FULŪ

Mauaga o te tauale fulū (te fulū) ka koi tō/faitama e ono afāina ai koe ma tau pepe. Ko fafine faitama e hili te fakapokepoke ma afāina mai te tauale fulū, e vē ko te niumōnia (he tauale faigatā o te māmā) e ono mafai ke oti ai i te fulū nai lō na fafine e hē faitama. Mauaga o te fulū ka koi faitama e ono vave fanau ai pe taigole. Ko fafine kua togafitia i te fulū e heāheā oi oti hana pepe.

Togafiti puipuia e fehoahoani atu ke taofia te fulū E mafai oi pāhi e koe te puipuiga ki tau pepe ke tauhia tau pepe mai mauaga i te fulū.

MAUAGIA O Ō TOGAFITI PUIPUIA

Togafiti puipuia e HAOLOTO mo hohe fafine faitama i faitamaga UMA.

Ko te tui o te **Tale vivini** e HAOLOTO i tona lua ma te tolu o vaega o te faitama mai tau fomai (GP).

Ko te tui o **te fulū** e avanoa mai ia Apelila kia Tehema i tauhaga uma. Togafiti puipuia i na faitama e HAOLOTO mai tau fomai (GP) pe ko te fale taluai i hōhe vāega o te faitama.

Ko ienei tui e hefe i te faitama. Faitala ki tau fomai pe ko te LMC (Takitaki Fakatoega Tauhi – tino fakafanau pe ko te fomai fakapitoa i na fakafanauga) ke fai tau togafiti puipuia o te faitama.

USEFUL LINKS

Mo ni ietahi fakamatalaga e uiga ki te togafiti puipuia o faitama kikila ke te

- 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



Takoto ki to itū

Kafai e mālōlō, tulemoe pe moe,
takoto ki to itū, kaemaihe lava mai te
28 vaiaho o te faitama.

AIHEA?

Moega i to itū talu mai te 28 vaiaho o te faitama e faka afa ai te avanoa e ono oti ai te pepe. Auā kafai koe e moe i to tuā, ko te mamafa o te pepe e tataoa te lahi o na alātoto e kavea te toto fakatakamilo mai to tino ke pā ki tau pepe. Ko te mamafa tenei e taofiofia te hoholo o te toto ma te okehene hapalai ki tau pepe.

Kafai koe e takoto i to itū agavale pe ko te taumatau ka koi moe koe, kua fakamautinoa e koe ko tau pepe e maua lahi te okehene.

E VEHEA KAFAI AU E ALA AKE I TOKU TUA?

Fehuiakiga o tūlaga koi moe he mea mahani ma hē mafai ke nahe faia. Ko te mea pito hili tāua ke kamata tau moe i to itū ma toe liliu ki to itū kafari e ala ake i to tua. Ko te auala tenei e mautinoa ai ko koe e moe i to itū i te lahiga o te taimi.

Manatua tenei te akoakiga mo mātua kafari e faitama. E fanau loa te pepe, ko te pepe e tatau ke fakamoe i tona tua i loto o tona moega pepe (fakatakitakiga, wahakura, ato a mohe pe he pepi pod) i te potu lava e iei koe.

USEFUL LINKS

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





Kai Olalelei

Ko te kai ki nā meakai olalelei e tāua mo to olalelei ma vērā ma tau pepe.

AIHEA?

Ko te maua o ni meakai olalelei ka koi faitama ka mataloa ai te aogā o te olalelei kia te koe ma tau pepe.

Tokaga oi kai na meakai olalelei ve ko na fuālakau ma na laulakau ma nahe kailahi pe kai keke, mahi ma na tipu. Ko na kaiga e lako huka e fakalalahia te afāina o te toto maualuga ma te afāinaga ko tau pepe ei la fuaefa o te olaga fakamuli. E tāua te inu vai ma nahe inua na meainu lako huka ve ko na cola, lemonade, fruit juice ma na energy drinks (ona e iei te caffeine ona foki e faka tapulā kafai e faitama).

Fua to mamafa i te kamataga o tau faitama ma faitala ki tau LMC (Takitaki Fakafanauga Tauhi – tau tino fakafanau pe ko te fomai fakapitoa i te fakafanauga) pe fia te mamafa e tataua ona ke mauagia. Taumafai ke tūmau i te mamafa tenā. Kafai e fakaopopo te lahi o te mamafa i te faitamaga ka faigatā oi luhi kafai te pepe e fanau.

Inuga ma te kaiga o meakai olalelei ka fehoahoani atu ke maua ni nifo olalelei ma nā lali ka koi faitama. Na tainifo olalelei e tāua lahi ki te katoaga o te ola manuia o koe ma tau pepe.

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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