



ANZCA
FPM

TE REHUNGA
ME NGĀ TAMARIKI

PĀRONGO TŪRORO 1

Te rehunga mā tō tamaiti

Ko te tamaiti, ahakoa te pakeke, ahakoa he pēpi kātahi anō ka whānau mai, ka mate rehunga pea. Kei te pakeke o tō tamaiti; te momo mate, ngā āwangawanga whanaketanga rānei; me te āhua o te poka, ko ngā pūkenga me ngā wheako ka hiahiatia mā ngā kaimahi rongoā, tae atu ki te momo hōhipera e tika ana hoki kia mātua whakarite ka whiwhi tō tamaiti i te atawhai e tika ana.

Ki hea whiwhi poka ai taku tamaiti i raro i te rehunga?

Kua oti kē i te nuinga o ngā hōhipera te whakarite herenga pakeke tūroro, arā anō ētahi kāore e whakaae ana ki ngā poka, ki ngā tukanga rānei mō te tamaiti. Ka tū tonu ētahi tukanga o ia rā pērā ki te poka miramira kakā, ngā ngongo taringa, te maimoatanga niho rānei ki te nuinga o ngā hōhipera, ngā whare poka ā-rā rānei kua whakaritea mā ngā tamariki ake. Engari mō ngā tamariki tino nohinohi, te hunga e pāngia ana e ngā tini mate hoki/rānei me te hunga e mate poka matua ana, tōna tikanga ka atawhaingia ki tētahi o ngā hōhipera nui e whai ratonga tamariki ana, i roto rānei i tētahi hōhipera tamariki.

Mā wai e tiaki taku tamaiti i te wā kei raro rātou i te rehunga?

He tākuta whai pūkenga mātanga rawa ngā kaitukurehunga me te mātauranga, pūkenga haumanu tino ahurei. Ko tā rātou mahi he mātua whakarite he haumaruru, he hāneanea hoki te noho a tō tamaiti. Ka tūtaki te kaitukurehunga ki a koe i mua i te poka ki te whakaratarata i a kōrua ko tō tamaiti me te whai haere i ngā kōrero mō te atawhai nui ana ki a koe, ki a rātou rānei. Ka noho rātou ki te taha o tō tamaiti ki te āta tiro tiro me te aroturuki i a rātou i te roanga o te rehunga.

He aha ngā momo rehunga e taea ai te whakamahi i te taha o ngā tamariki?

Ko te nuinga o ngā tamariki ka whakarehua ki ngā rongoā e whakamoe i a rātou ki roto i tētahi āhuatanga mauri moe kāore rātou i te mōhio e aha ana i te wā o te poka kia mutu rā anō ngā rongoā. E kīia ana tēnei ko te rehunga whānui, ā, ki a rātou, he rite ki te tūāmoe. E taea ai te whakakapi te rehunga whānui e te rehunga mō tētahi wāhi anake, arā, kia werohia ki tētahi wāhi, ka kēkerewai te wāhi o te tinana ka pokaia kia tau rawa atu te āhua o tō tamaiti i tōna ohotanga ake. E taea ai ētahi atu rongoā te hoatu, te whakahau rānei hei āwhina i tō tamaiti ki te kai, ki te inu rānei i muri i te ohotanga ake.

He aha te mahi māku?

He āwhina nui ki tō tamaiti kia mōhio ka ahatia i roto i te hōhipera. Me rite koe ki te whakautu i ā rātou pātahi me te aro ki ngā take pai mō te poka. Haria mai ngā mea pērā ki ngā taonga tākaro, matahiko rānei e pai ake ai te noho ā tō tamaiti i te wā i te hōhipera rātou.



Hei mana tātaki mō te rehunga ki Ahitereiria, ki Aotearoa hoki. Ko tā ANZCA he whakaputa mōhiohio whai taunakitanga e wātea ana ki te katoa hei āwhina i a koe ki te whakatakoto whakatau i runga i te mōhio. Karapahia te waehere QR kia haere ki tō mātua paetukutuku anzca.edu.au. He aratohu anake tēnei mōhiohio kua mō te whakakapi i ngā mōhiohio mai i tō kaitukurehunga.