

Te whakamutu i te kai paipa mō tō pēpi



Safer
Baby

WORKING TOGETHER TO REDUCE STILLBIRTH

He aha ngā mōrea ki taku pēpi mai i taku kai paipa?

- **Te materoto, te whānau kahu rānei**
- Ka whānau pī mai pea tō pēpi (i mua o te 37 wiki o te hapūtanga)
- Mate Ohoreore o te Pēpi (SUDI, mate pouraka rānei)
- He māmā rawa te taumaha me ngā raruraru whakahā

He aha ngā painga o te whakamutu i te kai paipa ina hapū ana?

- Ka pai ake te hauora me te oranga
- Ka nui ake ngā moni ki tō pūkoro
- Ka pai ake te whiwhi kai a tō pēpi
- Ka iti ake ngā matū tūkinō i roto i ō toto

Ko te kai paipa i te wā e hapū ana tētahi o ngā pūtake nui o te whānau kahu

Waea atu ki Quitline i 13 7848, haere rānei ki quit.org.au



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He aha ngā mea ka taea te āwhina kia mutu ai tō kai paipa i te wā e hapū ana koe?

Ka taea e tō tapuhi, rata, rata whakawhānau rānei koe te āwhina mēnā kei te whakaaroaro koe ki te whakamutu. Ka whakatakotohia atu pea e rātau:

- Ngā ratonga tumu kōrero hei āwhina ki te whakarite i ō pūtake
- Mō ētahi wāhine, ka hiahiatia pea ngā hua whakamutu kai paipa

Ko te tino ratonga tumu kōrero mā ngā wāhine hapū ko Quitline, ā, he tumu kōrero tino matatau ā rātau hei tautoko i a koe ki te whakamutu - kāore koe e noho whakamā. Whakapā atu ki tō Quitline paetata mō te koreutu i 13 7848, tikiake rānei i te taupānga 'Quit for you - quit for two' i hangaia mā ngā wāhine hapū.



Ko te whakamutu tōmua te mea pai rawa, engari ka whakamutu koe ahakoa te wā i a koe e hapū ana ko te painga tērā mō kōrua ko tō pēpi.

Ngā pōhēhē me ngā kōrero tika mō te kai paipa i te wā e hapū ana

Kua toru marama kē au e hapū ana. He aha te take o te whakamutu ināianei?

Ehara i te mea he tōmuri rawa ki te whakamutu. Mā te whakamutu ahakoa te wā ka whakaiti i te tūkinotanga ki a kōrua ko tō pēpi.

Ka pēhea mēnā ka whakaiti noa ahau i taku kai paipa?

Kāore e iti iho ngā mōrea ki a kōrua kō tō pēpi i te whakaiti noa.

Ka whakaparohe te kai paipa i ahau ina kōhukihuki ana ahau - tērā pea he pai tērā mō taku pēpi?

Ka whakaterere ake kē te kai paipa i tō kapa manawa, ka whakapiki i tō pēhanga toto me te whai pānga ki te kapa manawa o tō pēpi. He tino pai ake, he tino haumarua ake, te kimi i tētahi atu tikanga whakaparohe mō kōrua tahi.

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