

# Fiema'u ha tokoni fekau'aki mo e fakahuhu?

Kumi tokoni  
he vave  
taha



Ko e ngaahi feitu'u 'eni te nau ala lava ke tokoni'i koe. Ko e ngaahi fika telefoni lahi 'oku ma'u ia mei' he tohi telefoni'.

- Mei h'oro mā'uli' (neesi fai fa'ele) pē ko ha mā'uli pe (LMC)
- Ho'o Neesi fakafeitu'u Well Child/Tamariki Ora
- Palaniketī' (Plunket) ■ Neesi Plunket ofi taha atu ki ho 'apī'
  - Senitā 'o e Famili'
  - Ka fiema'u ha tokoni mo ha fakamatala kātaki 'o telefoni ki he kautaha fale'i Well Child Telephone Advice Service he 0800 611 116 pē PlunketLine he 0800 933 922
- La Leche League – Ko e kautaha 'eni 'oku nau taukei foki ke 'oatu ha fale'i lelei kiate koe
- Kautaha fale'i ki hono fakahuhu e pēpee' – 'i falemahaki pe palaiveiti. Telefoni ki he falemahaki fai fā'ele ofi taha atu' pe ko e 0800 452 282 (taimi 'aho) ke 'oatu ha fale'i
- Kiliniki fale'i 'i hono fakahuhu 'o pēpee'
- Senitā ma'a' e mātū'a tauhi fānau (Parents Centre)

Kapau 'oku 'ikai ke ola lelei 'a e fale'i 'oku 'oatu' pe 'oku 'ikai fakafiemālie kiate koe – toe kumi fale'i mei' ha taha kehe

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Fetu'utaki



MINISTRY OF  
HEALTH

MANATŪ HAUORA

New Zealand Government

Ko hono Fakahuhu ho‘o pēpee’



Tongan

# Ko e fakahuhu´ ‘oku kau ia he **taimi feohi** ‘o‘ou mo e **pēpee**´

- ‘e lava ke kamata leva hono fakahuhu ‘a pēpē hili hono fā‘ele‘i mai´
- malava foki ke fuoloa pea´ ke toki anga ki hono fakahuhu e pēpee´
- ka ma‘u fale‘i lelei pea ‘e lava noa pē ‘e he fa‘ē tokolahi, ke fakahuhu ‘enau pēpee´







# Koe hu‘ahuhu’ ‘a e me‘akai lelei taha ma‘a’e pēpee’

- Koe me‘akai pē ‘eni ‘oku fiema‘u ke kai mo inu ho‘o pēpee’ ‘i he ‘uluaki ono mahina’
- ‘oku tokoni e hu‘ahuhu’ ke malu‘i ho‘o pēpee’ mei he fofonu’, langa kete’ mo e pihi’
- ‘oku tokoni ke nonga mo fiefia ho‘o pēpee’

## ‘Oku lelei ‘a e fakahuhu’ kiate koe foki he ‘oku

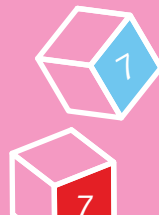
- ta‘etotongi
- ‘ikai fakamole taimi
- ma‘u e faingamālie ke ke mālōlō ai lolotonga e fakahuhu’
- tokoni ke ke vāofi ange ai mo ho‘o pēpee’



Lahi e ngaahi **founga** ke ke **fakahuhu**  
ai ho’o pēpee´ – kumi e founga ‘oku  
**fakafiemālie** kiate koe´

- fakatafa’i ‘a pēpē ke hanga atu kiate koe
- puke mai hono tu‘a´ ‘aki ho nima´
- puke ke fa‘aki ki ho sino´





Puke mai ‘a pēpee´ ki ho huhu´ – ‘oua ‘e  
fusi ho huhu´ ke a‘u kia pēpee´

■ ■ Fiema‘u ke

■ fakamanga LAHI e ngutu ‘o pēpee´

■ ‘ai atu e ‘elelo ‘o pēpee´

■ lave e kumukumu ‘o pēpee´ ki ho huhu´

■ ■ Puke ai ‘a pēpē ‘o fakahuhu leva







## Taimi ‘oku fafanga ai ho’o **pēpee**’ he founga **totonu**

- ‘oku fa‘apuku ‘e pēpē ‘a e konga lahi ho huhu’
- ‘oku FA‘AKI e kumukumu ‘o pēpee’ ki ho huhu’
- kapau te ke mātu‘aki fanongo ‘e malava pē ke ke ongo‘i e folofoloifo ‘e pēpē e hu‘ahuhu’
- lava pē ke ke ongo‘i mamahi‘ia he kamata hono fakahuhu’ kā ‘e faifai pē pea si‘isi‘i ange e mamahi’

## ‘Oku totonu ke **fakafiemālie** kiate koe ‘a e fakahuhu’

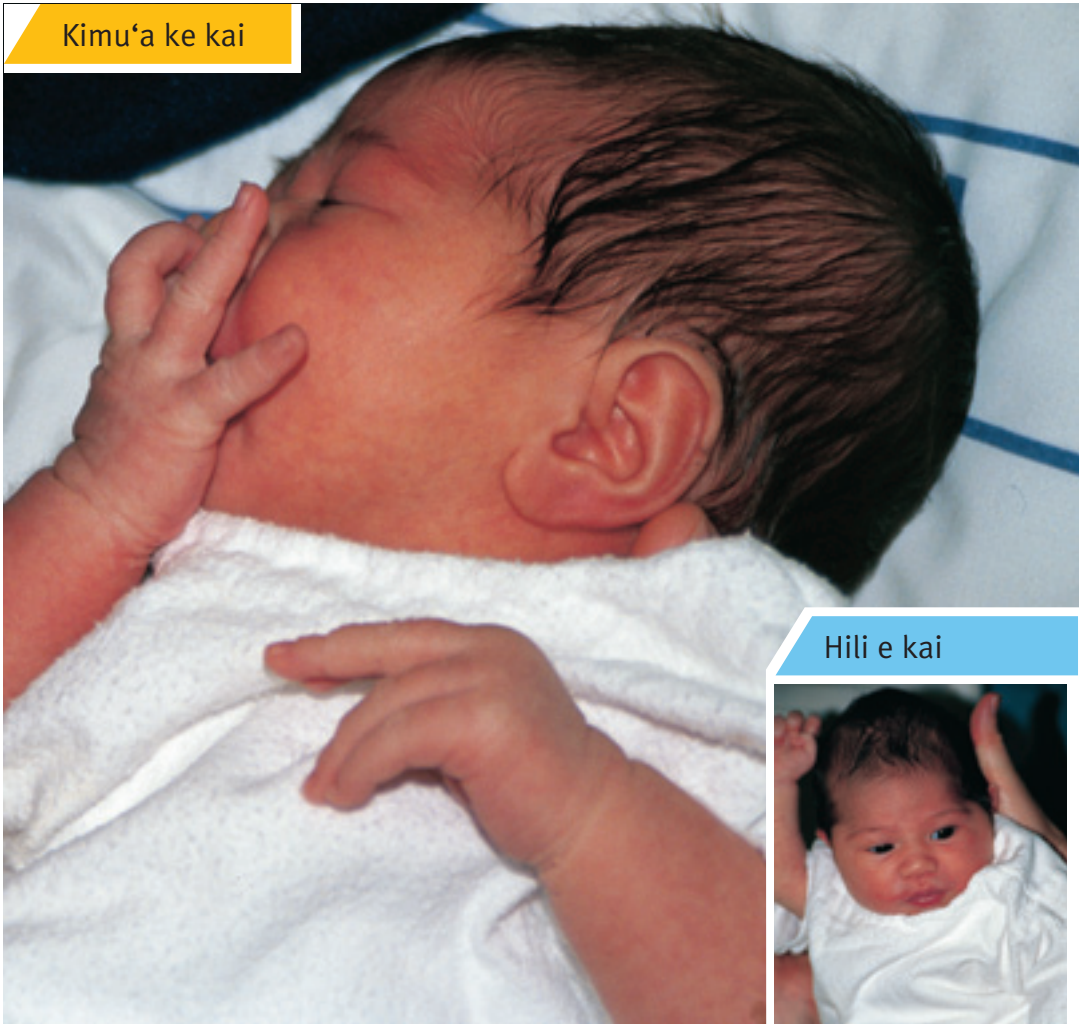
- ka ‘ikai – kamata fo‘ou – mono ho huhu’ he tafa‘aki ngutu e pēpee’ ke ta‘ofi ‘ene komo’
- ka ‘ikai ke komo lelei ‘a pēpē ‘e tupu ai e ngaahi palopalema
- kapau te ke ongo‘i ‘oku mamahi ‘a e mata‘i huhu’ pe ko ho huhu’ – kumi fale‘i he vave taha’ (sio ki he peesi fakamuimui)

# Ko fē ‘a e taimi ke fafanga ai ‘a pēpee’?

- ‘e ‘i ai pē ngaahi faka‘ilonga ‘a pēpē:
  - kamata ke ‘ā hake
  - takalo hono ‘ulu’
  - fakamanga mo mapuni hono ngutu’, kamata ke komokomo
  - kai tuhu pe ko ‘ene kai hono nima’
    - ka tatangi kuo fuoloa ‘ene fiekaia’
- koe pēpē fo’ou’ – fafanga tu’o 8 ki he 12 ‘i he houa ‘e 24
- ‘e fiema’u ke fafanga ‘a e pēpee’ ‘i he taimi po’uli’
- ‘e ‘i ai e ngaahi ‘aho ‘e toe lahi ange ‘a e fiema’u ‘a pēpē ke fakahuhu’
- tātaaitaha ha maha e hu‘ahuhu’ – ko e tu’o lahi ange ho’o fakahuhu’, ko e lahi ange ai pē ia ho hu‘ahuhu’



Kimu'a ke kai



Hili e kai





## Te ke kei lava pē ‘o fakahuhu...



- taimi teke ‘eva ai mo pēpee’
- ka fiema‘u ke tuku ‘a pēpē ka ke ‘alu ki ha feitu‘u – pea ke kumi fale‘i mei’ ha taha ki he founa ke tatau ai ho hu‘ahuhu’ (sio ki he peesi fakamuimui)
- kapau te ke foki ‘o ngāue (lau ‘a e tohi “Fakahuhu mo Ngāue”)
- ‘i he faka‘au ke fu‘u lahi ange ho‘o pēpee’ – ‘oku lelei ‘a e fakahuhu e ngaahi pēpee’ kae‘oua kuo nau ta‘u taha pe laka hake ai



## Fiema'u ha tokoni



Kole tokoni mei' ho fāfili' mo ho ngaahi kaungāme' a'

- lava ke tokoni atu ho hoa' pe ko hao fāfili ke va'inga, to'otama, fetongi e napikeni', pe ko e kaukau'i e pēpee'
- lava ke nau tokoni 'i he foo', feime'atokoni', sōpingi' mo to'otama 'i ho'o fānau lalahi ange'

Fakamālō heni ki he ngaahi fa'ē, tamai mo e fanga ki'i pēpē kotoa pe, Poate Mo'ui Lelei Fakavahe Waitemata.  
Pule'anga 'Aositeleliā 'i he'enau fakangofua ke liliu si'i 'enau tohi "'Lava ke fakahuho ho'o pēpee' " 1998.