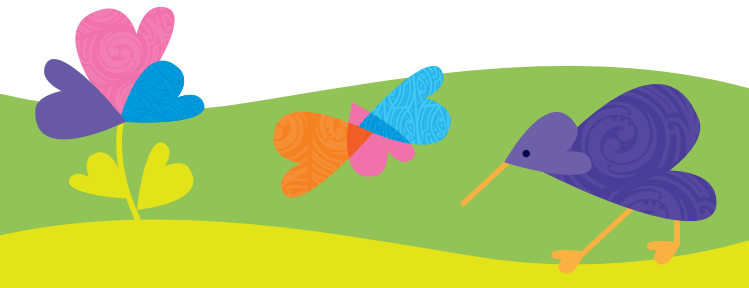
whānau āwhina
plunket

Ko matou teia ko te Whānau Āwhina Plunket – no te ʻaereʻanga taʻokotaʻi, e te turu iākoe, toʻou kopu tangata, te pēpē, e te tamariki, kia rauka te ʻakamataʻanga o te oraʻanga meitaki rava atu.
I te mea e, ko matou te putuputuʻanga turuturu (charity) maʻatamaʻata rava atu i Aotearoa te turu nei i te tamariki tei raro ake i te rima mataʻiti, ko te oraʻanga meitaki o taʻau tamaiti, te tango, o te au mea ravarāi ta matou e rave ana.
E mea puʻapinga rava atu, te au 2,000 ra mua, no te tupuʻanga, e te tamoumouʻanga kite, no taʻau tamaiti.
Teia matou i reira, i te tauturu, kia puʻapinga te oraʻanga!

Eaʻa i reira ta te Plunket e ʻōronga nei

- **Te au ʻākaraʻiaʻanga (health checks) tutaki-kore** – tei roto i teia, te ʻākaraʻanga (checks) a te Well Child Tamariki Ora, mei te ʻānauʻanga ki te rima mataʻiti.
- **PlunketLine** – ta matou terepōni tauturu i te au metua (parenting helpline) 24/7 – taniuniuʻia te numero 0800 933 922.
- **Te turu no te kopu tangata** – e ʻōronga ana to matou kaiāwhina, e te Karitāne health workers o te ʻoire, i tetaʻi atu tauturu me anoanoʻia.
- **Te ʻākaraʻiaʻanga i mua ake ka ʻakamata ai i te ʻāpiʻi (B4 School checks) tutaki-kore** – te turuʻanga i taʻau tamariki, kia tu i te ʻakamataʻanga puʻapinga rava atu, i roto i tetaʻi au tuʻanga o te ʻāpiʻi.
- **Te au turanga tauturu i roto i te ʻoire** – te au pupu kangakanga (playgroups), te au rāvenga ʻākonoʻanga tamariki (parenting classes), te aratakiʻanga no runga i te noʻoʻanga tamariki i roto i te mōtoka (car seat advice), e tetaʻi atu.
- **Te au turanga tauturu i runga i te ʻātuitui roro uira** – te ʻuriʻuriʻanga manako tutaki-kore na runga i te ʻātuitui roro uira, no runga i te oraʻanga meitaki, te moeʻanga, me kore ra, te ʻāngaiʻanga ki te u o te māmā.



ʻĀkaraʻia ta matou kupenga uira plunket.org.nz

- Te ʻarataki‘anga ʻirinaki‘ia, no te au metua, no runga i te ora‘anga & te tupu‘anga o te tamaiti.
- Te au tamanako‘anga tauturu, no runga i te moe, te ʻāngai‘anga, te turanga ponuia‘au i roto i te mōtoka, e te ora‘anga meitaki.
- Te au turanga Plunket, vaitata kiā koe – e te tatuātau‘anga.
- Te turu‘anga no te au metua, e te kopu tangata, & te au ʻāpi‘ipi‘i‘anga na runga i te ʻātuitui roto uira.

Tei konei matou, i te au taime ravarāi!

- Taniuniu‘ia te PlunketLine – ka ʻātui atu ta matou terepōni tauturu i te metua (parenting helpline) 24/7 ki teta‘i nēti kua retita‘ia, no te arataki‘anga, no runga i te moe, te ʻāngai‘anga, te ora‘anga meitaki, e teta‘i atu: 0800 933 922
- No te tatuātau‘anga, me kore ra, teta‘i atu ui‘anga: 0800 184 803

Te ora‘anga ʻātuitui – tomo mai ki roto i ta matou putuputu‘anga

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Nene‘i‘ia (scan) te QR, no te ʻākara i te **plunket.org.nz**

Cook Islands -Welcome

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