

Me kua rānei taku tamaiti e tae ki te kura, ki te whare kōhungahunga?

He mea nui te tae ā-tinana ki te kura me te kōhungahunga hei tautoko i te ako, i te māia me te hauora o te tamaiti. Ka māuiui ana ia, he uaua te whiriwhiri mēnā rānei me tae atu. Whakamahia ēnei kupu ārahi hei āwhina i tō whakatau.

Me noho taku tamaiti ki te kāinga i tēnei rā?

E pai ana pea kia tae atu:

- ✓ Mare māmā
- ✓ Ihu hūpē
- ✓ Ānini māhunga
- ✓ Kirikā kore
- ✓ E taunga ana te kai, te inu

Ki te kino ake, ki te kaha ake te tohumate māmā, me noho tō tamaiti ki te kāinga kia kimihia ai he kupu āwhina.

Me noho ki te kāinga mēnā:

- × E kirikā ana
- × E ruaki ana, e tikotiko ana
- × E mate ana te korokoro kia hiahiatia mai he rongoā
- × E ngāngā ana, e maremare ana, e tūngāngā ana rānei
- × He whēwhē kura, he whēwhē atu anō rānei ka rere ki te tangata, kāore e tākaia ana, kāore anō kia whai rongoā
- × He hakihihi kāore anō kia whai rongoā
- × Kua mōhiotia he KOWHEORI-19 te mate
- × Kua tonoa e te ratonga hauora, e te ratonga hauora tūmatanui rānei kia noho ki te kāinga

Te rapu kupu āwhina hauora

Kia mau ki te kupu a tō puku. Ki te āwangawanga koe mō te hauora o tō tamaiti me whakapā atu ki te rata, ki tō ratonga hauora rānei. Me waea kore utu atu rānei ki **Healthline 0800 611 116**.

Ki te ohotata rawa, me waea ki **111**

Mō ētahi atu kōrero matawaitia te tohu QR ka toro atu rānei ki healthnz.govt.nz ka rapu ai i te **school guidance**

