

# Ētahi tohu e rima kia menemene ai tō hanga i a koe e kōpū ana



## E kai i ngā kai whai hua

- E kai i ngā kai whai hua mai i ngā rāngai matua tokowhā.
- Tohua ko ngā kai hua tika hei timotimo noa.
- Herea ngā kai reka rawa mō ngā ia wā noa.



## Inumia te wai me te miraka

- Ko te wai te inu pai rawa.
- Ko te miraka te tino takenga mō te konupūmā me te āwhina ake ki tō taioranga mō te wā e kōpū ana koe.
- Karohia ngā inu hukahuka. He iti noa te taioranga.



## Taitaia o niho me te pani niho pūkōwhai mō ngā meneti e rua ia wā e rua

- Taitaia e rua wā mō ia rā i muri o te parakuihi i mua o tō moenga.
- Mukua mā te taretare ngawari he taitai niho iti ngāwari noa me te pani niho pūkōwhai mō te kaumātua iti nei.
- Kūmea he miro niho ia rā kia ora tonu ai o niho me o tako.
- Kia kaua e tohaina tōu ake taitaia niho ki ētahi atu me te whai taitaia niho hōu ia marama e toru.
- Kaua rawa e horoia o niho i muri tonu i tō ruaki kia kore ai e riwha te mata o wō niho. Ruia tō māngai ki te wai ā, tukua he pune iti o te konutai pākawa waro-rua ki te kapu wai hei rarā e ngū ai te waikawa.



## Me tuha kaua e ruia āmuri o te taitai

- Ko te pūkōwhai ki roto o te pani niho ka āraihia te pirau haere o ngā niho.
- Kaua e kai e inu rānei āmuri o te taitai i o niho i ngā pō kia hua tonu ai te haumaruru te pakari o ngā niho.



## Kia whiwhi mātai niho ia wā ia wā

- Ko te mātai niho i a koe e kōpū ana he take whai kiko mōu me tō pēpi hauora.
- E haumaruru ana kia whiwhi koe i te manaaki niho i te wā e kōpū ana koe. He pai kē te kite i te rata niho ki te wehenga tuarua. Mātua me kōrero atu koe ki te rata niho mō tō kopūtanga i a koe e mātaihia ana.
- Haere ki tō rata niho mō te wā kotahi ia tau.
- Ka noho kore utu te manaaki niho a eke noa koe ki te tekau mā waru.



# Whare Haumanu Niho Tamariki o te Hāpori

Hore kau he utu mō ngā tamariki atu ki te tekau mā whitu te kaumātua

**Ko te manaaki niho mo ngā tamariki mai i te whānautanga ki te tekau mā waru tau te kaumātua ka tukuna e ngā ratonga tuku manaaki niho whānui nei kia hāngai ki o rātou ake tau.**

## Tamariki mai i te whānautanga ki tau kura tuawaru

Ko te Ratonga Niho Tamariki ā-Hāpori e tuku ana i ngā ratonga tiro niho kore utu mai i te whānautanga tae noa ki te tau tuawaru. E waru tekau mā toru ngā ratonga mō ēnei mahi niho mo te rohe whānau o Tāmaki Makaurau. Ko ēnei ratonga he hononga o ngā whare haumanu ā-hāpori me ngā ratonga niho pānekeneke. Ko te manaaki niho mai i te Whare Haumanu Niho Taitamariki ā-Hāpori he mea tuku nā ngā kaituku haumanu niho me ngā kaituku haumanu Oranga Māngai kua eke ki ngā taumata mō ngā tūranga ngaio hei mātai oranga māngai, tuku oranga me te ārai katoa. Ko te wā e kitekite ai mātou i tō uri he mea whakarite mai o ngā tuhinga mō ngā whāinga oranga o tō uri. Kā aromātaihia ngā whāinga e ngā kaituku haumanu me te kōrero atu ki a koe. Kia mārama ake kahore mātou e tuku take niho matua.

## Tamariki mai i te tau kura tuaiwa ki te tekau mā waru

Ka tukuna ngā ratonga manaaki niho taiohi e ngā ohu mahi niho / rata niho kua whiwhi kaupapa here mai i te Poari Hauora ā-Rohe mai te tau kura tuaiwa ki tō rātou huritau tekau mā waru. Ahakoa kei te kura, e utua ana mō te mahi kahore rānei, e āhei ana rātou kia whiwhi ratonga niho kore utu. Mō ngā pārongo atu o te manaaki niho Taiohi ā hei rapu ohu mahi niho rānei e tuku ratonga ana mai o ngā kaupapa here utu pātata atu ki a koe whāia te paetukutuku. [www.ards.co.nz](http://www.ards.co.nz) wāea atu rānei ki 0800 TALK TEETH (0800 825 583).

## Whakapā atu ki te Ratonga Niho Tamariki ā-Hāpori

Hei tohu rārangi o ngā Ratonga Niho Tamariki ā-Hāpori hono atu ki te paetukutuku [www.ards.co.nz](http://www.ards.co.nz). Kei reira ngā tohu whakapā o a mātou whare haumanu. Ka taea e ngā ringa hāpai o ia whare haumanu te whakauru i tō uri ki te whakarite tūtakinga rānei. Tua atu e āhei ana koe ki te wāea atu ki 0800 TALK TEETH (0800 825 583).

## Tiro kia hāngai o tohu whakapā

E whai kiko ana tā mātou whiwhi i ngā whakapānga a tō uri. Tēnā koa tukua mai he karere rorohiko ki [ARDS@waitemataadhb.govt.nz](mailto:ARDS@waitemataadhb.govt.nz), me te ingoa o tō uri me tana rārangi tatau hauora ā-motu mena e mōhiohia ana.

## Mena ka ngau ngā niho o tō uri

Hei whakauru i tō uri ki te tūtakinga mō te Āraia i te Mamae tēnā whakapā atu ki te whare haumanu ā-hāpori wāea atu rānei.

## Mena ka whara ngā niho o tō uri

Mena kua whara ngā niho te māngai rānei o tō uri mātua kia tukua atu he tono ki te Kaporeihana Āwhina Hunga Whara. Hei tīmata me whakapā atu ki tō rata niho pātata tōtika rānei ki te ratonga mā te nama mō ngā haora-ōmuri o te wā tuwhera. E kore e āhei mā mātou e tuku ngā kōrero mō te whara a tō uri ki te Kaporeihana Āwhina Hunga Whara ērangī e tāea e mātou te tuku tohutohu atu ki a koe.

## Mena ka pā te mamae ki tō uri waho o ngā wā tuwhera

Ki te nuinga o ngā whare haumanu ko ngā haora mahi ia rā ko te waru i te ata ki te haurua o te whā i te ahiahi Mane ki te Paraire. Mena ka tohua he wā tūtaki mō te Ārai Mamae kei waiho o ēnei haora hono atu ki tō rata niho tōtika ki te ratonga mō ngā haora kapi rānei. Kia mataara – tērā pea ka utu kē koe, ko tā mātou kī ake me kōrero atu ki tō rata niho ki te ratonga haora kapi rānei i a koe e whakarite wā tūtaki ana.