

Te Whatu Ora

Health New Zealand

Te Tai Tokerau

TUPU
TŪKAHA
TUPU
TŪTAHI



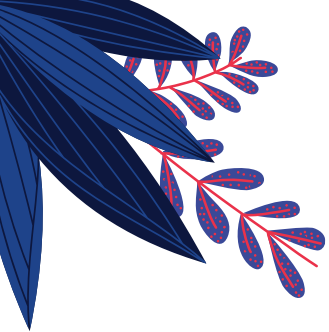


MIHI

E ngā mana, e ngā reo,
e ngā mātāwaka o te motu,
rau rangatira mā,
e mihi kau atu ana mātou ki a koutou
i homai i tēnei pukapuka,
hei huarahi oranga, huarahi hauora
mō te whānau me ā rātou tamariki.
Ko te tūmanako ka tū pakari,
ka tū māia kia whai oranga ai tātou katoa.

He mihi tēnei ki a Evelyn M Tobin o Ngāti Manu,
Ngāpuhi; Te Rarawa; Te Aupōuri; nāna i
whakamāorihia *Tupu Tūkaha, Tupu Tūtahi* i
tōna ngākaunui ki ngā tamariki o ngā matua ka
pāngia e te taimaha o mate, ki runga i a ia me
tōna whānau.

Te Whatu Ora Waitematā & Asian Mental Health
Houghton Whānau - Whangārei
Merepaea Heta - Kaiako
Te Whatu Ora Te Tai Tokerau Kaimahi
me te Mihi o tēnei Pukapuka



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MĀ NGĀ MĀTUA

I whanake ai tēnei pukapuka mā ngā tamariki o ngā mātua kua pānga e te mate ā-tinana, te mate ā-hinengaro rainei.

Hei tauira i ngā mate ā-tinana pērā i te:

- Mate hukahuka
- Mate manawa
- Mate whakaora i ngā poka
- Puku a te roro
- Mate roroa pērā i te mate repe tenga
- Mate ārai kore

Hei tauira i ngā mate ā-hinengaro pērā i te:

- Mate pāpōuri, tae atu ki tērā whai muri i te whānau pēpi
- Māharahara
- Mate wairua mōrere
- Mate hēmanawa whai muri i te wā pāmamae

Ka pā he wā uaua ki ngā tamariki ina māuiui ai tōna matua. Kāhore tonu ia e whai mārama e pā ana ki taua māuiui. I te korenga o tōna mārama ka rongō ia i te āwangawanga, i te matakū, i te hēmanawa, i te riri rainei. Koia rā te take o tēnei pukapuka mō te matua (te kaitiaki rainei) rāua tahi ko te tamaiti.

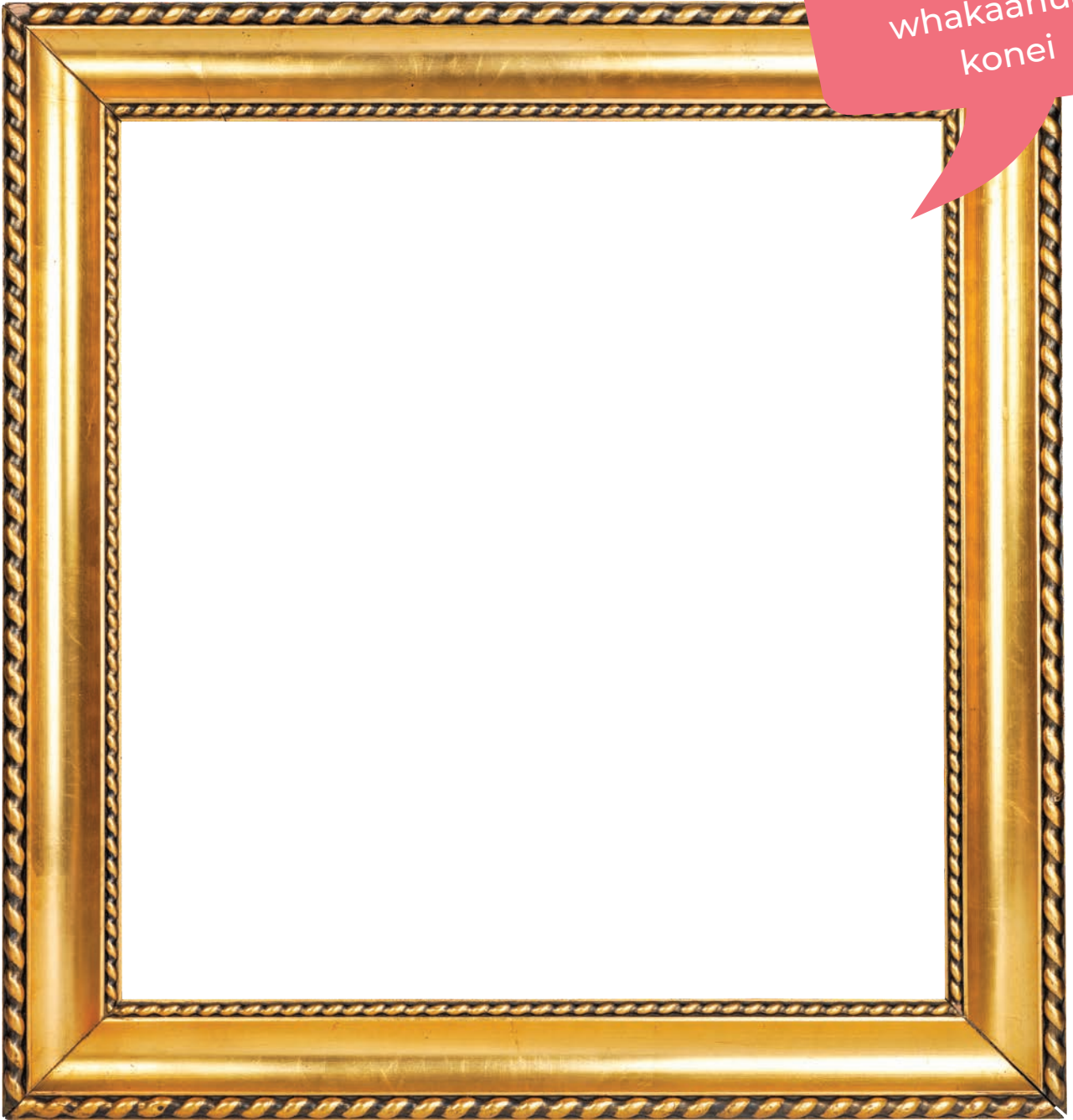
Ko tōna whāinga he āwhina tahi i ngā mātua me ā rātou tamariki ki te:

- Kōrero i ngā āhuaranga o te māuiui
- Whitiwhiti whakaaro e pā ana ki te ngākau
- Rapu huarahi hei whakaiti i te nui o te manawarau
- Hanga whakapiringa pūmau
- Hīraurau tahi i ngā hopanga
- Whakapakari ake i te manawa ora

Kei roto i te pukapuka nei he mōhioranga, he patapatai, he ngohe whakangahau, he hāpai hoki i te whakaaweawe o te māuiui o ngā mātua, kaitiaki hoki ki ā rātou tamariki.

KO AHAU TĒNEI

Tuhia mai,
tāpirihia rainui tō
whakaahua i
konei



Ko

tōku ingoa

ŌKU AKE ĀHUARANGA

E _____
ōku tau

Pai ki ahau te
mātakitaki i ...

Nga mea pai:

Tae:

Kai:

Pukapuka:

Kararehe:

Ko

.....

.....

.....

ōku hoa
piripono

E noho tahi
au ki a.....

Ngā mahi tino pai
rawa atu hei mahi

Ka taea e au

.....

.....

.....

Ko ōku ake
painga ēnei:

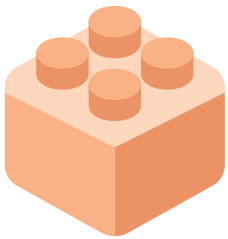
TŌKU WHĀNAU

Tāngia he pikitia o
tō whānau e
harikoa ana

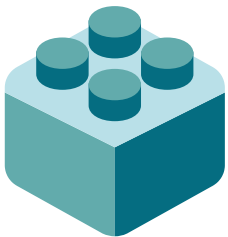
He tīwhiri;
Whakanuia,
whakamanahia te
tamaiti.

ME PĒHEA E TŪKAHA AI TE WHĀNAU

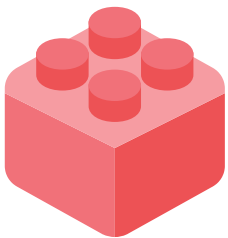
Kei roto i tēnei pukapuka ngā hātepe e whā
kia tūkaha ai te whānau:



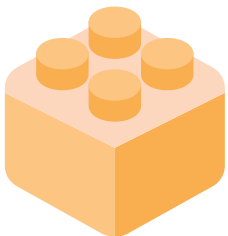
Pēhea ana te ngākau



Pēhea ana i te wā e māuiui



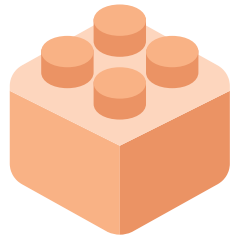
Pēhea ana i te wā e hēmanawa



Ko te wā whakangahau



PĒHEA ANA TE NGĀKAU



Taengia ngā waka hei whakaahua mai i te āhuaranga tō ngākau i te wiki kua pahure ake

Whakaihihi



Riri



Pōuri



Mataku



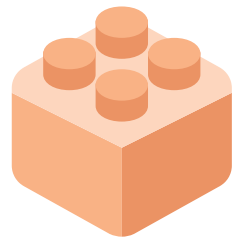
Harikoa



Āwangawanga



He tīwhiri;
Mehemea e
āwangawanga
papōuri rainei koe, me
whakaaro, pēhea te
āwhina i to tamaiti.



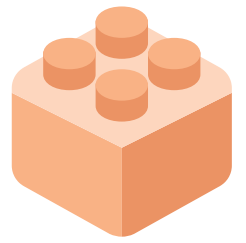
RAPU KUPU

Rapuhia, porowhitatia ēnei kupu mō te ngākau
(kei roto katoa i ngā pouaka piritata):

- matakū
- āwangawanga
- aroha
- harikoa
- pōuri
- whakaihihi
- riri
- koakoa



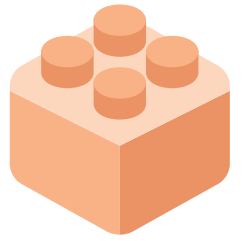
TŌKŪ TŪWĀHI KOAKOA



Tāngia he pikitia
o tō wāhi koakoa

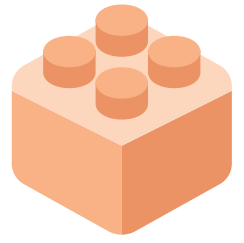


NGĀ KANOHI



Tīpako i ngā kanohi e whakaatu atu
ana i ō kare-ā-roto





KA AHATIA INA PŌURI ANA TE TANGATA?

Ka tangi rātou.

Ka kore rātou e menemene.

Ka rongu rātou i te mokemoke o ngā kare ā-roto.

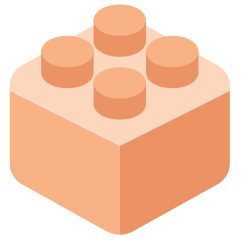
Ngā āhuaranga pōuri

-
-
-
-
-

He tīwhiri;
Whakamanahia ngā
urupare, ngā kare-ā-
roto rainei o te tamaiti.
He tauira:
“Āe mārīka ka pērā hoki
te puku o tōku rae”.

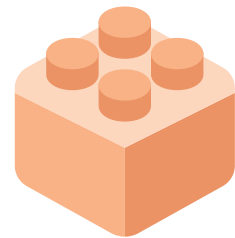


NGĀ ĀHUARANGA HARIKOĀ



- Tākaro tahi mā māua ko taku hoa
- Whakaoti i tētahi panga
- Karakara pikitia
- Kaukau
- Waiata
-
-
-
-
-
-





KA RONGO TE MANAWAWERA

He wā anō ka pā te riri ki te tangata. Ka rongo te pukuriri ā-roto e pērā ana ki tētahi puia. I ētahi wā ka kino te whakaputanga mai o te riri o te tamaiti, kātahi ka kino kē atu.

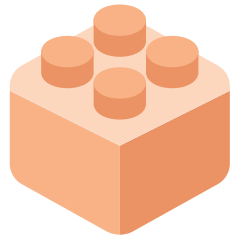
Āe rā, ko ētahi tamariki ka tiwē, ka ākina kūaha, ka pakaru, ka whiu mea rainei, ka patu pakitara, ka patu tangata rainei. E taea kē e te roro whakaaro tūpore te whakangāwari taua ngoi kikino .

Ngā āhuaranga e pupū ake ai tōku riri.

1.
2.
3.
4.



KEI HEA TE WĀHI I RONGO AI KOE I TE RIRI?




Whakaatuhia mai te wāhi, ka rongo koe i te riri



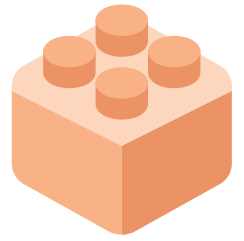
Ka riri ahau i te wā

1.
2.
3.
4.



He tīwhiri;
Whakamanahia ngā
kare ā-roto o te tamaiti.
He tauira;
“Kua pukuriri koe nā te
mea kāhore koe e āhei
te haere ki tō hoa
ināianeī tonu.”

HE TURE RIRI



He aha hei mahi:

Me whakamārie i a koe, kia noho haumaruru ai koe
nā te mea.....

.....

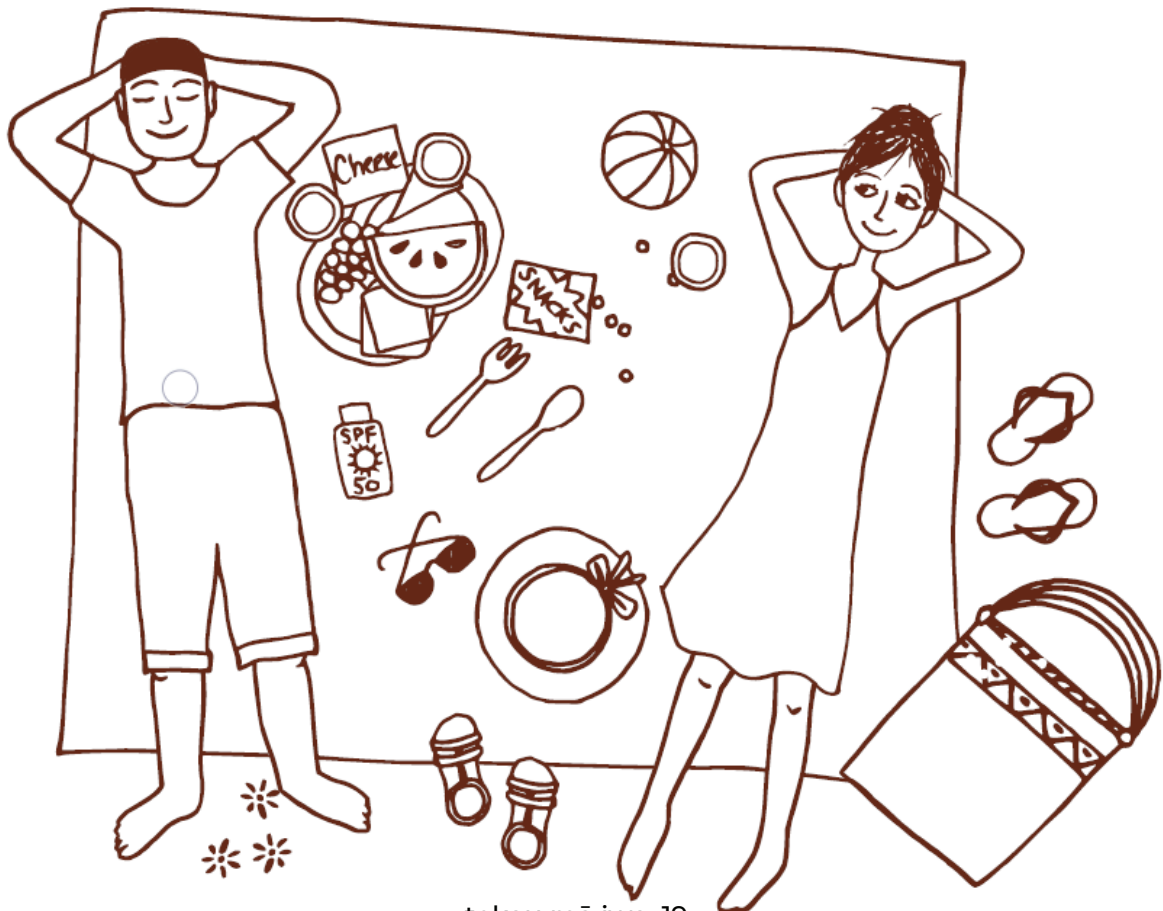
He aha ngā āhuatanga kia kaua rā e mahi:

Kaua e pakaru, e whiu mea rainei,
nā te mea.....

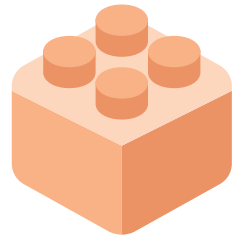
.....

Kaua e tūkinu ētahi atu, ngā kararehe, i a koe
rainei.

He wā karakara



HE MAHI INA RIRI ANA KOE



Tīpako i ngā mea hei mahi māu ina riri ana koe. He aha ētahi atu mea hei mahi māu?

He mahi ā-tinana:

- Tākaro ki waho
- Tākaro ki tētahi pōro
- Mahi ā Rēhia
- Kanikani
- Peke ki runga, peke ki raro

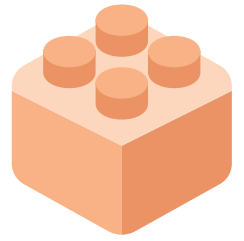
Kōrero ki tētahi atu:

- Whakamōhio he aha te take e pukuriri ana koe
- Kōrero mai i ngā kare ā-roto. Hei tauira: “ka rongo ahau i te riri ina aukatihia taku mātakitaki pouaka whakaata kia haere kē ahau ki te moe.”

Ētahi atu mea ka taea:

-
-
-





KA RONGOHIA TE ĀWANGAWANGA

He wā anō ka pā mai te āwangawanga ki te tangata.

Ngā āhua whai āwangawanga ai ahau:

-
-
-

I ahau e āwangawanga ana, ka...

-
-
-
-



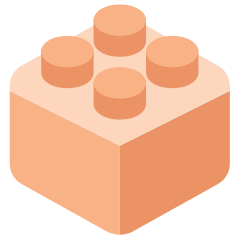
Ngā mea ka taea e au ina āwangawanga ana:

-
-
-
-

He tiwhiri;
Tautuhia, whakahuatia
hoki te ngākau o te
tamaiti.
Hei tauira,
“Hanga āwangawanga
tō āhua i te
ngarohanga o tō
taonga tākaro.”



KA RONGOHIA TE MATAKU



He wā anō ka pā mai te mataku ki te tangata.

I te wā e mataku ai ngā tamariki:

- Ka kaha, ka horo hoki te papupapu o te manawa
- Ka ngāueue, ka wiriwiri te tinana
- Ka huna rātou i tētahi wāhi haumaruru
- Ka kaha hiahia ki te oma atu

E mataku ana koe i te aha?

-
-
-
-

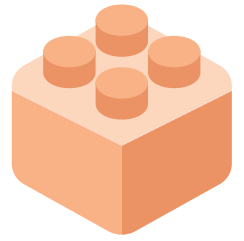
Ina mataku ai ahau, ka...

-
-
-
-



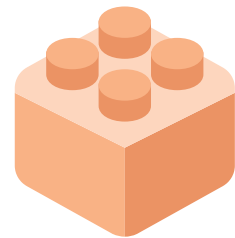
He tiwhiri;
Kaua e whakaiti i ngā
kare ā-roto,
engari, āwhinatia tō
tamaiti ki te whakapuaki i
ōna kare-ā-roto.
Hei tauira:
“Kua kaha te mataku nā te
korenga ōu e mōhio ai ka
aha te aha.”

HE AHA TĒTAHI ĀHUARANGA PAI KA WHAKAATU ATU I TE WĀ E MATAKU ANA AHAU



- Kōrero ki tētahi atu ina matakū ahau
- He awhi
- Tonoa/Karangahia kia āwhinatia mai
-
-
-
-
-
-





HE PANGA

Whakaoti mai i tēnei pangakupu

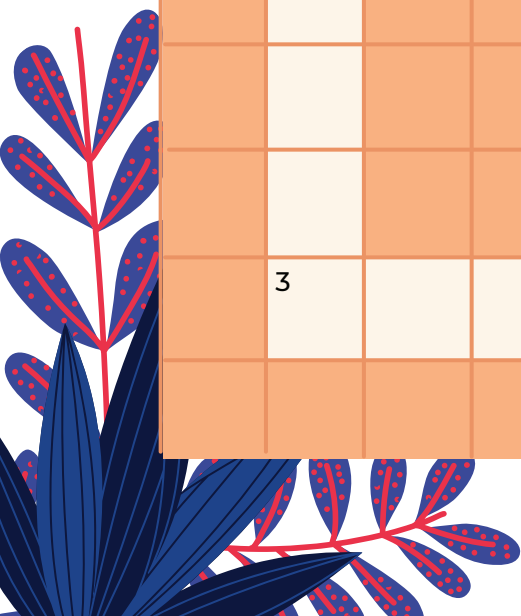
Whakapae:

1. He āwhina kei roto i te kōrero e pā ana ki aku wh_ _ _ _ _ ina pōuri ai ahau
2. Ka m_ _ ahau ina ka ngenge ai ahau
3. Ka ā_ _ _ _ _ _ _ _ _ ahau inā pupuhi kaha ai te hau

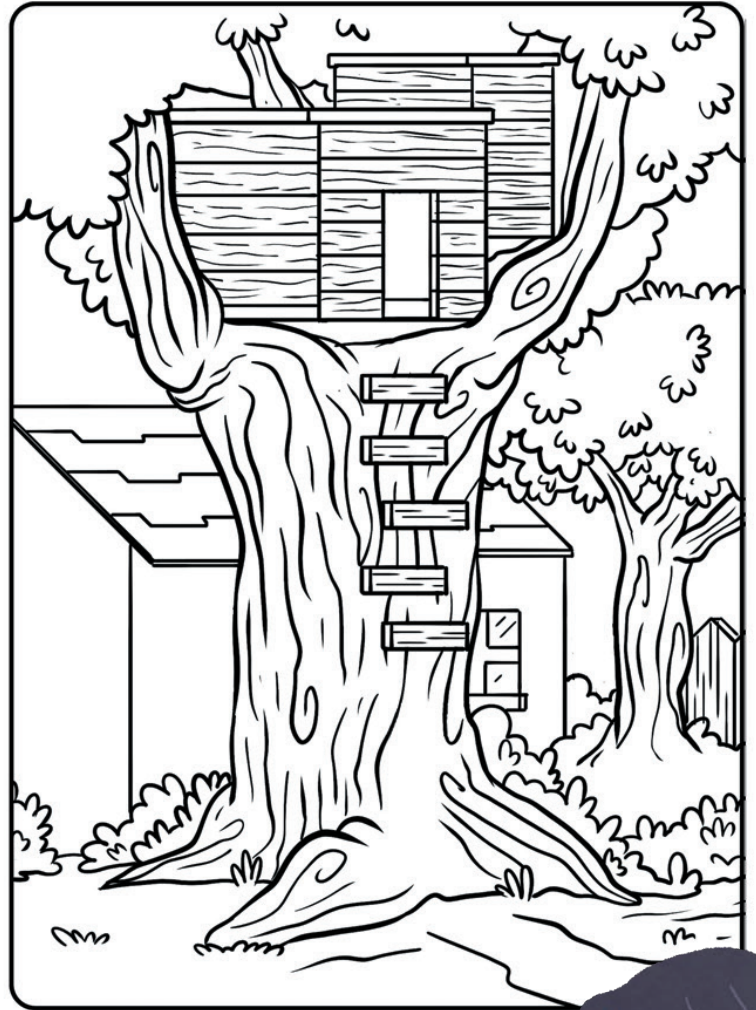
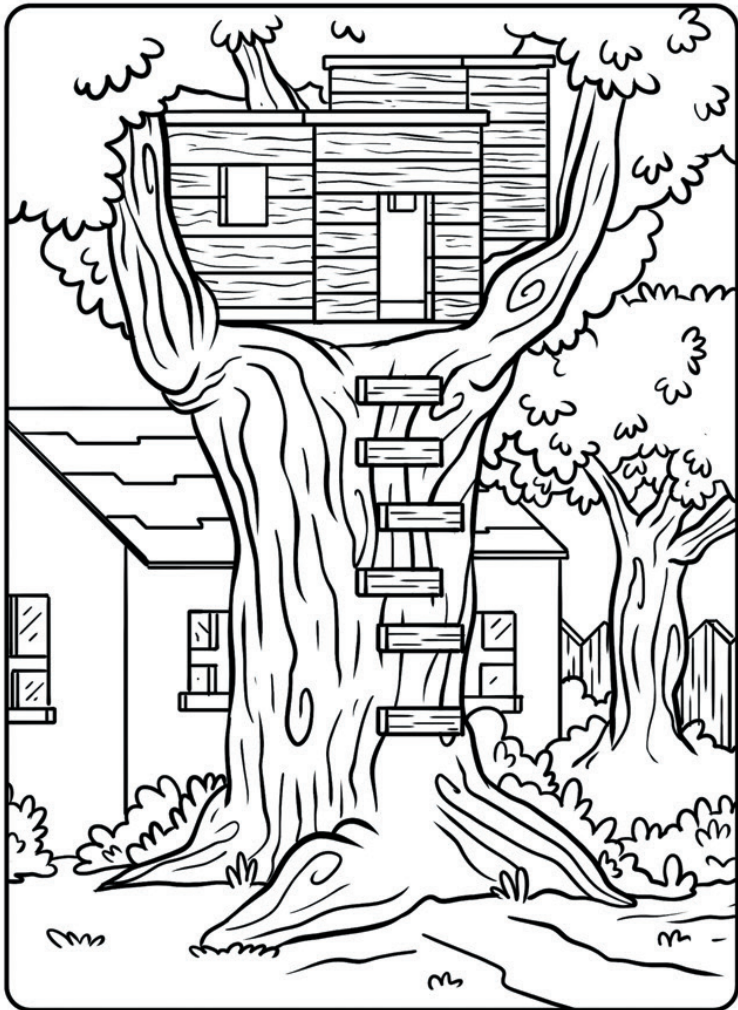
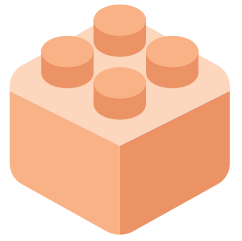
Whakararo:

4. Ka pāpōuri ahau ina m_ _ _ _ _ ai tētahi o tōku whānau
5. He awhina ina k_ _ _ _ _ ai ahau ki tētahi atu mō taku matakū
6. Ka menemene ahau ina h_ _ _ _ _ ōku whakaaro

				4			5				
1	6										
						2					
	3										

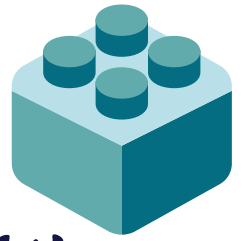


TIROHIA NGĀ REREKĒTANGA



Porowhitatia ngā
rerekētanga e waru





MEHEMEA E MĀUIUI ANA AHAU, TAKU KAITIAKI RAINEI KA PĒNEI AHAU?

Whakaotia ēnei rerenga kōrero:

I ahau e māuiui ana, ka rongo ahau i

.....

Ina māuiui ai taku kaitiaki, ka rongo ia i

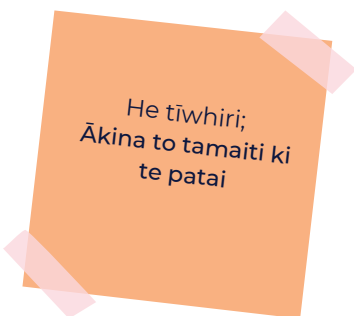
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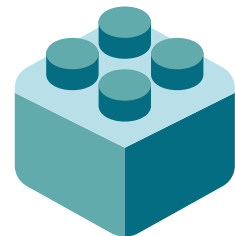
Ina māuiui ai taku kaitiaki, ka rongo au i

.....

Kua pā te mate (māuiui) ki taku kaitiaki

.....





Kei te mōhio ahau i

.....
.....
.....

Hiahia ana au ki te mōhio

.....
.....
.....

Ko te maimoatanga mō tōna

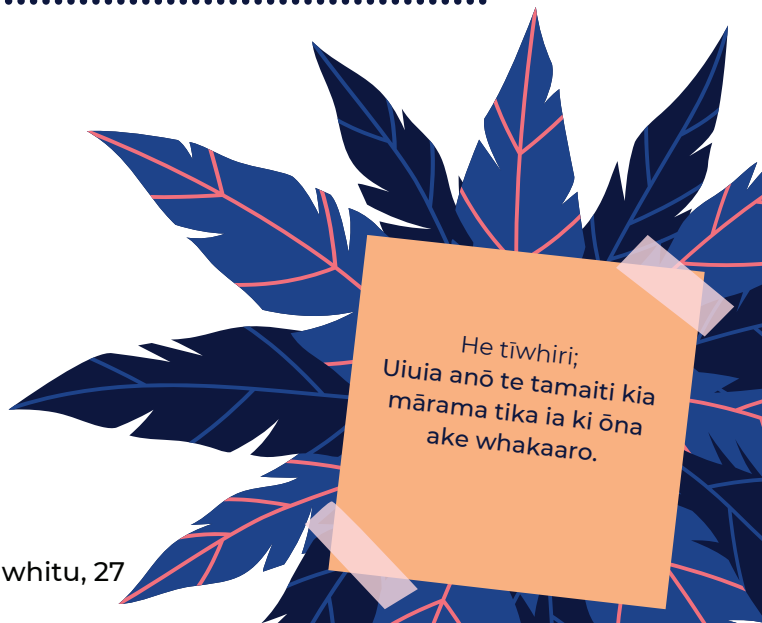
.....

He āwhina anō

.....

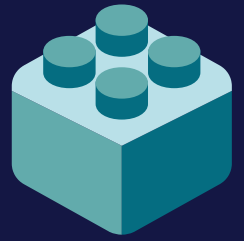
Koinei ngā mea pakeke ki ahau inā māuiui
ana a (matua/kaitiaki)

.....



He tīwhiri;
Uiuia anō te tamaiti kia
mārama tika ia ki ōna
ake whakaaro.

HE MAHERE MAIMOA I AHAU INA MĀUIUI ANA TAKU KAITIAKI



Mā wai ahau e maimoa?

.....

Me kōrero rainei ahau ki a wai?

.....

Mā wai e whakataka kai?

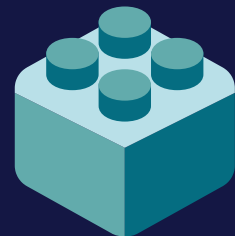
.....

Mā wai ahau e hari ki te kōhanga, puna,
kura?

.....



HE MAHERE MAIMOA I
AHAU INA MĀUIUI ANA
TAKU KAITIAKI



Mā wai ahau e hari atu ki te rata
ina māuiui ai ahau?

.....

Mā wai ahau e āwhina ki te mahi
āku mahi kāinga?

.....

Mā wai e pānui pukapuka ki ahau i te pō?

.....

He mahere kē atu

.....

.....

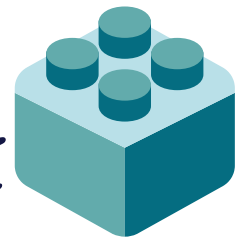
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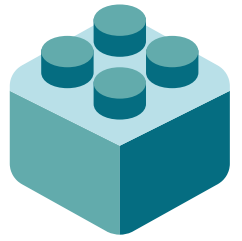
KA TAEA E KOE TE KITE HE TANGATA E...



- He tangata mā runga paihikara
- He tangata haere mā runga papa reti
- He tangata haere tahi me tāna kurī
- He wāhine mau hamarara
- He tangata tango whakaahua
- He pikiniki



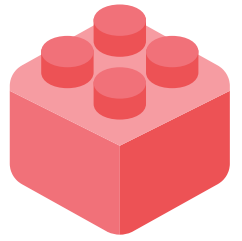
HE TANGATA AHUREI KOE



Kotahi nahe te tangata ahurei pērā i a koe i roto i tēnei ao hurihuri. Tuhia he kōrero motuhake e pā ana ki a koe ki ngā rarangi.



MEHEMEA E HĒMANAWA ANA I ĒTAHI WĀ



He aha te hēmanawa?

E rongohia ai e te tangata te manawarau, te āwangawanga, te pōuri hoki ina pā ngā raru ki a ia. Koia rā tonu te hēmanawatanga.

Ka rongohia ahau i te hēmanawana ina:

.....

.....

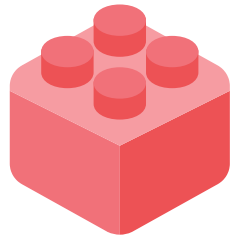
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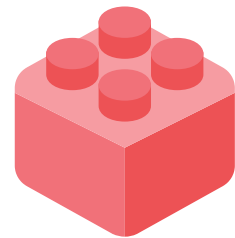


KA RONGO I TE HĒMANAWA I ROTO I TŌKU TINANA



He maha ngā āhuaranga ka rongo i te hēmanawa i roto i tōku tinana. Anei ētahi o aua rongotanga. He aha ētahi atu anō?





I raro nei tētahi rārangi whakaaro ka rongoa ina hēmanawa ai te tangata. He aha ētahi atu anō?

Tuhinga ērā whakaaro ki roto i ngā pouaka.



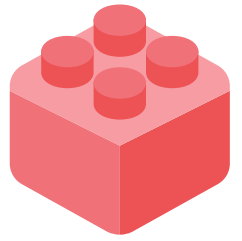
Ina hēmanawa ai ahau ka panoni ōku whakaaro. Tārarohia ngā take ka whakaaro pērā:

- Heahea ana ōku whakaaro
- He uaua te hihiwa i ōku whakaaro
- Kāhore e mahea ana ōku whakaaro
- Kāhore ahau e hiahia kōrero
- He uaua taku whakarongo
- Wareware kē ahau



He tiwhiri;
Arotahi, āwhina i tō
tamaiti kia kōrerohia
ōna whakaaro.

HEI MAHI I NGĀ WĀ HĒMANAWA



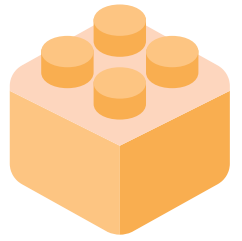
Anei ētahi tūmahi e taea ana i ngā wā hēmanawa. He aha ētahi atu anō?

- Pupuhi mirumiru
- Kanikani, waiata rainei
- Tākaro ki tētahi pōro
- Tākaro ki tāu taputapu tākaro
- Tākaro tahi ki tētahi mōkai
- Kauaka e tuku noa
- Pekepeke, omaoma rainei
- Kōrerorero ki tētahi atu
- Waihangatia he tuhinga,
he mahi peita rainei
- Tonoa āwhina

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-
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-



I NGĀ WĀ E NGAHAU TAHI ANA



Ētahi tūāhua whakangahau e taea ai e au:

Ko ahau nahe

.....

.....

Ki te taha o tōku whānau

.....

.....

Ki te taha o ōku hoa

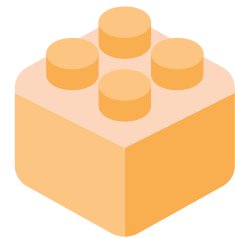
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ŌKU WAWATA

Tā pikitia, tuhia rainei he kōrero mō ōku ake wawata, mō ngā wawata o ōku mātua, kaitiaki hoki.

Ōku wawata mōku

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Ōku wawata mō ōku mātua, kaitiaki hoki

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Ōku wawata mō ōku tungāne/tuāhine; tuākana/tēina hoki

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MĀ WAI MĀTOU KO TŌKU WHĀNAU E ĀWHINA

HEI TAUTOKO

Family works
(09) 437 6729
www.familyworksnorthern.org.nz

ManAlive – TaneOra
(09) 459 7930
0800 TANE ORA
manalive.org.nz

Yellow Brick Road
027 277 2383
www.yellowbrickroad.org.nz

Miriam Centre
(09) 437 6010
0800 801 988
www.miriamcentre.co.nz

Oranga Tamariki Whangarei
0508 FAMILY
www.orangatamariki.govt.nz

155 Whare Awhina Community House
(09) 437 0185
www.whare.org.nz

Rubicon
(09) 438 2340
rubiconyouth.org.nz

Parent to Parent Northland
0508 236 236
027 808 3942
www.parent2parent.org.nz

Stand T Mia – Maunu Health Camp
(09) 437 9050
www.standforchildren.org.nz

Grandparents raising Grandchildren
0800 472 637
www.grg.org.nz

Whakaoranga Whānau Recovery Hub
(09) 401 0975
www.wowhub.co.nz

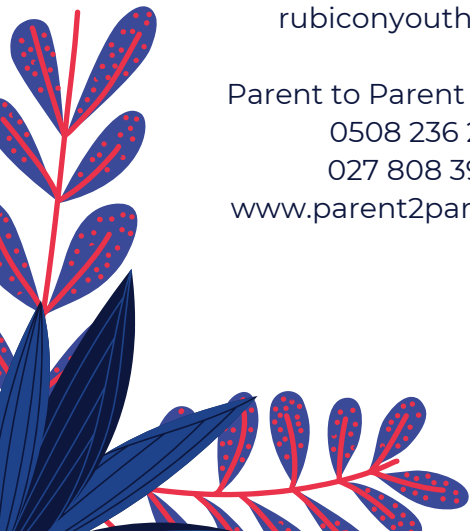
The Fono Health & Social Services
(09) 405 2647
0800 FONO 4U
thefono.org

Te Hiku Hauora
(09) 408 4024
0800 808 4024
www.tehikuhauora.nz

Youthline
0800 376 633
www.youthline.co.nz

Jigsaw North Manaaki Whānau Support
(09) 438 8852
www.jigsawnorth.org.nz

Youthspace
(09) 972 7248
whangareiyouthspace.co.nz



Northpoint Services Trust
(09) 401 2522
0800 223 371
143 Broadway, Kaikohe

Ngā Manga Pūiri
Northland Problem Gambling & Addictions
Support
(09) 437 0167
0800 433 288
www.nmp.org.nz

www.heartsandminds.org.nz/support-services-directory/tai-tokerau-directory

1737 Need to Talk
1737
www.1737.org.nz

Indigo House
(09) 408 3030
www.indigohouse.co.nz

Mothers Helpers
0800 002 717
www.mothershelpers.co.nz

HEI TOHUTOHU/HEI HAUMANU

Manaaki Counselling Services
Whangarei
(09) 459 5225

Māori Womens Welfare League
Whānau toko i te ora
022 085 7512

Te Puna O Te Aroha – Māori Womens
Refuge
(09) 437 2127
0800 733 843
www.womensrefuge.org.nz

Te Roopu Kimiora
0800 333 783

Aoake te Rā Bereaved by Suicide Service
0800 000 053
www.aoaketera.org.nz

Asian Health Services
0800 88 88 30
www.asianhealthservices.co.nz

Male Survivors Te Tai Tokerau
021 378 987
118 Kerikeri Road, Kerikeri

Mid-North Family Support
(09) 407 7511
0800 883 300
www.midnorthfamily support.co.nz

Otamatea Community Services
(09) 431 9080
www.otamateacs.org.nz

Te Whai Community Trust Mangawhai
021 024 78003
www.tewhaicommunitytrust.co.nz

Te Whare Ruruhau O Meri Trust
0800 839 4273
(09) 281 2900
tewhare.org.nz

What's up (0800 WHATS UP)
0800 942 8787
www.whatsup.co.nz

RATONGA HAUORA MĀORI

Hokianga Health
(09) 405 7709
www.hokiangahealth.org.nz

Ki A Ora Ngātiwai
(09) 435 4586
www.kaont.co.nz

Ngāti Hine Health Trust
0800 942 628
nhht.co.nz

Ngāti Kahu Social and Health Service
(09) 406 1441
www.ngatikahu.co.nz

Te Hā Oranga/Te Rūnanga o Ngāti Whātua - Northland
(09) 439 3013
0800 698 342

Te Hau Ora O Ngāpuhi
(09) 405 2647

Te Hiku Hauora
(09) 408 4024
tehikuhauora.nz

Te Rūnanga o Whaingaroa
(09) 405 0340
whaingaroa.iwi.nz

Whakawhiti Ora Pai
(09) 409 7880
wop.co.nz

PĒHEA TE WHAKAMAHI I TENEI PUKAPUKA

Whakatenatena mō ngā mātua, kaitiaki hoki

- He whakatarā te mahi whakatupu tamariki ina māuiui ai koe. Me ngākaunui koe ki a koe anō. Waihangahia he angitu hei whakangā, whāia rainei tētahi tūāhua whakangahau.
- Tērā ka pā te mau tangetange mō te korenga ōu e hono rawa ki tō tamaiti, engari kē he whakaaro pai tonu ki ngā oranga kētanga mōna.
- Aumihia te pāpōuri, engari me whakakaha tonu tō ngoi me tō wā ki ngā papaitanga o nāia tonu nei.
- Kōrerohia tētahi atu pērā i tō pūkenga hauora, rapuhia āwhina rainei ina apuru nui ōu whakaaro. Ka ngāwari ake tō tautoko i tō tamaiti ina whakaū ai koe ki ōu kare ā-roto. Tirohia hoki te rārangi rauemi kei te mutunga o tēnei pukapuka.
- Ki te kore koe e āhei, ā tēnā, tonoa mā tētahi atu e mahi tahi i tēnei pukapuka ki te taha o tō tamaiti.
- Me i uaua te panoni i ngā tūāhua o te wā, e taea rainei te panoni i ngā whakaaro e pā ana ki taua tūāhua rā, hei tauira, ka whai mana ake ina whakaaro ai koe “I apurua taku māuiui/ mate i tōku oranga, ā, kua turakina taku ao.” Tirohia ētahi atu whakaaro hoki ki www.getselfhelp.co.uk mō te pēhea o te arotahi ki ētahi atu whakaaro āwhina.



Tautoko mō te tamaiti

- Whakatenatena tō tamaiti ki te whakamahi i te katoa o tēnei pukapuka. Ki te ngenge ia, me whakatā, me waiho rainei mō tētahi atu rā.
- Hūpeke whakararo kia ōrite ai tō tāroa ki tō te tamaiti. Ko te noho ki tōna taha, he tohu manaaki mōna.
- Me arotahi katoa koe ki tō tamaiti. Ki te waiho atu tō waea pūkoro, tō ipapa rainei ka rongoa ia i tō ngākaunui ki a ia.
- Kōwhirihia i mua mai te pēhea o tō whakamārama i te mate/māuiui ki te tamaiti
- Me i whakaaro ai koe ki ngā tūāhua pai mōu i te wā e porohuri ana, e āwangawanga ana rainei, tērā ka āwhina i tō whai māramatanga hei painga tonu ki ngā matea o tō tamaiti.

Whakakipakipa te tamaiti

- Tonoa te matapakia i tō te tamaiti titiro ki te mate/māuiui. Kātahi ka whakatakoto ētahi mōhioranga e hāngai ana ki ōna tau.
- Aumihia ngā whakaaro ake o te tamaiti, hei tauira, “Kua pā mai te porohuri nā te mea ...”
- Whakatenatena kia patapatai te tamaiti, hei tauira, “He aha kē atu ōu hiahia kia mōhio ai?”
- Kia hōhonu kē te akiaki, hei tauira, “He aha ōu whakaaro? Me kōrero rainei, “Pai tērā whakaaro, nā reira me kōrero tonu koe.”

Kia whai wāhi ai te tamaiti

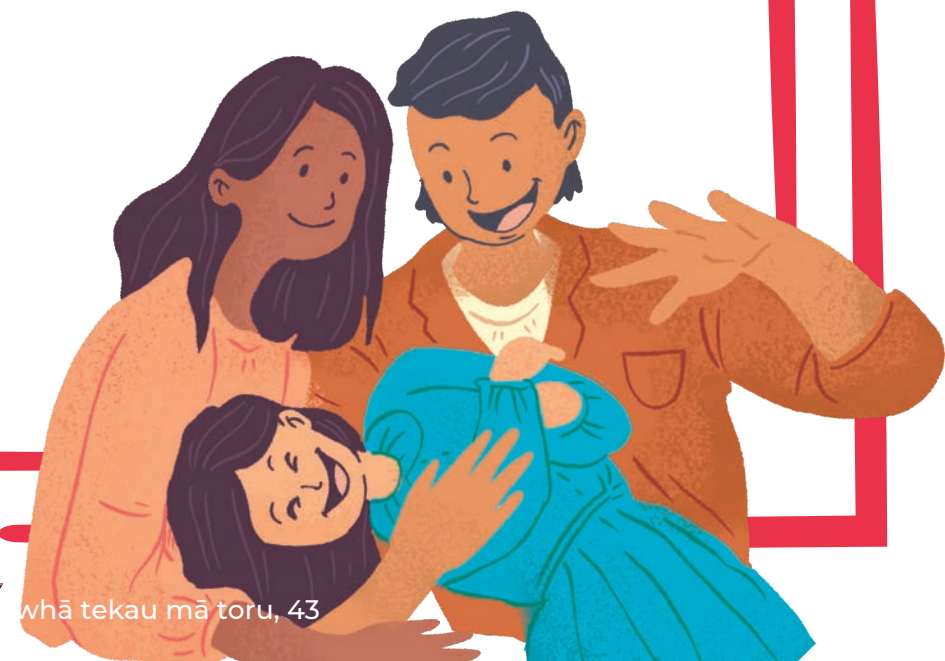
- Tukua tō tamaiti kia whakamātau tuatahi, kātahi ka āwhina koe. Ko te mōhio ki te hīraurau hopanga ka whakapakari i tōna māia.
- Whakarongo ki ngā kupu o tō tamaiti, kātahi ka hoatu mōhioranga, whakataunga rainei
- Me tū koe i te tū o tō tamaiti kia whakaarohia ki ngā tūāhua me tōna tirohanga ake
- Whakaritea he tūwāhi e kōrero wātea rawa ai tō tamaiti

Whakamana te urupare me te ngākau o te tamaiti

- Whakaaetia te ngākau o tō tamaiti. Me arotahi kē ki te whakaako i a ia hei whakahaere i ōna ake whakaaro
- Aumihia ngā whakaaro o te tangata me ōna rongo mokemoke, matakū, pōuri, riri rainei
- Puritia te whakawainga kia whakatika koe, kia whakaiti rainei koe i te ngākau o tētahi atu. Hei tauira, kua e kī atu, “Ehara tērā i te take kia tangi ai koe.” Engari, me ako kē i tō tamaiti ki te tapaina ngākau pēnei, “Āe, kua pāpōuri koe i te mea” “Aroha ana i te pāmamae o tō ngākau. Ka rite hoki ahau ki ērā tūāhua”.
- Whakanui, whakatenatena hoki i ngā whakaaro me te auaharanga o te tamaiti. Kua e whai i te painga rawa atu!

Hei mahi ina āwangawanga ai koe i te urupare a te tamaiti

- Uiuia anō kia whānui te māramatanga ki tērā aronga kētanga a te tamaiti
- Kōrero atu ki te hoa rangatira, he hoa rainei o te whānau, he hoa mahi rainei mō ō āwangawanga.
- Tūhonohono ki ngā kaiwhakahaere o te puna, te kōhanga rainei, ki ngā kaiako o te kura rainei kia tika tonu ngā whakawhitinga whakaaro o tētahi ki tētahi
- Tonoa tētahi pūkenga ngaio hei āwhina me he āwangawanga tonu, hei tauira, kōrero ki tō rata, ki te nēhi rainei, ki tētahi atu pūkenga ngaio o ngā umanga hauora, waiora rainei
- Tirohia ētahi o ngā pae tukutuku me ngā ratonga tautoko kei muri o tēnei pukapuka





HE TOHU WHAKATUTUKITANGA

E whakamana ana tēnei tohu i a

mōna i whakaoti pai i tēnei pukapuka hei mahi
Tupu Tūkaha, Tupu Tūtahi
ki te taha o _____

TĒNEI RĀ:

WAITOHU:



TUPU
TŪKAHA
TUPU
TŪKAHA



Te Whatu Ora
Health New Zealand
Te Tai Tokerau