



CIM.JEALOUSY 2013

Te Varevareae e te Tatā'anga

E turanga matau'ia te varevareae, te tauetono e te akariri atu ki tetai. Ka rauka i te au metua i te apii kia rauka i te tamariki i te raverave akakoromaki i teia au tu.

“Ko toou tu kia ratou, ko to ratou rai ia tu kia koe e tetai ki tetai.”

Te au pepe ou

E tuke pakari ana te tu o tetai au tamariki me tae mai tetai pepe ou ki roto i te ngutuare. E riri kino ana tetai pae, e oki ana tetai pae ki te turanga o te pepe varevare, e ko tetai pae, e inangaro pu ana ratou i to ratou tungane ou, me kore ra, tuaine ou, ma te ngakau aroa tikai.

Kare teia i te mea poitirere no te au tamariki rikiriki, mei te mea tikai oki tetai e, kua matau aia i te noo koia akane ua, me kore ra, koia ua te pepe i roto i te ngutuare. Penei, ka manako ratou i to ratou turanga e, kua akatuke'ia e teia tungane ou, me kore ra, e teia tuaine ou, e kare ratou e inangaro akaou'ia e kua akangaropoina'ia ratou.

Te teatea-mamao'anga no te anau'anga mai o te pepe ou, tetai angaanga e rave kapiti korua. Na teia ravenga e riro ei i te akapapu ki te tamaiti e, koia tetai te ka raverave, e koia tetai mea pupainga i roto i te ngutuare.

“Iaku e akapuaki ra ia pepe, ka akapuaki katoa au ia Joe.”

Te teatea-mamao'anga no te tae'anga mai tetai mea ou

- Akamata'ia te komakoma i te au marama i mua ake no te pepe ou te ka anau mai. E tau ana teia i te raveia me akamata te kopu nui i te ata mai.
- Pa'u'ia te au uianga ma te tiratiratu tikatika'i.
- Ui'ia to ratou manako no te au ingoa e te au apinga taau ka anoano i te oko no te pepe.
- Akatinamou'ia te au akanoonoo'anga puapinga i mua ake ka anau mai ei te pepe. Mei teia te akara'anga, te akaneke'anga i taau tamaiti o mua atu mei roto mai i tona koti (cot), me kore ra, i tona pia moe.
- Komakoma'ia te ngai ka anau ei te pepe, ma te akakite kia ratou e, penei ka noo koe ki roto i te are maki okotai, me kore ra, e rua ra.

“Kua teatea-mamao kapiti maua no te tae'anga mai te pepe ou. Kua tuku au i tetai noo'anga poto meangiti ki te pae i te kaingakai, e kua tuku maua i te au kakau katoatoa o te pepe ki roto i te toroa vairanga kakau.

“Kua tatau kapiti maua i te au puka tuketuke no te au pepe ou. Kua mou aia i te pepe i te ra mua i anau mai ei.”

“Akaatea'ia mai taau tamaiti o mua atu mei roto i tona koti (cot), i mua ake ka anau mai ei te pepe.”



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Me anau mai te pepe ou

- E akamanako koe i te tuku i te pepe ki roto i te koti (cot), auraka ki roto i toou nga rima, me aere mai tetai mai aau tamaiti/tamariki i te atoro iaia.
- Oronga viviki'ia kia mou ratou i te pepe ma te nenei i tetai au tutu.
- Me oki koe ki te kainga, e pati koe kia ratou kia tauturu i te akapā'i i te pepe, i te tiki i te au tauera, e te vai atura – auraka ra e akaunga me kare ratou e inangaro i te rave.
- Penei ka inangaro taau tamaiti i tetai pepe rakau nana te ka meitaki i te akapā'i, ia koe e akono tiaki ra i te pepe ou.
- E ui koe kiaia i tona manako no te kakau ta te pepe e a'ao (eiaa ra kia maata te au tu ka iki'ia – “ko te mea rengarenga, me ko te mea auika.”)
- E akataka koe i tetai tuatau i te au ra tātakitai, kia noo koe e taau anau mamaata mai, penei no te tatau puka, me kore ra, no te komakoma i tetai porokaramu tv.
- Me ka riri ake ratou e mei te mea atura e, ka inangaro i te rave kino i te pepe, komakoma'ia no teia. E ui koe e, eaa to ratou manako ma te akakite kia ratou e, e mea meitaki ua te vareae, ina ra, kare i te mea meitaki kia rave kino ratou i te pepe.
- E tua koe kia ratou i to ratou anau'anga mai e te au mea tei tupu ia ratou e meangiti ra. Akapae'ia mai te au tutu pepe ki va'o.

E mea pupainga maata kia kite ratou e, ko ratou tetai i roto i te au tuanga katoatoa. Ka anoano'ia kia kite ratou i to ratou turanga puapinga e no te raverave'anga.



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Te tatā'anga

E tatā ana te au tungane e te au tuaine, e, e maata atu ta tetai pae i ta tetai pae. Mei te ua turanga katoatoa o te ora'anga, ka anoano'ia tetai au aka-kotinga'anga e te au koropini'anga ei akapapu kia rauka i te akamaru i te au mea katoatoa, kia kore e maata atu te kino. E tatā ana te tamariki me roiroi ratou, me matepongi, me kore ra, me maromaroā, me inangaro ratou kia akara'ia atu ratou, me kore ra, me te manako ra ratou e, ka peke ta ratou au apinga i tetai ke. Kare o te tamariki rikiriki mai kite i te kopae i teia au tu kino me tupu ake, e penei, ka tatā ratou. E mea puapinga kia kite te tamariki i te akatano i te au mea katoatoa ma tetai aronga ke mai. E tauturu maata ta te au metua ka rauka i te rave na roto i te akamaroiroi'anga kia komakoma e kia kimi ravenga'ia kia kore e tupu te manamanata.

“I toku manako, kia rauka ia tatou i te kite e, e turanga natura te riri – ka akapeea ra te au metua i te akatano'anga i teia.”

“Me te tauetono ra ratou, oronga'ia atu tetai tuatau no ratou kia akatanotano i teia.”

“E maata toku taimē e pou ana i te kimi ravenga me tatā taku anau tamaroa. E toku putuputu ana au ia ratou ki te au ngai kangakanga tātakitai takake. Me ka inangaro a Alex i te kanga koia anake ua, e toku ana au i te apinga arai i roto i tona pia kia kore tona teina meangiti e kanga i tana au apinga; e apii ana au iaia kia oronga i tetai apinga kangakanga na tona teina, ei ravenga kia kangakanga aia e te reira apinga, eiaa to te turaki ke atu iaia.”



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Tetai au manako

- Me te karo ra taau anau tamariki, e aere koe ki tetai pia ke, kia rava to ratou tuatau i te akatano i te manamanata. Me oti te manamanata i te akatano'ia ma te kore koe i reira, e akakite koe kia ratou e, e mea meitaki tikai ta ratou i rave. Oronga'ia atu tetai tuatau oou no ratou.
- E akamanako koe e, penei me kua maromaroā, kua roiroi, me kore ra, kua matepongi ratou. Oronga'ia atu tetai angaanga ke kia rave ratou.
- E tauta koe i te oronga i tetai tuatau no taau anau tamariki tātakitai, kia kore ratou e manako e, ka taemoemo ratou tetai ki tetai. Kia aiteite taau au tuatua akameitaki.
- E akanoo koe i te au apinga kanga tātakitai ta te tamaiti okotai e reka ana i te rave ma te kore e tu'atu'a taime ki tetai ke atu. Te meitaki ua ra me kare tetai tamaiti tuakana e inangaro i tana apinga kanga kia 'a'ati'ia e tetai o tona ai teina.
- Akamaroiroi'ia tetai au ravenga turanga meitaki tuke. Me te tauetona ra ratou no tetai au kereiona (crayons), e tamanako atu koe kia koi ratou tātakitai e toru kereiona (crayons), eiaa no te kimi e, naai i akatupu i te tatā'anga.
- Auraka koe e kimi e, naai i akamata i te manamanata. E ui koe kia ratou e, me e ravenga ta ratou i kite no te akatano i te manamanata.
- Akaāteatea'ia ma te kore e akautunga'anga – mei teia te akara'anga, e tamanako atu koe e, kia kangakanga tetai i roto i tetai pia, e tetai, kia tauturu ia koe i te rave i tetai angaanga ke.
- Auraka e akaaiteite i taau anau tamariki tetai ki tetai, me kore ra, e akapa'apa'a i tetai na runga ake i tetai, mari ra, e tauta koe ia ratou tātakitai kia turanga teitei e te meitaki ua atu ei.
- Eiaa koe e karanga e, "rave kapiti'ia", e karanga ra koe e, "No ----- teia taime."



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For more information on support for parents, go to:

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