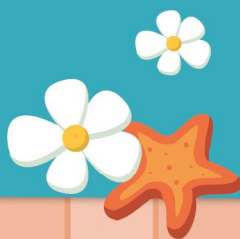


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## Te Ora'anga i ko i te Supamakete

E ngai mataora te supamakete no te tamariki, i tetai taime ra, e roi ana ratou i te reira ngai e ka riro ei akakino i to ratou turanga.

E maata te au ravenga kia kore te tuatau okooko o te epetoma e riro ei tuatau ngata.

**“E apinga purumu to to matou supamakete i te ora 9 i te popongi, ko toku taime te reira e apai ana i te tamariki e ka aru aere matou i te reira na roto i te au va o te au apinga oko te ka purumu'ia.”**

### Te Parani

Eiaa e aere i te tuatau ka rapurapu koe e kua matepongi, me kore ra, kua roiroi taau tamaiti. Penei ka manako ake koe i te aere i te okooko me oti ta korua koka aere i te reira popongi – ina ra, penei kua roiroi taau tamaiti e kua tau aia no te oki ki te kainga no tetai tuatau akangaroi poto marie.

Ta-angaanga'ia taau anau kia tata ratou i te au apinga te ka oko'ia. Tukuna'ia kia iki ratou i tetai au apinga te ka oko'ia – mei tera ra e, ta ratou siriala (cereal) ka inangaro. Oronga'ia e rua me kore ra, e toru au tu taau ka tutaki, ma te akapapu i reira e, kia kimi korua i te reira au tu, me tae korua ki ko i te toa.

Me e noo ana kotou ki vao mai i te oire, e e rave ana kotou i ta kotou okooko'anga i te ra e aere ana kotou ki te oire, raveia te reira i te popongi, i te tuatau te vai maroiro ra te katoatoa.

**Teatea-mamao'ia tetai vai inu e tetai apinga katikati ki roto i taau pute kiri. Ka riro teia ei tavarenga ia ratou.**

## Me tae ki reira

- Apaina'ia tetai apinga meangiti kangakanga ei kanga na ratou.
- Apaina'ia mai tetai apinga katikati na taau tamaiti ia koe e okooko ra
- Oronga'ia tetai au tu apinga na ratou – “e ioukati (yoghurt) strawberry me e mea apricot?”
- E akamamao koe i taau pereao apinga mei ko mai i te au apinga kare koe e inangaro i te oko, ina ra, ka pati atu taau tamaiti no te reira – mei teia te akara'anga, te ngai o te au rore.
- Oronga'ia tetai angaanga nana, mei tera ra e, kia mou aia i te pepa akapapa'anga apinga, me kore ra, te puka kuponi (coupon) meangiti. E pati koe kiaia kia kimi i te au apinga i runga i te pepa akapapa'anga apinga.
- Akanoo'ia aia ki roto i te pereao apinga. Ko te ravenga teia e rauka ai ia koe i te komakoma kiaia e kare aia e ngaro. Me e maata atu i te okotai a'au tamaiti, e mou tetai pae i te pereao ia kotou e aere takapini ra.
- E ngata ana te apai pepe e tetai tamaiti meangiti katoa. E tauta koe i te aere i te okooko me e tangata ke atu tetai te ka aru mai i te tauturu ia koe, me kore ra, i te tiaki i te tamariki i te kainga.

**“E komakoma ana te aronga o te ngai tutaki apinga kiaia no tana tauturu. E reka ana aia i te reira.”**

## Te ngai tutaki apinga

- E rave korua i tetai kangakanga ia korua e tiaki ra, mei te Te Kite nei Au (I Spy). Me e tamariki rikiriki, e au kara ta korua e tuatua – “Te kite nei au i tetai apinga muramura.”
- Oronga'ia tetai au kai kia tuku aia ki runga i te ngai tutaki apinga.
- Akameitaki'ia aia no tana tauturu meitaki ia koe.



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## Me akamata ake te tarevake i te tupu

- Auraka e tuku ki tona anoano. E tauta koe i te akaneke i tona manako kia kimi aia i tetai apinga tana ka inangaro i runga i te pepa akapapa'anga apinga, ka oronga atu ei i tetai kai meangiti e te vai inu nana.
- Tāpū'ia te pereō apinga. E akakite marie koe kiaia e, ka inangaro koe i tana tauturu, e me tae korua ki te kainga ka rave kapiti korua i tetai angaanga ta korua ka reka i te rave – mei te akarakara i tetai porokaramu i runga i teTV.
- Noo maru ua – e tauta koe kia kore toou riri e kitea'ia. E tatau koe ki te tai ngauru. Me tei te pae koe i tetai apinga ta taau tamaiti i inangaro, e neke koe i te pereō ki tetai ngai kare e maniania.
- Eiaa koe e manamanata i tetai au aronga okooko ke mai, ko te maata'anga ia ratou, e tamariki ta ratou e kua kite ratou i toou turanga ia koe i te reira taime.

## Te oti'anga taau

- E akakite koe kia ratou e, meitaki tikai ratou i te iki'anga/te noo'anga marie/te kanga'anga i te Te kite nei au. Me i ngata ana ratou i te noo marie, e akamaara koe i tetai apinga turanga meitaki no te akakite kia ratou.
- Me tarevake ake tetai apinga, e kimi koe e, eaa te tumu i tupu ei te tarevake – penei, ka rauka ia koe i te akapapu kia kore e tupu akaou i tetai taime akaou mai.

**“E aere ana au ma te kore e tamariki, me kore ra, e au mea rikiriki ua taku ka rave me ko ratou tetai i aru mai iaku.”**

## Kimi manako'ia

E mea meitaki kia akanoo koe e tetai taeake oou i te akono tiaki korua tetai i ta tetai tamariki, kia rauka ia korua i te aere i te okooko ko koe anake ua.

**Akamaara meitaki: Eiaa e aere i te tuatau ka rapurapu koe e kua matepongi, me kore ra, kua roiroi taau tamaiti.**



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For more information on support for parents, go to:

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