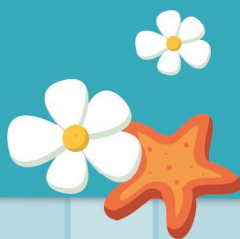


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Strategies with Kids | Information for Parents



TE REO SUPERMARKET 2013

## Putā ora noa i te Hokomaha

He wāhi tino wana te hokomaha mō te tamariki, heoi i ētahi wā ka hōhā rawa ia, ā, nā wai ka kapewhiti tonu tōna āhua. Arā atu anō ētahi tikanga e ngāwari ake ai te haerenga hokomaha ā-wiki.

### Mahere

Whakamātau kia kaua e haere ina whāwhai koe me te matekai, te nenge rānei o tō tamaiti. Kei whakawaia koe ki te hoko kai i muri i te haerērē i te ata – engari tērā pea ka nenge tō tamaiti, ā, kua reri ki te whakatā i te kāinga.

Kia whai wāhi tō tamaiti ki te tuhi i te rārangi hoko i mua i te haere. Hoatu ki a ia ētahi kōwhiringa - hei tauira, he aha te momo pata kai ka pīrangi ia. Hoatu kia rua, kia toru kōwhiringa rānei e pai ana ki a koe te hoko, me whakarite hoki kia rapua e kōrua ēnei kōwhiringa ina tae kōrua ki reira.

Mēnā kei te noho tuawhenua koe, ā, ka haere ki te hoko kai i tētahi rā e haere koe ki te tāone, mahia i te ata i a koutou e kaikaha ana. Mauria he pouaka mātao mō ō kai ka kino.

**"He mīhini tahitahi tā tō mātou hokomaha ka tahitahi rā i te 9 i te ata, ā, heria e au ngā tamariki ka whai haere mātou huri noa i ngā riunga"**

**"Ko te tikanga ka kōrero ngā kaimahi takiatu ki a ia ina āwhina atu ia. Tino hari ana ia i tērā"**

**Kawea he inu, he paramanawa hoki i tō pāhi. He āwhina tā tēnei hei whakaware i a ia.**

## I a koe i reira

- Mauria tētahi takawairore hei mea tākaro māna.
- Hoatu he paramanawa ki tō tamaiti i a kōrua e huri haere ana. Ka taea tēnei te mauria atu e koe, te pupuri rānei i te waitohu, te waehere pae rānei hei utu i tō putanga.
- Hoatu ki a ia te mana kōwhiri – “ko ēnei pīni maoa, ko ēnei rānei?”
- Kaua e whakatata i tō tōneke ki ngā mea kāore koe e pīrangi ki te hoko engari ka tonoa e tō tamaiti - hei tauira, te riunga rare.
- Hoatu he mahi ki a ia, hei tauira te pupuri i te rārangi hokonga, te pukapuka tīkiti rānei. Tonoa ia ki te rapu i ētahi mea i te rārangi.
- Waiho ia ki roto i te tōneke. Mā konei koe e āhei te kōrero ki a ia me te whakauru i a ia, otirā kāore ia e ngaro. Ki te nui ake i te kotahi ō tamariki, ka āhei ērā atu te pupuri i te tōneke i a koutou e huri haere ana.
- Tērā e uaua tonu te whakahaere i te pēpi nohinohi me te tamaiti kōhungahunga. Whakamātau ki te haere i te mutunga wiki, i te pō rānei mēnā he hoa pātui tōu hei tiaki i ngā tamariki, mauria tētahi hoa rānei hei āwhina i a koe.

## Te takiatu

- Tākarotia he kēmu pērā i a Kite ana Ahau i a koe e tatari ana. Mō ngā tamariki nohinohi, whakamahia ngā tae – “Kite ana ahau i tētahi mea whero.”
- Hoatu ki a ia ētahi hokonga kai hei whakatakoto ki te tūpapa takiatu.
- Whakamihia tōna āwhina i a koe.



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## Te wā ka tīmata te raruraru

- Kaua e kūpapa ki ana hiahia. Whakamātau ki te whakaware i a ia mā te tono kia rapua e ia tētahi mea e hiahia ana ia i te rārangi, hoatu he kai, he inu rānei.
- Whakatūria te tōneke. Āta whakamārama kei te pīrangi koe kia āwhina mai ia, ā, ina tae kōrua ki te kāinga ka mahi kōrua i tētahi mea e pai ai ki a ia – pērā i te mātaki i tētahi hōtaka whakaata.
- Kia tau – kei kitea tō pukuriri. Kaute ki te tekau. Mēnā kei te taha koe i tētahi mea e hiahia ana tō tamaiti, nekehia atu te tōneke ki tētahi wāhi hū.
- Kaua e māharahara ki ērā atu kaihoko, e whai tamariki hoki te nuinga me te mōhio anō ki ngā mea e pā nei ki a koe.

## Oti rawa koe

- Kī atu i tino pai ai tana whiriwhiringa, āta noho, tākaro Kite ana Ahau rānei. Mēnā i te koioio ia, whakamātau ki te mahara ki tētahi mea takatika hei kī atu māu.
- Mēnā i hē ngā mea, maharatia te take i hua ake ai te raruraru – ka taea pea e koe te karo āpōpō.

## Maharatia

He pai te whakaaro kia whakaritea tahi kōrua ko tētahi hoa ki te tiaki i ā kōrua tamariki e āhei ai tēnā, tēnā te haere ko ia anake ki ngā toa.

**Kia mahara: Whakamātau kia kaua e haere ina whāwhai koe me te matekai, te ngenge rānei o tō tamaiti.**

**“Haere ai ahau kāhore he tamariki, ka hoko rānei i ngā mea tino taketake mēnā kei tōku taha rātou”**



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E tautoko ana a SKIP i ngā mātua me ngā kaitiaki  
ki te whakatipu i ā rātou tamariki mā te tikanga takatika.

Īmēra : [info@skip.org.nz](mailto:info@skip.org.nz) waea rānei: 04 916 3397

Mō ētahi atu pārongo mō te tautoko mā ngā mātua  
haere ki [www.familyservices.govt.nz/directory](http://www.familyservices.govt.nz/directory)



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