

Moe Haumaru

Me pēhea te whakamoe haumaru i to pēpi hei whakaiti i te tūraru o te mate ohorere pēpi.

Mō ngā pēpi katoa e 0-12 marama



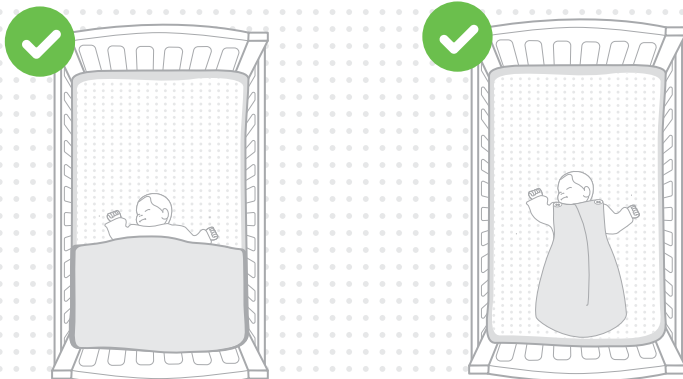
Mō ngā pēpi katoa e 0-12 marama, e tūtohu ana a **Red Nose** kia ono ngā hātepe mātua hei whakaiti i te tūraru o te mate ohorere pēpi.

1 Inga wā katoa me whakatiraha i a pēpi e moe ai ia.

Ko te whakatiraha i a pēpi ka āwhina ki te whakawātea i **tōna arahau, me te whakarite ka mahi ōna kahuki tiaki**. Mā te moe i runga tuarā ka iti iho ai te tūraru o te hēmanawatanga, me te pukā me te rāoatanga.

2 Me rakorako te kanohi me te upoko o pēpi.

E whakahaere ana ngā pēpi i tō rātou pāmahana mā roto i tō rātou kanohi me to rātou upoko, **nā reira ko te mea i te kanohi me te upoko o te pēpi kia rakorako i te wā o te moe e iti iho ai te tūraru o te pukā**. Ka āwhina hoki tēnei ki te whakawātea i ōna **arahau** e iti iho ai i te tūraru o te hēmanawatanga.



3 Me auahikore a pēpi i mua, i muri tonu hoki i te whānautanga.

Mā te kai hikareti i te wā o te hapūtanga, ki mua tonu anō hoki i te aroaro o pēpi ina whānau mai ia e nui ake ai te tūraru o te mate ohorere pēpi – e hāngai ana tēnei ki te auahi urutomo anō hoki.

Mehemea e kai hikareti ana koe, tō hoa rānei, **kaua e kai hikareti i te aroaro o pēpi, ā, kaua rawa e kai hikareti i te wāhi e moe ai a pēpi**.

Mō te āwhina koreutu ki te whakarere i te kai hikareti waea atu ki a **Quitline** i te **13 78 48**.

✗ Kaua he taonga ngohengohe, he tūemi rahi rānei

Kaua e whakamahia he taonga ngohengohe i roto i te pouraka. He mōrearea ngā taonga ngohengohe i roto i te wāhi moe, ā, ko ērā mea e whakarahi ake ai i te tūraru o te hēmanawatanga me te pukā.



- ✗ Papangarua hune, paraikete tangatanga rānei
- ✗ Urunga
- ✗ Kaitūtuki pouraka
- ✗ Wūru rēme
- ✗ Ngā taonga tākaro ngohengohe pēnei i te teti

4 Taiao moe haumarū ao te pō, pō te ao.

Ko te wāhi haumarū rawa mō te pēpi ki te moe ko tōna ake wāhi haumarū, me tētahi whāriki moenga haumarū, me ngā pānga moenga haumarū.

I ngā wā katoa me whakatiraha tonu i a pēpi ki te moe, ā, me tau ōna waewae ki te mutunga o te moenga piripoho me te pouraka.

- **Pouraka haumarū**

Ka whakatutuki i te paerewa o Ahitereiria AS/NZS 2172:2003.

- **Whāriki moenga haumarū**

He mārō, he papatahi, he tika te rahi mō tō pouraka haumarū, ā, ka whakatutukitia te paerewa o Ahitereiria (AS/NZS 8811.1:2013).

- **Pānga moenga haumarū**

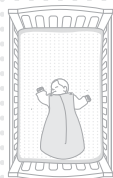
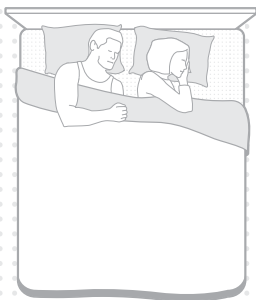
He pānga moenga māmā, e tākapua ana, ā, kua kumea noa iho ki te uma.

- **Pēke moe haumarū**

Kia pai te whakaō ki te kakī me te uma, ā, kei waho ngā ringa o pēpi, ā, kāore he huri.

5 Me whakamoe i a pēpi i roto i tōna ake wāhi moe haumarū i roto i te moemanga o te matua, kaitiaki rānei mō ngā marama tuatahi e 6*

Ko te wāhi haumarū rawa mo te pēpi kia moe, ko tōna ake anō wāhi, i roto i te moemanga ōrite tonu me ōna mātua, kaitiaki pakeke rānei mō ngā marama tuatahi e 6.



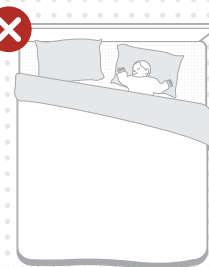
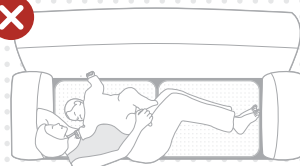
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6 Te whāngai ū ki a pēpi.

Kua kitea e whakaheke iho ana te whāngai ū i te tūraru o te mate ohorere pēpi.

Ngā wāhi moe hīrokiroki



*Mō ngā mōhihio mō te whakaheke iho i te tūraru mō te moe takirua, me toro atu ki: rednose.org.au/cosleeping

** Mō ngā mōhihio e pā ana ki te whakamahi moenga piripoho: redno.se/bassinetsinfo

E mihi atu ana a Red Nose ki ngā mana whenua o ngā whenua tātou e mahi ana, e noho ana, e toro ana hoki.

Pokapū Tūtohunga Moe Haumarū

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Mō ngā pātai mō te manātārua whakapā mai ki: education@rednose.org.au

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