

# Nō te Pouraka ki te Moenga



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Āhea te wā tika ki te neke atu i tō kōhungahunga i te pouraka?

I Ahitereiria, e tokomaha ake ana ngā pēpi me ngā kōhungahunga e whara ana i te takanga atu i ngā pouraka me ngā moenga. Kua pēnei nā runga i te kore e mōhio ki te wā tika hei neke i tētahi kōhungahunga i te pouraka, kua tōmua rawa rānei te whakatakotoria o te pēpi, o te kōhungahunga rānei ki tētahi moenga pakeke.

Āhea te wā tika ki te neke atu i tō kōhungahunga i te pouraka?

Ko te wāhi haumarua rawa mō tētahi pēpi ki te moe, kei roto i tētahi pouraka e tutuki ana ki te Paerewa o Ahitereiria o nāianei, ā, e rite ana ki tā ngā tohutohu Red Nose e rite ai tētahi taiao moe haumarua.

Meinga te pouraka kia wātea i ngā taonga tākaro, i ngā urunga, i ngā kaitūtuki, i ngā pūtahi ngohe me ētahi atu mea ka taea te whakapipi hei āwhina i tētahi kōhungahunga iti kia piki atu i te pouraka.

Me kua hoki ngā paraikete taumaha e waiho ki te pouraka, ki ngā wāhi e āhei ana i ngā tamariki te toro atu.

Mō ngā take haumarua, ina kitea he kōhungahunga iti e ngana ana ki te piki atu i te pouraka, ā, te titiro nei ka tutuki i a ia, kua tae ki te wā ki te neke atu i a ia ki waho o te pouraka.

I te nuinga o te wā ka āhei tēnei kia rua, toru tau me te hāwhe rānei te pakeke o tō kōhungahunga, engari ka taea hoki pea tēnei te neke kia 18 marama tōna pakeke.

## ! Me Maumahara

Kua e whakamahi he pouraka hikawe mehemea he nui ake i te 15 kirokaramu te taumaha o tau kōhungahunga (tirohia rānei ngā tohutohu o tō tauira tauwhāiti).

## Te wāhi ki te whakamoe i tētahi kōhungahunga kua neke atu i te pouraka Whāriki moenga papa

Ko tētahi kōwhiringa ko te tango i te moenga i te pouraka, i tētahi whāriki moenga pakeke, ā, ka whakatakoto ki runga i te papa.

Whakatakotoria atu te whāriki moenga i ngā pakitara i te mea tērā te tūraru ka mau ngā kōhungahunga i waenganui i te whāriki moenga me te pakitara. Me mau tonu te whāriki moenga o te kōhungahunga hei kaupare atu i ngā hauata moe whakamate.

Whakawāteatia te wāhi huri noa i te whāriki moenga i ngā taonga tākaro ngohengohe, me ngā pēke pīni, me ngā pēke kirihou, me ngā mea ōrite rānei ka taea e te kōhungahunga te huri ki runga. Ka taea e ngā mea ngohengohe te taupoki i te kanohi o te kōhungahunga, ā, ko tōna otinga ake ko te hēmanawatanga.

Meinga kia whakatūria atu te moenga i ngā wāhi toritori i te kāinga hei kaupare atu i ngā hauata e meinga mai ana e te pakeke, e ngā tamariki rānei e taka ana ki runga i te papa moenga.

## Moenga kōhungahunga

Ko tētahi atu kōwhiringa ko te whakamahi i tētahi moenga kōhungahunga:

- He taumata takawaenga haumarua ērā nō te mea he hakahaka te teitei, e whakaheke ana i ngā tūraru whara i te taka atu i te moenga.
- He pai te utu ki te hoko, i te mea ka taea te whakawhiti i te whāriki moenga pouraka me ngā pānga moenga ki te moenga kōhungahunga ina kore e tika mō te kōhungahunga.

## Moenga pakeke

Mehemea kua kōwhiri koe ki te whakamahi i tētahi moenga pakeke, kia mōhio koe ka tino nui te tūraru ka taka atu ngā kōhungahunga i te moenga, kei mau rānei rātou i waenganui i te moenga me te pakitara.

- Me mātua whakarite kāore he mokowā nui ake i te 95mm i waenganui i te whāriki moenga me te pane o te moenga. Ka taea e ngā āputa nui ake te mau i te kōhungahunga.
- Me whakarite kia iti rawa te tawhiti taka, ā, me whakamahi i ngā rawa papa ngohengohe, i te whāriki moenga rānei huri noa i te moenga hei whakaheke i te tūraru o te takanga.
- Whakawāteatia te wāhi e taea ai e te kōhungahunga te taka noa i ngā taonga ā-whare, ngā taonga tākaro me ngā rawa mārō rawa.

Ngā rēra moenga hikawe: Mehemea kua whakatau koe kia āpiti i ngā rēra moenga hikawe ki tētahi moenga pakeke hei ārai i te takanga o tō kōhungahunga, me mōhio koe ka taea ngā tamariki te mau mehemea kāore i te tika te whakaurungia o ngā rēra. I mua i te whakatakoto i tō kōhungahunga ki te moenga, me āta titiro kua tika te whakaōngia o ngā rēra moenga hikawe ki te taha o te whāriki moenga, ā, kāore he āputa i waenganui i te whāriki moenga me te rēra moenga. Ka āwhina tēnei ki te ārai i te tinana o te kōhungahunga, i te upoko rānei i te mania iho, ā, ko te otinga ake ka mau.

Kia kua ngā urunga, ngā pānga moenga ngohengohe me ngā taonga tākaro e tukua kia noho piri ki te rēra moenga. Kua aituātia ētahi tamariki i te hēmanawa i ngā wāhi e kī ana i ngā taonga tākaro ngohengohe. Ka whakahēmanawatia ngā tamariki ina pēhia ō rātou mata ki ngā taonga tākaro ngohengohe.

Me tatari kia rua tau te pakeke o te pēpi, ā, kāore tonu e moe tonu ana i runga pouraka, pouraka hikawe rānei i mua i te whakamahi urunga mō te moe.

## Te whakahaumarua i tō kāinga i mua i te nekehanga

Kāore te kōhungahunga e moe ana i runga pouraka, ā, he nui ake tana āheitanga ki ngā wāhanga katoa o te whare. I mua i te putanga o tō kōhungahunga ki te moenga, tirohia te rūma o tō kōhungahunga, puta noa i te whare katoa mō ngā mōrearea.

### Whakaritenga kia haumarua te taiao:

- Kia aro atu ki ngā mōrearea tūpono tērā pea ka mea i ngā takanga, i te toromitanga, i te nanatitanga, i te hopuranga, i te paitinitanga rānei.
- Meinga ngā aho, ngā au me ngā kaui kia kua e tautau noa kei mau te kakī o te tamati.
- Aukatingia te āheinga ki ngā hīta, me ngā rawa hiko me ngā pūwāhi hiko ki te karo atu i te tūraru o te pukā, ngā weranga me te whiti hikotanga.
- Tirohia kua whakamaua ngā taonga ā-whare me ngā pouaka whakaata katoa ki ngā taiapa pātū, kia kore e taka noa.
- Tirohia tē taea ngā arawhata me ngā matapihi te āhei atu.



# Me Maumahara...

## Whakamoe haumarū i ngā kōhungahunga:

- ✓ Moenga haumarū
- ✓ Whāriki moenga haumarū
- ✓ Pānga moenga haumarū
- ✓ Taiao moe haumarū ao te pō, pō te ao

### ! Kia mataara

- Ehara i te mea he haumarū ngā pēke pīni, ngā hōpa, ngā urunga tau nui me ngā whāriki moenga hau hei wāhi moe mō ngā pēpi me ngā kōhungahunga.
- Kāore e tūtohungia ngā moenga papa rua mō ngā tamariki i raro iho i te iwa tau te pakeke.
- Mehemea e mau ana te kōhungahunga i te pēke moe pēpi i a ia e moe ana i waho o te pouraka, me tūpato! Ko te kōhungahunga e mau ana i te pēke moe pēpi, ā, kāore e whakatikia ana ki te pouraka, he nui ake tana tūraru ka taka ia, ā, ka whara anō hoki. Me āta tiaki i te kōhungahunga, ā, me tango te pēke moe i te ohonga ake o te kōhungahunga.
- Puritia nga paraikete taumaha i ngā kōhungahunga nō te mea tērā tūpono ko te wharanga nui, ko te mate rānei te otinga ake.



### Kua hangaia tēnei puka whakamōhio hei maumaharatanga mō Ava.

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 o Red Nose

1300 998 698

(i roto i ngā haora pakihi AEST/AEDT)

[education@rednose.org.au](mailto:education@rednose.org.au)

[rednose.org.au/safesleep](http://rednose.org.au/safesleep)

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