

# Te moe takirua

red  
nose  
saving little lives

rednose.org.au



## Ina mauria ngā pēpi kia moe i te taha tonu o ngā mātua i runga moenga, ka kīia tērā he moe takirua.

Ko te wāhi haumaruru rawa mō te pēpi hei wāhi moe mōna, ko tōna ake wāhi moe haumaruru. Kāore te Red Nose e tūtohu ana i te moe takirua (arā, te moe i runga i te moenga kotahi); heoi anō, e mōhio ana mātou e kōwhiri ana ētahi mātua ki te moe takirua, ā, mō ētahi atu e moe takirua pokerehū. Kite kōwhiri koe ki te moe takirua, he mea nui kia mōhio koe me pēhea te whakaiti i ngā tūraru i te mea hoki he mea tino mōrearea te moe takirua. Ka taea e tēnei aratohu te āwhina.

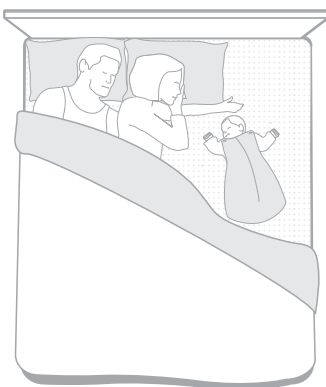
### Whāia ēnei āki hei whakaheke i ngā tūraru

Me whakatiraha tonu i te pēpi ki te moe

Whakawāteatia he wāhi moe kia moe ai a pēpi

Me mātua whakarite kāore e taupokina ana te kanohi me te upoko o pēpi

Herea ngā makawe roa me te tango i ngā kahurangi katoa tae atu ki ngā mau kakī niho



Me mātua whakarite he mārō, he papatahi anō hoki te whāriki moenga

Whakatirahatia te pēpi ki te taha o tētahi o ngā mātua – kua rawa e meinga i waenganui i ngā pakeke e rua, i te taha rānei o ētahi atu tamariki, kararehe rānei

Me mātua whakarite kāore e taea e ō pānga moenga me ō hīti te taupoki i te kanohi o pēpi

Nekehia atu te moenga i te pakitara – kia kore ai a pēpi e mau ki waenga i te moenga me te pakitara

Whakamataratia ngā urunga i te wāhi moe o pēpi

Me mātua whakarite kāore e taea e te pēpi te taka atu i te moenga

Whakamahia he pēke moe haumaruru kāore he huri, ā, e whātoro atu ana i ngā ringa o te pēpi – kua e tākai, e puni rānei i a pēpi

## Āhea me kua e moe takirua

I ētahi tūāhua, he tino mōrearea te moe takirua mō te pēpi.

Kua hiamoe rawa koe, kua māuiui rānei

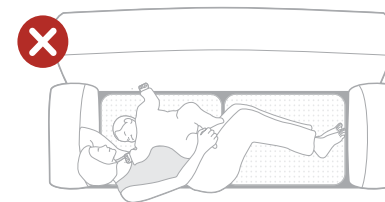
Kua kainga e koe, e tō hoa rānei ētahi rongoā e whakahiamoe ana, e whakaware ana rānei i a koe

Kātahi anō ka pau i a koe, i tō hoa rānei te waipiro

He kōhungahunga kokoti tau a pēpi, e iti ana rānei a pēpi mō tōna tau hapūtanga.

Mehemea ko koe ko tōu hoa rangatira rānei e kai hikaretī ana, kua e kai hikaretī i te moemanga

### He tino hīrokiroki ēnei tūnga moe takirua ā, me karo ka tika



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 Haumaruru**  
Ratonga Tūtohunga Moe Haumaruru Red Nose  
1300 998 698 (i roto i ngā haora pakihi AEST/AEDT)  
education@rednose.org.au  
rednose.org.au/safesleep

© 2020, 2022 Red Nose Limited. Pūmau te mana.  
Mō ngā pātai mō te manatārua whakapā mai ki: education@rednose.org.au

red  
nose  
saving little lives