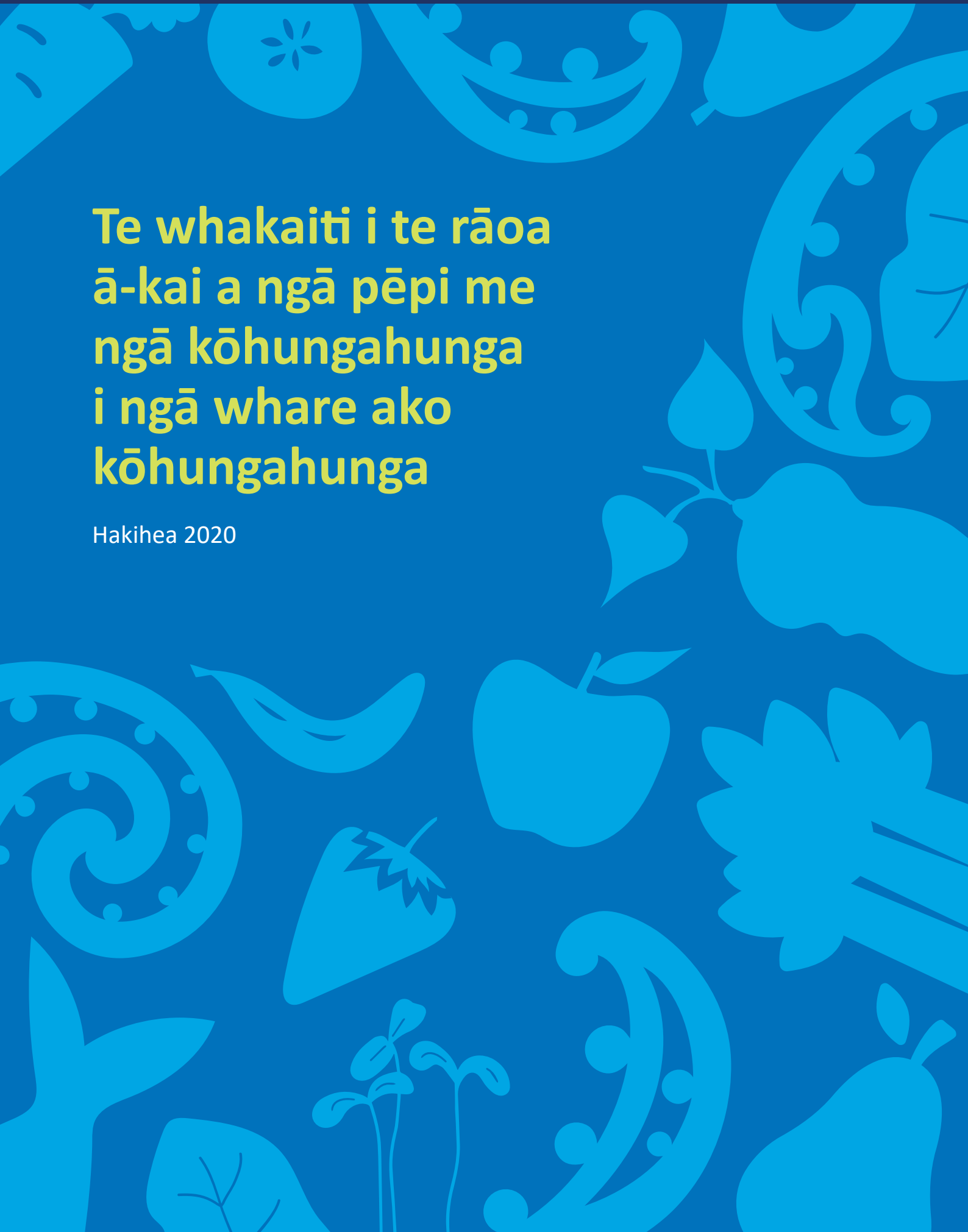


Te whakaiti i te rāoa ā-kai a ngā pēpi me ngā kōhungahunga i ngā whare ako kōhungahunga

Hakihea 2020



Ngā Ihirangi

Whakataki



Ngā Whakahau



Me pēhea te panoni i ngā kai
mōrearea hei whakaheke i tōna
mōrearea



Ngā whakamārama
horamuri me ngā
tohutoro



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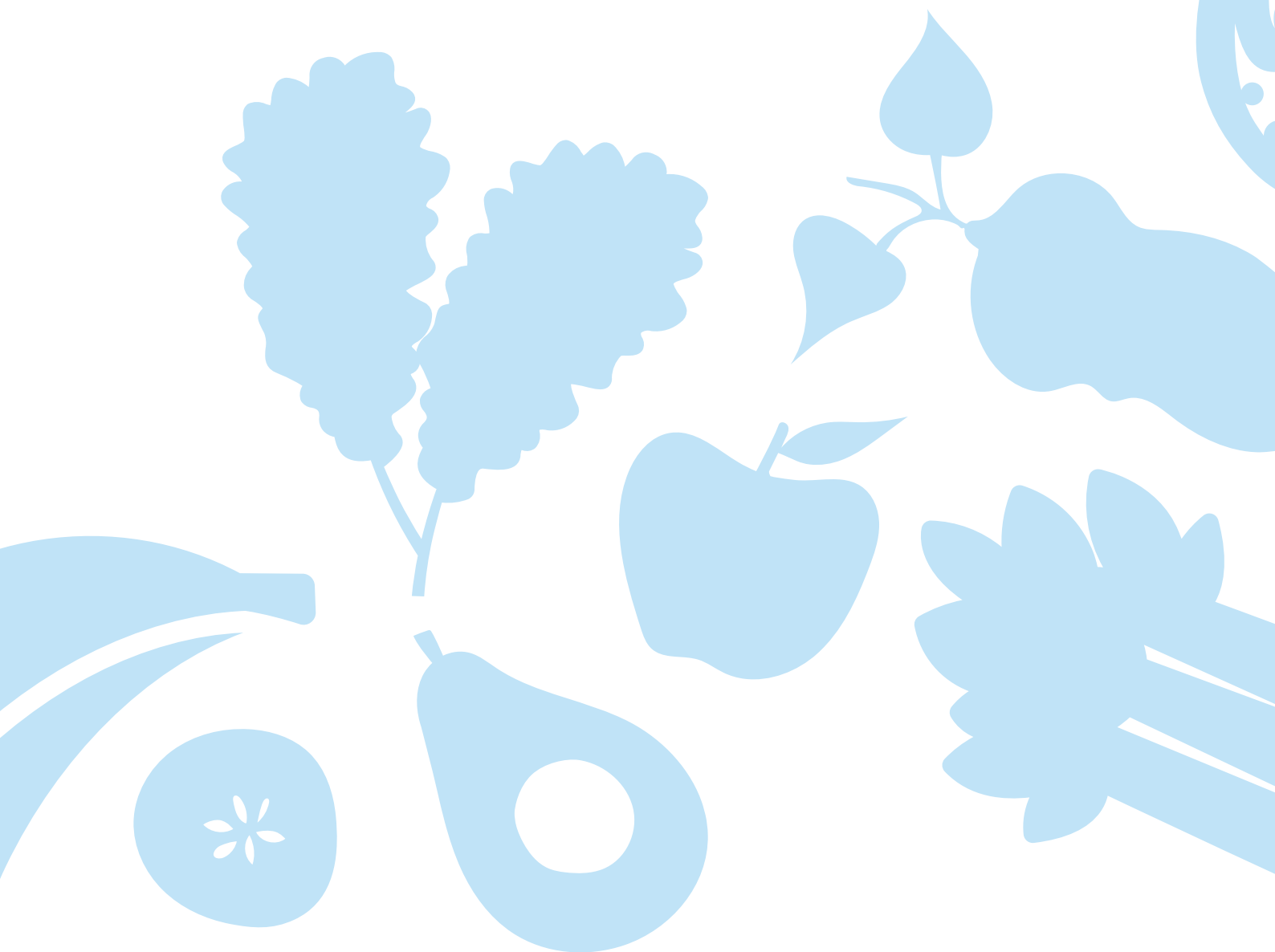


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Kupu whakataki

He nui ake te mōrearea o nga pēpi me ngā kōhungahunga o te rāoa ā-kai. Ko te take i pēnei ai nā te whāiti o ngā ara hau me te kai. E ako ana hoki rātau ki te whakaneke kai i roto i o rātau waha me te ako me pēhea te ngau, te kakati me te kauoro kai. E hia tau rawa i mua o te mōhiotanga o ngā tamariki ki ēnei pūkenga, ā, e kore ētahi e tino tohunga ki te kakati kia whā tau rā anō te pakeke.¹

I poua mai ēnei kupu tohutohu i ngā tūtohunga a te Manatū Hauora www.health.govt.nz/food-related-choking, engari kua urutautia mā ngā ratonga ako kōhungahunga kua raihanatia, pēnei i ngā ratonga akoranga kōhungahunga, ngā whānanga reo me ngā rōpū tākaro whai tiwhikete. Ko ngā kupu tohutohu taketake, mā nga mātua me ngā kaitiaki e tino mōhio ana ki te pae whanaketanga o te tamaiti, ā, e taea ana e ia te āta tiro tiro i te tamaiti. Kāore hoki pea e tino taea ana tēnei whanaungatanga tata, me tēnei taumata o te tiro tiro i roto i ngā ratonga ako kōhungahunga, nō reira ko te tohutohu i konei, he pai ake te whakahaere i ngā mōreareatanga.



¹ Ko ngā pakeketanga kei tēnei kupu tohutohu kei runga kē i te whānuitanga o te whanaketanga e tūponotia ana mō ngā kōhungahunga. Mēnā he tōmuritanga whanaketanga tō te tamaiti, i matapaetia, i whakatauhia rānei, tēnā kōrerotia ngā haepapa kai ki ngā mātua, kaitiaki rānei o te tamaiti.

Ngā Tūtohunga

Ahakoā kāore e taea te whakawātea i ngā mōrearea katoa, ka taea te whakaiti mā te whai i ngā tūtohunga e ai ki ēnei wāhanga e toru:

1. he taiao ōkiko haumarū i te wā kai
2. whakaoranga whāwhai
3. whakarato kai tōtika.

1 he taiao ōkiko haumarū i te wā kai

Whāia ēnei mahi hei whakarato i tētahi taiao ōkiko haumarū mā ngā pēpi me ngā tamariki i te wā kai:

Tiakina ngā pēpi me ngā tamariki i te wā e kai ana rātau.



Kia tika te ōwehenga o te pakeke ki ngā tamariki i nga wā kai.



Whakamōkitotia ngā pōreareatanga, ā, me akiaki i ngā tamariki kia arotahi ki te kai.



Whakaritea tētahi wā e noho ai ngā tamariki ki te kai, kua i te kai timotimo noa iho.



Pātai atu ki nga tamariki kia kua e kōrero mēnā he kai kei te waha.



Me nohotū ngā tamariki i te wā e kai ana. He waiwai tonu te noho me te pupuri i te nohonga tika mō te kai me te inu haumarū. Kua e whakaaetia te hīkoi, te oma, te tākaro rānei i te wā e kai ana ngā tamariki.



Horaina ngā kai i mua tonu i te tamaiti. Mā tēnei e āwhina ki te whakakore i tā rātou huringa haere ki te mauī, te matau rānei, kia kore ai e tukuna te whakahaeretanga tika o te kai kei ō rātou waha.



2. Whakaoranga whāwhai

Me mōhio rawa ētahi kaiako me aha ia mēnā e rāoa ana te pēpi, tamaiti rānei.

- ✓ Me mōhio rawa ngā kaiako i te **whakaoranga whāwhai mō ngā rāoa, me te cardiopulmonary resuscitation (CPR)**.

Mō ētahi atu mōhiohio tirohia te *Pukapuka Tohutohu o Tamariki Ora* e wātea ana i te paetukutuku o te Manatū Hauora (www.health.govt.nz).

3 Te whakarato kai tōtika.

E whakaatu ana ngā rangahau, tērā ētahi kai he mōrearea ake o te rāoatanga. Hei whakaiti i tēnei mōreareatanga, me whakakore ngā ratonga ako kōhungahunga i ēnei kai mōrearea-nui, ā, me panoni i te āhua, te nui me te hanga o ētahi atu kai.

Ngā kai mōrearea-nui hei whakakoretanga

Me whakakore i ēnei kai. Koinei ngā kai mōrearea nui katoa o te rāoa, ā kāore pea he take ki te panoni, kāore rānei he hua tairanga, ngā mea e rua rānei:

- ✗ nati katoa, ngā kongo nati
- ✗ kākano nui, pēnei i te paukena, te kākano putiputi rānei
- ✗ rare mārō, ngaungau rānei
- ✗ ngā rīwai parai, kānga parai rānei
- ✗ ngā paka raihi mārō
- ✗ hua rākau maroke
- ✗ tōtiti
- ✗ kānga pakū
- ✗ marshmallow

Ngā kai mōrearea-nui hei panonitanga

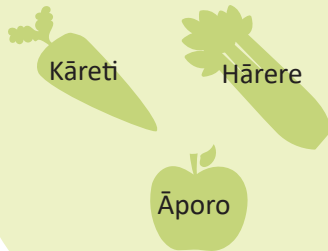
E whakaatu ana ngā whārangi i muri nei ko ēhea ngā kai hei panoni, he aha ai, ā, me pēhea te mahi mā ngā taipakeketanga rerekē. Ko ēnei tohutohu mā ngā tamariki mai i te 1-6 tau.

E hāngai ana ēnei mōhiohio mō ngā kanokano kai tōtika mā ngā pēpi hōu ki te tau tuatahi, ki ngā tohutohu whāngai kīnaki a Te Manatū Hauora. Tirohia Te Kai mā ngā Pēpi me ngā Kōhungahunga Hauora <https://www.health.govt.nz/resource/eating-healthy-babies-and-toddlersng%281-kai-t%28Dtika-m%28te-hunga-k%28Dhungahunga>

Me pēhea te panoni i ngā kai mōrearea rawa hei whakaheke i tōna mōrearea rāoa

Kai mārō iti

Hei tauira,
maramara mata:



Mōreareatanga rāoa:

He uua mā ngā tamariki nohinohi te ngau me te wāwāhi tika e pai ai ki te horo. Ka mau pea ētahi kongā i ngā ara hau o te tamaiti.

Ngā kōwhiringa mā ngā tamariki o ngā taipakeke katoa:



- Me kuoro te kāreti mata, te āporo, te hārere rānei; **tērā rānei**
- Whakakorutia ngā hua hei hanga i ngā koru huawhenua, huarākau rānei; , **tērā rānei**
- Me angiangi te poro mā tētahi mandolin, pīhore huawhenua rānei; **tērā rānei**
- Tunua kia ngohengohe² ā, ka tapahi hei tīhore (āhua 4-6cm te roa*) ka taea te kōhi mā te ringa kotahi.

*Ka taea e koe te whakamahi i te tauine i te whārangi whakamuri hei kaiārahi

Mā ngā tamariki 4-6 tau hoki:



Tapahia ngā huawhenua mata, huarākau rānei hei rākau iti (āhua 4-6cm te roa*) ka taea te kōhi mā te ringa kotahi.

2. Ko te tikanga o te 'ngohengohe' ka ngāwari noa iho te kōpenu i nga kai i waenganui i to kōnui me tō takorua, i runga rānei i te tuanui o tō waha mā tō arero.

Ngā kai iti, porowhita, porohema rānei

Ngā huarākau whai kākano mārō, hei tauira:



Ngā huarākau whai kākano nui, hei tauira:



Hei tauira, ngā kai porowhita iti:



Mōreareatanga rāoa:

Ka taea e nga kai porowhita iti te mau i roto i nga arahau o ngā tamariki.

Ngā kōwhiringa mā ngā tamariki o ngā taipakeke katoa:



Tangohia te kākano ka tapahi kia 8mm x 8mm, iti iho rānei* (kia haurua pea o te whānuitanga paoka).



Tangohia ngā kākano nui.



Hauwhātia, āta tapahia rānei ngā kerēpi, ngā huapere nui me ngā tōmato here ki te 8mm x 8mm te nui, iti iho rānei*.



Tunua nga pī kākārīki mata, totoka rānei, ā, ka kōpenua mā te paoka.

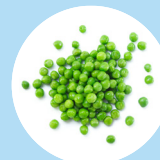
Mā ngā tamariki 4-6 tau hoki:



Tapahia hei rākau iti (āhua 4-6cm te roa*) ka taea te koho mā te ringa kotahi.



Hauruatia, hauwhātia rānei ngā kerēpi, ngā huapere nui me ngā tōmato here.

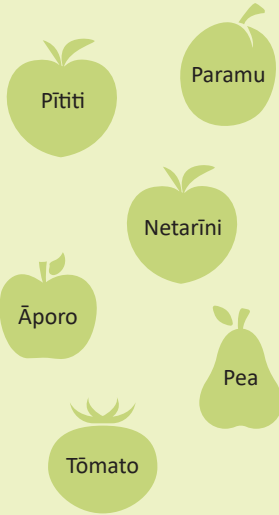


Ka whakaaetia ngā pī kākārīki nui kua tunua

*Ka taea e koe te whakamahi i te tauine i te whārangi whakamuri hei kaiārahi

Huarākau me te kiri

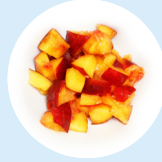
Hei tauira:



Mōreareatanga rāoa:

He uaua te ngaungau i ngā kiri huarākau, ā, ka taea te aukati rawa i ngā arahau tamariki.

Ngā kōwhiringa mā ngā tamariki o ngā taipakeke katoa:



Tangohia te kākano ka tapahi kia 8mm x 8mm, iti iho rānei* (kia haurua pea o te whānuitanga paoka).



Me kuoro i te āporo mata, pea rānei, **tērā rānei** me angiangi te tapahi mā te mandolin, te pīhore huawhenua rānei.



Tunua rānei kia ngohengohe³ ā, ka tapahi hei tīhore (āhua 4-6cm te roa*) ka taea te kohi mā te ringa kotahi.

*Ka taea e koe te whakamahi i te tauine i te whārangi whakamuri hei kaiārahi

Ngā kōwhiringa mā ngā tamariki o ngā taipakeke katoa:



Āta tapahia ngā tōmato kia 8mm x 8mm te nui, iti iho rānei*.

Mā ngā tamariki 4-6 tau hoki:



Tapahia ngā huarākau mata hei rākau iti (āhua 4-6cm te roa*) ka taea te kohi mā te ringa kotahi.

3. Ko te tikanga o te 'ngohengohe' ka ngāwari noa iho te kōpenu i nga kai i waenganui i to kōnui me tō takorua, i runga rānei i te tuanui o tō waha mā tō arero. He pai te huarākau tīni (i rō waikōheke, i riringitia).

He kai whai kiri, rau rānei

Hei tauira:



Mīti heihei

Rētihi me ētahi atu rau huamata



Kōkihi



Kāpeti



Mōreareatanga rāoa:

He uaua te ngaungau i ngā kiri kai me ngā rau, ā, ka taea te aukati rawa i ngā arahau tamariki.

Ngā kōwhiringa mā ngā tamariki o ngā taipakeke katoa:



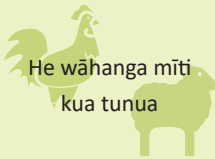
Tangohia te kiri o te mīti heihei.



Āta tapahia, poroa rānei ngā rau huamata, rētihi, kōkihi me te kāpeti.

Ngā kai kōpeke

Hei tauira:



He wāhanga mīti kua tunua



Mōreareatanga rāoa:

Ka taea te whakauru atu ki te āhua o te ara hau, a, ka mau kaha.

Ngā kōwhiringa mā ngā tamariki o ngā taipakeke katoa:



Tunua te mīti kia tino ngohengohe; ā,



Nakunakua, tīhorehorea, tapahia rānei te mīti kia 8mm x 8mm te nui*.

Mā ngā tamariki 4-6 tau hoki:



Tāpaetia ngā tīhorenga iti o te mīti (āhua 4-6cm te roa*) ka taea te kōhi mā te ringa kotahi, mā te paoka rānei.

He kai whai wheua

Hei tauira:



Mōreareatanga rāoa:

Ka noho ngā wheua iti hei mōreareatanga rāoa.

Ngā kōwhiringa mā ngā tamariki o ngā taipakeke katoa:



Tangohia nga wheua katoa.

Ng kai weuweu, ahoaho r nei

Hei tauira:

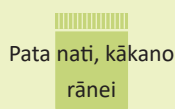


Mōreareatanga rāoa:

Ka uaua mā ngā tamariki te wāwāhi kai ki ngā konga iti nā ngā weuweu.

Ngā pia mātotoru

Hei tauira:



Mōreareatanga rāoa:

Ka taea te whakauru ki te āhua o te ara hau o te tamaiti, ka whakapiri rānei ki te taha o te ara hau.

Ngā kōwhiringa mā ngā tamariki o ngā taipakeke katoa:



Kia iti noa te whakamahi i ngā pia mātotoru, māeneene hoki, ka āta pani ōrite ki runga i te parāoa.

Ngā kōwhiringa mā ngā tamariki o ngā taipakeke katoa:



Tīhorea mai te kiri, ngā weuweu kaha rānei mēnā ka taea; ā, tapahia angiangitia ēnei kai kia tāmaku i ngā weuweu.

He whakamārama horamuri me ngā tohutoro.

E wātea ana ngā tohutoro hōu a te Manatū Hauora mō te aukati i ngā rāoatanga tamariki nohinohi i www.health.govt.nz/your-health/healthy-living/food-activity-and-sleep/healthy-eating/food-related-choking-young-children

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