

# Faaititia meaai e ono laoa ai pepe ma fanau laiti i auaunaga mo aoga amata

Tesema 2020



## Mataupu

Upu Tomua



Fautuaga



Faiga e suia ai meaai e maualuga le tulaga e afaina ai i se faiga e maualalo ai tulaga e laoa ai



Faamatalaga ma tusitusiga na faavae mai ai fautuaga nei



Faamatalaga Tusia: Matagaluega o Soifua Maloloina. 2020.

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O loo maua lenei faamatalaga i le: [health.govt.nz](https://health.govt.nz)

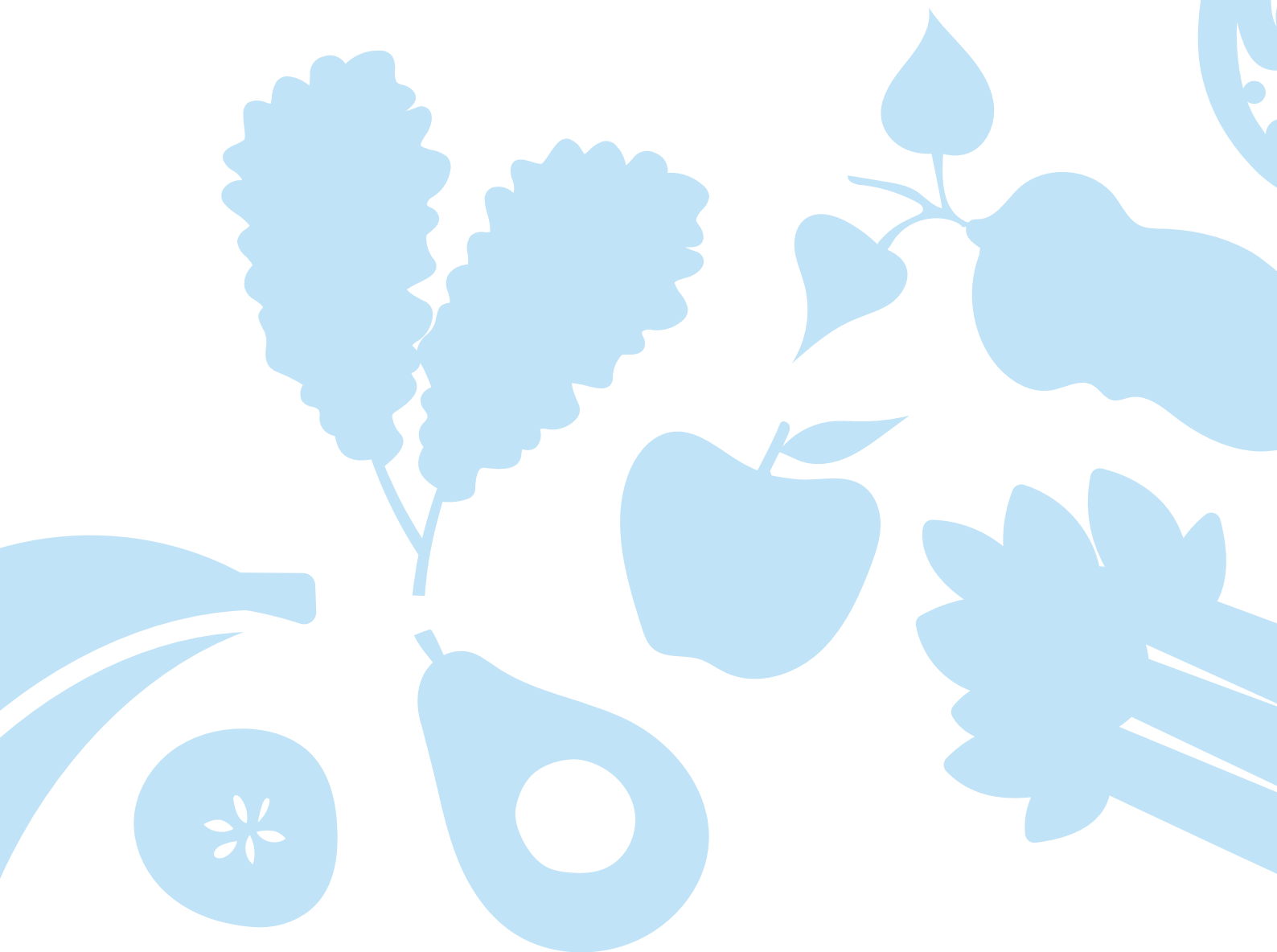


O lenei galuega ua laiseneina i lalo o le laisene Creative Commons Attribution 4.0 International licence. O lona uiga, e leai se afaina o lou: faasoaina atu, faia o ni kopi ma tufatufaina nei faamatalaga i soo se faiga e faailoa ai; toe faafetaui i se faiga e toe fetuunai, faafou ma toe faaopoopo i luga atu o faamatalaga ua uma ona saunia. E tatau ona e faailoa ma faamālō i ē na faavaeina nei galuega, ma saunia se faiga e fesootai ai i le laisene ma faailoa ni suiga na faia.

## Upu Tomua

E sili atu ona maualuga tulaga e lamatia ai pepe ma fanau laiti i meaai e laoa ai. E mafua lenei tulaga ona e va iti le ala faaī o tamaiti mo le 'ea ma meaai. O loo taumafai foi le fanau ia iloa lamu lelei meaai ma iloa ū, lamu ma faamalū meaai. Pe ā ma le fa o tausaga o le matua o fanau laiti faatoa iloa lelei ai e tamaiti ona lamu lelei meaai. <sup>1</sup>

E faavae lenei fautuaga i fautuaga a le Matagaluega o Soifua Maloloina [www.health.govt.nz/food-related-choking](http://www.health.govt.nz/food-related-choking), ae ua faafetaui ma auaunaga mo aoga amata ua laiseneina e pei o aoga amata, ngā kōhanga reo ma playgroups ua faamaonia aloaia. O le uluai fautuaga mo mātua ma tagata e tausia tamaiti ia malamalama lelei i tulaga eseese o le ola tuputupu ae o le tamaitiiti, ma le tagata e mafai ona vaaia lelei le tamaitiiti. E le masani tele ona iai ni sootaga vavalalata ma le telē o le vaaiga o tamaiti i totonu o auaunaga mo aoga amata, ua na o se faamalamalamaina atu o se fautuaga e pulea lelei ai lamatiaga.



<sup>1</sup> O tausaga o le matua o loo fua i ai le fautuaga lenei e faatusa i le lautele o le eseese o le ola tuputupu ae o fanau laiti. Afai e masalomia pe na faamaonia e faatuai le tuputupu ae o se tamaitiiti, faatalanoa meaai e tatau ona fafaga ai ma mātua poo tagata e tausia le tamaitiiti.

# Fautuaga

E ui e lē mafai ona aveesea uma tulaga lamatia, ae e mafai ona faaitiitia pe a mulimulitai i fautuaga e faavae i vaega nei e tolu:

1. se siosiomaga faaletino e saogalemu pe a 'ai
2. mea e faaaogā mo le first aid
3. saunia meaai talafeagai.

## 1 Se siosiomaga faaletino e saogalemu pe a 'ai

Faatino gaoiga o ta'ua i lalo e saunia ai se siosiomaga faaletino e saogalemu mo pepe ma tamaiti a o aai:

**Vaavaai** pepe ma tamaiti pe a aai.



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Ia talafeagai le **fua faatatau o tagata matutua ma tamaiti** i taimi e fai ai meaai.



**Faaitiitia mea e ono faalavelavea pe a aai** ma uunaia tamaiti e 'ai pe a oo i le taimi e aai ai.



Faamautinoa o loo iai se **taimi faapitoa** e tatau ai ona faanofo lelei i lalo tamaiti ma aai, ae lē o le feoai ma aai.



**Fai i tamaiti e aua le tautala** pe a tumu gutu i meaai.



Fai i tamaiti e **nofo sa'o i luga** pe a aai. O le faanofo i lalo ma faasa'o lelei le nofo o se faiga tāua e saogalemu ai le 'ai ma le inu. Aua le faatagaina tamaiti e savavali, tamomoe pe taaalo a o aai.



**Taatia lelei meaai i luma o le tamaitiiti.** E aogā lea e foia ai le minoi solo mai le tasi itu i le isi, auā e lē mafai ai ona lamu lelei meaai.

## 2 Mea e faaaogā mo le first aid

E tatau i nisi o faiaoga ona iloa le mea e tatau ona fai pe a laoa se pepe poo se tamaitiiti.



E tatau ona iloa e faiaoga **faiga e faaaogā ai le first aid ma le faiga e faate'i ai le fatu e ta'ua o le cardiopulmonary resuscitation (CPR).**

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Mo nisi faamatalaga tagai i le *Well Child/Tamariki Ora Programme Practitioner Handbook* e maua i le upegatafailagi a le Matagaluega o Soifua Maloloina ([www.health.govt.nz](http://www.health.govt.nz)).

## 3 Saunia meaai talafeagai

Ua faaalua mai suesuega e iai meaai e sili atu lamatiaga e mafai ona laoa ai. Ina ia faaitiitia ni lamatiaga, e tatau i auunaga mo aoga amata ona aveese meaai e maualuga tulaga e afaina ai ma sui le vaivai po o le malō faapea ma le telē.

### Meaai e maualuga tulaga e afaina ai e aveese

Aveese meaai o ta'ua i lalo. E telē le tulaga e ono laoa ai i meaai nei, o ituaiga meaai a lē mafai ona sui i se isi faiga, pe leai pe itiiti foi le aogā i le tino, poo tulaga uma e lua:



fatu atoatoa poo fasi fatu



fatu lapopoa, e pei o fatu o maukeni poo sunflower



mea suamalie poo lole e malō pe fiu e lamu



chips paanunu



araisa paanunu malō



fualaauaina suamalie ua faamamago



sosisi, saveloys, ma cheerios



popcorn



marshmallows.

### Meaai e maualuga tulaga lomiga e sui

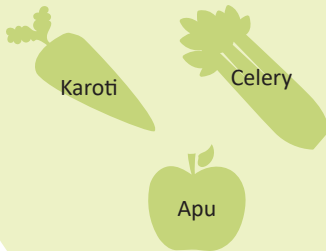
O loo faailoa i itulau o mulimuli mai meaai e sui, mafuaaga ma faiga e sui ai mo tamaiti e eseese le matutua. O lenei fautuaga e mo tamaiti mai le 1-6 tausaga le matutua.

E ogatusa faamatalaga i meaai talafeagai le malō po o le vaivai mo pepe meamea e oo atu i le tasi tausaga le matutua ma fautuaga mai le Matagaluega o Soifua Maloloina i auala fai faatasi e fafaga ai tamaiti. Tagai i le Eating for Healthy Babies and Toddlers <https://www.healthed.govt.nz/resource/eating-healthy-babies-and-toddlersng%C4%81-kai-t%C5%8Dtika-m%C5%8D-te-hunga-k%C5%8Dhungahunga>

## Faiga e suia ai meaai e maualuga le tulaga e afaina ai i se faiga e maualalo ai tulaga e laoa ai

### Meaai laiti e malō

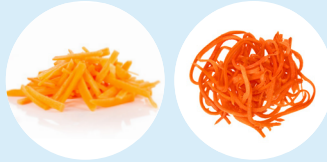
Mo se faataitaiga, fasi meaai mata:



### Lamatiaga pe a laoa:

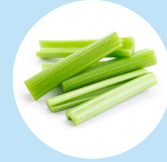
E faigata e fanau laiti ona ū lelei ma lamu ia malū meaai ina ia mafai ona folo. E mafai ona mau fasi meaai i ala'ea o tamaiti.

### Meaai e filifili mo tamaiti uma:



- Valu se karoti mata, apu poo se celery; **pe**
- Vavalu faatavi'o fualaau faisua poo fualaauaina; **pe**
- Faaaogā se fofo'e e tipi faamanifinifi ai; **pe**
- Faavela seia malū<sup>2</sup> ma tipi i ni fasimea laumiumi (pe a ma le 4-6cm le umi\*) e mafai ai ona piki i le lima e tasi.

### Mo tamaiti mai le 4-6 tausaga le matutua e mafai foi ona e:



Tipi fualaauaina mata poo fualaauaina i ni fasimea laumiumi (pe a ma le 4-6cm le umi\*) e mafai ai ona piki i le lima e tasi.

\*E mafai ona e faaaogā le vase i le itulau i tua e fai ma taiala

2. O le uiga o le 'vaivai' o meaai e mafai ona faigofie ona oomi i le va o le limamatua ma le limatusi, po o le tumutumu o lou gutu i lou laulaufaiva.

**Meaai lapotopoto  
laitiiti pe laumiumi  
faalapotopoto**

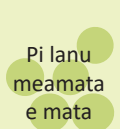
*Fualaauaina e iai ma fatu,  
mo se faataitaiga:*



*O fualaauaina e lapopoa  
fatu, mo se faataitaiga:*



*O meaai lapotopoto laiti,  
mo se faataitaiga:*



**Lamatiaga e ono laoa ai:**

E mafai ona mau meaai  
lapotopoto laitiiti i le ala'ea o  
tamaiti.

**Meaai e filifili  
mo tamaiti  
uma:**



Aveese le fatu ma tipi  
faalaiti i le 8mm x 8mm  
le telē pe laitiiti ifo\* (pe ā  
ma le 'afa o le lautele o le  
tui e 'ai ai).



Aveese fatu lapopoa.

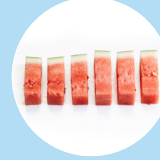


Vavae kuata pe tipi faalaiti  
vine, berries lapopoa ma  
tamato fua ninii pe a ma  
le 8mm x 8mm le telē pe  
laitiiti ifo\*.



Faavela pi lanu meamata  
poo pi tuu aisa ona palu lea  
i se tui.

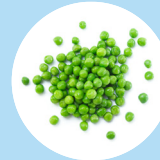
**Mo tamaiti mai  
le 4-6 tausaga le  
matutua e mafai foi  
ona e:**



Tipi i fasimea laumiumi (pe  
ā ma le 4–6cm le umi\*) e  
mafai ai ona piki i le lima e  
tasi.



Vavae 'afa pe vavae kuata  
vine, berries lapopoa ma  
tamato fua ninii.

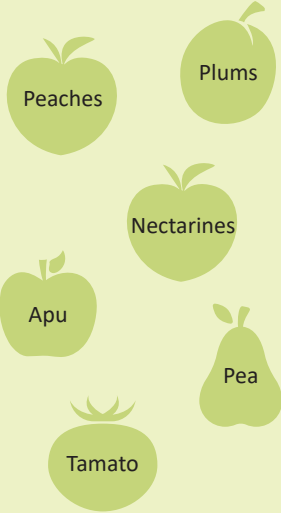


E taliaina pi lanu  
meamata atoatoa ua  
faavela

\*E mafai ona e  
faaaogā le vase i  
le itulau i tua e fai  
ma taiala

## Fualaaauaina e 'ai ma le pa'u

Mo se faataitaiga:



### Lamatiaga e ono laoa ai:

E faigata ona lamu pa'u o fualaaauaina ma e mafai ona punitia atoa ai ala'ea o tamaiti.

## Meaai e filifili mo tamaiti uma:



Aveese le fatu ma tipi faalaiti i le 8mm x 8mm le telē pe laititi ifo\* (pe ā ma le 'afa o le lautele o le tui e 'ai ai).



Valuvalu se apu mata poo se pea, **pe** faaaogā se fofo'e e tipi faamanifinifi ai



A lē o lena, faavela seia malū lelei<sup>3</sup> ona tipi lea i fasimea laumiumi (pe ā ma le 4–6cm le umi\*) e mafai ona piki i le lima e tasi.

## Meaai e filifili mo tamaiti uma:



Tipi faaninii tamato i le 8mm x 8mm pe laititi ifo\*.

## Mo tamaiti mai le 4-6 tausaga le matutua e mafai foi ona e:



Tipi fualaaauaina mata i fasimea laumiumi (pe ā ma le 4–6cm le umi\*) e mafai ai ona piki i le lima e tasi.

\*E mafai ona e faaaogā le vase i le itulau i tua e fai ma taiala

3. O le uiga o le 'vaivai' o meaai e mafai ona faigofie ona oomi i le va o le limamatua ma le limatusi, po o le tumutumu o lou gutu i lou laulaufaiva. E taliaina fualaaauaina tuu apa (i totonu o le sua mao'i ma faamamā ese).





### Lamatiaga e ono laoa ai:

E faigata ona lamu le pa'u ma lau o meaai ma e mafai ona punitia atoa ai ala'ea o tamaiti.

### Meaai e iai ma le pa'u poo lau

*Mo se faataitaiga:*



Lettuce ma isi salati e fai i lau e mata



### Meaai e filifili mo tamaiti uma:



Aveese le pa'u moa.



Tlpi faamanifinifi lau e fai ai salati, lettuce, spinach ma kapisi.

### Meaai e mafai ona faalaiti

*Mo se faataitaiga:*



Aano manu fasi ua vela



### Lamatiaga e ono laoa ai:

E mafai ona sao i le ala'ea ma mau ai.

### Meaai e filifili mo tamaiti uma:



Faavela ia malū lelei aano manu fasi; **ma**



Aano manu fasi ua palu, sae pe tipitipi ninii i le 8mm x 8mm le ninii\*.

### Mo tamaiti mai le 4-6 tausaga le matutua e mafai foi ona e:



Tuu atu i tamaiti fasimea laumiumi o aano manu fasi ua faavela (pe ā ma le 4–6cm le umi\*) e mafai ai ona piki i le lima e tasi poo se tui.

## Meaai e ivia

Mo se faataitaiga:



### Lamatiaga e ono laoa ai:

E mafai ona lamatia pe a laoa i tama'i ponaivi.

## Mo tamaiti uma:



Aveese uma ponaivi.

## Meaai e lē malū pe a lamu

Mo se faataitaiga:

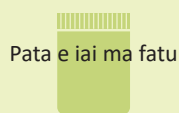


### Lamatiaga e ono laoa ai:

O alavalava e maua i meaai e faigata ai ona faalaiti e tamaiti meaai.

## Mea faapata meaai mafiafia

Mo se faataitaiga:



### Lamatiaga e ono laoa ai:

E mafai ona sao i le ala'ea o le tamaitiiti po o le mau i le isi itu o le alaea.

## Mo tamaiti uma:



Faavāvā le faaaogāina o pata lamolemole toe mafiafia, faamanifinifi sina mea e faapata ai le fasi falaoa.

## Mo tamaiti uma:



Fofofe ese le pa'u poo alavalava e lamu gatā pe a mafai; **ma** tipi faamanifinifi meaai nei.

# Faamatalaga ma tusitusiga na faavae mai ai fautuaga nei

O fautuaga lata mai a le Matagaluega o Soifua Maloloina i auala e foia ai le laoa o tamaiti o loo maua i le [www.health.govt.nz/your-health/healthy-living/food-activity-and-sleep/healthy-eating/food-related-choking-young-children](http://www.health.govt.nz/your-health/healthy-living/food-activity-and-sleep/healthy-eating/food-related-choking-young-children)

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- [https://iddsi.org/IDDSI/media/images/ConsumerHandoutsPaed/7\\_Regular\\_Paeds\\_consumer\\_handout\\_30Jan2019.pdf](https://iddsi.org/IDDSI/media/images/ConsumerHandoutsPaed/7_Regular_Paeds_consumer_handout_30Jan2019.pdf)

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