

HEALTHY SKIN

Kia mā te kiri * Horoia auautia ngā ringa * Tapahia ngā maikuku * Me uhi ngā harehare me ngā motu ki te rongoā whakapiri



Tamariki ora

- He mea nui ngā kai pai, kai tōtika hoki mō te kiri hauora
- Me mā te kiri
- mātakina i te kiri ia rā.
- Me mau kākahu mā
- Horoia ngā ringa ki te hopi me te wai.
- Horoia auautia ngā hīti me ngā taora
- Me mā te whare ki roto, ki waho hoki
- Whakamaimoatia auautia ngā kararehe hei patu i ngā puruhi



Te tamaiti whai motu iti, hakahaki, tētahi atu mate kiri rānei

- Horoia auautia ngā ringa ki te hopi me te wai
- Horoia ka uhi ngā motu me ngā hakahaki ki te tāpi
- Tirohia ngā motu me ngā hakahaki ia rā
- Tapahia me te whāiru i ngā maikuku
- Whakamaimoatia ētahi atu mate kiri, hei tauira, te harehare – whakamahia ō kirīmi me ō hinu
- Whakamahia ōu ake hīti, taora hoki
- Mēnā e hiahia āwhina koe, pātaihia te nēhi, kaimahi hauora rānei



Te tamaiti mate kiri hakahaki iti nei

Haere ki te tākuta, nēhi rānei i tēnei rā mēnā ki te mamae, ki te pāwera rānei e whai ana i tētahi o ēnei e whai ake:

- e tata ana ki te karu
- he 10 hēneti tōna rahi, neke atu rānei
- he pirau
- kia mahana te pānga
- kei te mamae haere
- kei te nui haere
- he rārangi whero e puta mai ana
- Kāore i te ora i roto i ngā ngā e 2

Tēra pea, kāore rānei he kirikā tō te tamaiti



Te tamaiti mate kiri harehare kei te kino haere

- Haere ki te tākuta, nēhi rānei. Ka hiahia pea he rongoā (rongoā paturopi)
- Tīkina he rongoā mai i te kēmehi me tīmata te kai ināia tonu nei
- Kāinga katoahia ō rongoā kia pau (rongoā paturopi) e ai ki ngā tohutohu
- Kaua e tohatoha rongoā me ētahi atu
- Me matakitakihia ngā tamariki e kai rongoā ana
- Me hoki ki te tākuta mēnā kāore i te ora haere



Te tamaiti mate kiri harehare kino

Tere tonu te rere o te whakapakenga mate kiri rānei te uhi haere, anō hoki ka mauui te tamaiti. Nā reira e tika ana kia kaua rawa e tatari, kia eke rānei ki tēnei o ngā mauuiitanga.

- Ka mamae haere tō tamaiti anō hoki ka māuiui
- Me haere ki te hōhipera
- Tērā pea ka whiwhi hāparapara

Ki te kore e whakamaimoatia ngā kiri harehare, tērā pea ka pai te mate kino, mate hemo te tinana, te oranga o te tangata

Mō ētahi atu mōhiohio, rauemi kiri harehare haere ki www.rph.org.nz

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