

#Tiakina Tō Tātou Whakapapa



He Whakatika Whānau

Whakamāramatia kia tino mōhio tō whānau mō te Mate Korona-19 ki te heipū ka raru tētahi, kua rite kē rātou.

Hanga ake i to 'Rautaki ā Whānau'. Tāpiri atu ngā mokamoka hauora, ngā whakapānga whānau, hoa hoki, ngā ratonga ohotata me ērā atu ratonga tautoko e tata ana hei whātoro māu, hei āwhina i a koe.

Kōwhiria kia kotahi tangata o te whānau māna ngā mea waiwai e whakarite.



He Oranga Whānau

Ka ahotea te noho tahitanga a te whānau ki te kāinga 24/7. Whakaritea he hātepe mō te whānau e hanga rātaka ai ngā rā e pai ai te noho.

Kimihia he ngangahau hou hei mahi tahi, pērā i te ako i Te Reo Māori ā ipurangi me te whakarite māra kai.

Matua whakaritea he wā o te wiki hei aro ā-whānau nei ki te āhua o tēnā, o tēnā i roto i te āhuatanga o te noho mohoa, kia kitea hoki he āwhinatanga e hiahiatia ana.



He Oranga Tamariki

Hanga ake he rārangi mahi mō āu tamāriki hei ritenga mā rātou mō ia rā.

Ka whai wāhi ngā kaumatua ki te āwhina mā te waea, mā te karanga ataata rānei ki te tuku i ō rātou mōhiotanga mō ngā wā taumaha, ki te āwhina rānei i a koe i ngā whakamātautau o te wā.

Kimihia he ngohe mā ngā tamāriki ki runga ipurangi.



He Oranga Whānau

Te Tiaki Ngātahitanga



Whakaritea he wā hei tānga manawa mōu ake, mō ētahi atu hoki

He uaua rawa te noho kōpā.

Ki te hōhā haere te whānau me whai wāhi tānga manawa – tae atu hoki ki ngā pakeke.

Me mahi tētahi mahi e ngākaunuitia ana e koe - mahi māra, te hikoi rānei.

Me tūturu ki te tikangā haumarua kia rua mita te tawhiti mai i te tangata.

Me whai mahi pārekareka ki a koe i tō ake wāhi i te kāinga.

Te Taka Kai

Me whakarite he kaitaka mō te wiki kia tika te hoko kai, kia ruarua noa ngā haerenga ki te hokomaha.

Me taka ngātahi ngā kai hei tikangā whakahaere i tō whare kia mauritau ai te whānau i raro i te rāhui.

Hōroia katoatia ngā hua rākau me ngā hua whenua.

Mehemea kāore i te mā te wai i tō kāinga, me matua koropupū te wai hei inu.

Me āta tiaki kia mauroa ai tō kai. Me kohi ngā kope wahine me ngā wai hopi mō 6-8 wiki.

Karanga āwhina

Mehemea he āwangawanga ōu mō tō oranga tinana, hinengaro rānei, te oranga rānei o tētahi, me whakapā atu ki tō rata, ki tō ratonga hauora Māori rānei.

Ki te hiahia koe ki te kōrero ki tētahi tauwhiro, ki te hiahia kia whai āwhinatanga rānei tō whānau, whakapā atu ki ngā ratonga tauwhiro.

Me waea atu ki te Hiranga Tangata mehemea e hiahia ana koe i te kai, i te pūtea wawe āwhinatanga hoki.