

KIRI ORA

Kia kaha te horoi ringa * Tapahia ngā maikuku *

Uhia ngā mamae me ngā motunga ki te tākai * Kia mā tonu atu te kiri



He tamaiti ora



He tamaiti e pāngia ana ki te motunga iti, te mamae, te waihakihaki rānei



He tamaiti e moroiti nei te ero



He tamaiti e kino haere nei te ero



He tamaiti e pāngia ana ki te ero kikino

- He mea nui te kai ora e ora ai te kiri
- Kia mā tonu te kiri
- Mauria ngā kākahu mā
- Kia mā tonu te whare rāroto, rāwaho hoki
- Kia kaha te horoi i ngā hīti me ngā tāora
- Kia kaha te patu i ngā puruhi a ngā kararehe
- Kia kaha te horoi ringa ki te hopi me te wai

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- Uhia ngā mamae me ngā motunga ki te tākai
- Tapahia, whakapūhukitia hoki ngā maikuku
- Whakamahungia wētehi waihakihaki kē, hei tauira te harehare - whakamahia ngā kirīmi me ngā paninga
- Whakamahia ōu ake hīti, tāora hoki
- Me he āwhina tāu e hiahia ana, uia te nēhi, tētehi kaimahi hauora kē rānei

Haere ki te tākuta, ki te nēhi rānei i tēnei rangi tonu mena e rite ana te mamae ki TĒTEHI o wēnei:

- e rite ana tōna rahi ki tō te kapa 10c, nui kē rānei
- e ero ana
- e tupu ana
- e whai kōira whero ana
- kāore e mahu i te 2 rā
- e tata ana ki te karu

- Haere ki te tākuta kia riro ai he tono rongoā (paturopi)
- Kia tere te tiki i te rongoā i te toa rongoā
- Whāia ngā tohutohu e pau rā anō ai ngā rongoā katoa
- Kaua e tuarititia ngā rongoā ki wētehi kē
- Āta mātakina ngā tamariki e kai rongoā ana
- Hoki atu ki te tākuta ki te kore te ora e piki

- Ka ngau kino te mamae i tāu tamaiti, ā, ka māuiui rawa ia
 - Me haere ki te hohipera
 - Ākene ka pokaina
- Ki te kore ngā waihakihaki e rongoātia, ka hua pea ko ngā mate kikino rānei, ko te hemo noa atu rānei