



He Mate Niho!

Puritia tēnei puka i te taha o ngā kōrero toko i te ora

Niho tunga

- Horoia te waha ki te wai mahana.
- Whakamahia te miro niho kia puta mai ai te kai kua mau ki waenga niho.
 - Mēnā ka puhipuhi, uhia tō pāpāringa ki tētahi mea makariri.
- **Kaua rawa** e whakamahi i tētahi mea wera, i te aspirin rānei ki ō niho, ki ō pūniho rānei.
 - Kia tere tō toro atu ki te rata niho.

He Niho Kua Whakaputaina

- Pēhia te wāhanga e toto ana mō te 20 meneti.
 - Kia tere tō toro atu ki te rata niho.
- Āta horoia te niho ki te wai mahana mō te hekona, rua hekona rānei.
- Mēnā he niho pakeke, āta whakahoki ki te rua pūniho. Ki te kore e āhei, uhia te niho ki te huare, ki te miraka rānei, ā, haria atu ki te rata niho.

He Niho Hawa

- Āta horoia te niho ki te wai mahana e ngaro atu ai ngā paruparu.
- Uhia tō pāpāringa ki tētahi mea makariri e iti iho ai te puhipuhinga.
 - Kia tere tō toro atu ki te rata niho.

Ngau Ngutu, Ngau Arero

- Pēhia te wāhanga e toto ana ki tētahi taora mā.
- Mēnā ka puhipuhi, whakamahia tētahi mea makariri.
- Mēnā e toto tonu ana, toro atu ki tō rata niho, ki te hōhipera rānei.

Taipitopito Rata Niho/
Hōhipera

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Ngā tepe e rima mō te Menemene Ātaahua

Mēnā ka tiakina tō menemene, ka mau tonu mō te roanga o tō oranga.

Ārahi i tō tamaiti i roto i ngā āhuatanga e whai ake nei e pakari ai ngā niho!

- 1 Kia rua ngā wakunga niho ia rā, inarā, hei muri i te parakuihi, hei mua i te moe.
- 2 Whakamahia te pani niho pūkōwhai.
- 3 Kia paku noa ngā paramanawa.
- 4 Kaua e tatari ki ngā mate niho. Me rite tonu te tae atu ki te rata niho.
- 5 Inu i te wai māori, kia pai, kia noho ea hoki tō whiringa kai.

Kia maumahara ake, mēnā e ora ana ngā niho, e mauri ora ana koe..

Mēnā he mate niho, ka uaua ki te kai me te moe, ka mamae, ka kawa te kiritau. Mā tō tautoko i tō tamaiti ki te whai i tēnei rautaki ka mau tōna menemene mō te roanga o tōna oranga.

Taipitopito Puni Niho

Nau Mai E Ngā Toa Tiaki Niho



He rautaki hei tiaki i ngā niho o āu tamariki

E mōhio nei koe e āhei ana tātou ki te ārai i te nuinga o ngā mate niho?

Mā te akiaki i tō tamaiti ki te tiaki pai i ōna niho ka mau tonu tōna menemene ātaahua mō te roanga o tōna oranga.

Ngā Tikanga Tiaki Niho

Me timata ngā mahi tiaki niho i tō tamaiti e kōhungahunga ana. Mā te timata moata ka ārai atu i ngā mate o āpōpō.

Kōhungahunga

- He mana nui tō ngā niho kaiū! Ka tiaki aua niho i ngā wāhi e tōtika ai te tipu mai o ngā niho pakeke.
- Kava e tuku i te pēpi ki te moe me te pātara, e tuku rānei i ngā inu hukahuka ki a ia kei pāngia e te mate e kīia nei ko te Niho Tunga
- Hei te wā ka kitea ngā niho o tō pēpi, me whakapai. Whakamahia he taora, he rinena rānei.
- Hei muri tata mai o te rā whānau tuatahi o te pēpi me toro ki te rata niho kia tirohia.
- Whakamahia tētahi pani niho e tika ana mō tōna pakeketanga.

Tamariki

- Whakahaere i te mahi waku niho a tō tamaiti kia 8 rā anō tōna pakeke.
- Kia rua rawa ngā waktanga niho ia rā mō ngā miniti e rua ia wā, inarā, hei mua i tōna moe.

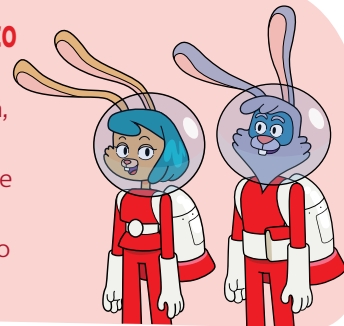
Pakeke

Whakaatu ki tō tamaiti te hirahiratanga o te tiaki niho mā te whakatauirā atu!

- Waku tahi i ngā niho me tō tamaiti.
- Whakamahia te miro niho ia rā.
- Haere tahi ki te rata niho kia arotakengia ō niho i te wā ōrite ki tō tō tamaiti.

Mā Te Waku Niho Ka Ngaro Atu Te Kitokito

- He huinga huakita te kitokito. Ki te kore e tango mai te kitokito ka hua he waikawa, ā, ka pirau ngā niho (niho tunga).
- E kore ngā niho e pirau ki te whakamahi i te pani niho pūkōwhai me te āta waku.
- Ka whakapakari te pūkōwhai i te kirimārō o ngā niho hei ārai atu i te niho tunga.



Toa Tiaki Niho kia autai te mahi

Kia rua ngā wakunga niho, pūniho hoki, ia rā ki te pani niho pūkōwhai, inarā, hei muri i te parakuihi, hei mua i te moe. Maumahara ki te tākirikiri ki te miro niho.

Waku Tika



Kia 45 te pīnaki o te paraehe ki ngā pūniho. Āta waku. Me rere te paraehe i ngā pūniho ki ngā niho, ā, hokihoki haere.



Kia taurite te waku i te wāhanga o muri o ngā niho.



Waku i ngā wāhanga niho ka penupenu kai.

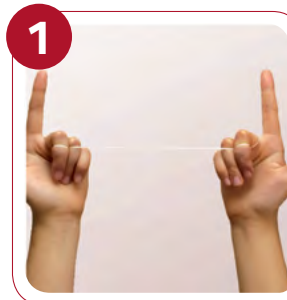


Whakamahia te pito o te paraehe ki te waku i ngā wāhanga o muri o ngā niho e noho whakamua ana i tō waha. Ngā niho o runga, o raro hoki.



Maumahara mai, waku i tō arero e kore ai e haunga te hā!

Tākirikiri Tika



Kia 45 henemita te roa o te miro niho, ā, takaia tangatangatia ōu māpere ki te miro (kia nui ake ngā takanga i tētahi māpere i ō tērā atu) kia 5 henemita e toe mai ana i waenganui.



Mā ngā kōnui me ngā kōroa te miro e mau, ā, āta whakaheke i waenganui i ngā niho heoi me tūpato kei poua iho ki ngā pūniho.



Takaānautia te niho ki te miro kia hangarite ki te "C". Me nuku whakarunga, whakararo, tae rawa ki te pūniho i te wā e pā ana ki te niho. Whakamahia he wāhanga hou mō ia niho.

