

He aha

# te Mate Whānau Tamariki

## Te Mate Whānau Tamariki

E toru ngā momo mate hauora hinengaro ka puta mai i muri i te whakawhānau tamaiti. E tino kitea ana te pouri a te whaea i muri i te whakawhānau tamaiti mō tētahi wā poto. Ko te tikanga, kāore e roa te noho mai o tēnei pouri. Ko te mate whānau tamariki, he mate kino rawa atu, ka noho i runga i te whaea mō tētahi wā roa. Ko te mate āhotea whānau tamariki, he mate kāore e kitea nuitia ana, ā ka kitea ngā tohumate mate āhotea (kei tētahi ao kē).



*Rapua ētahi tikanga e tika ana māhau. He tangata kē, he tikanga kē, engari he hikoinga nui i runga i te ara ki te oranga.*

## He aha te pūtake o te mate whānau tamariki?

Kāore i te tino mōhiotia te tino pūtake o te mate whānau tamariki. Ki ngā wāhine katoa, ko te whakawhānau tamariki tētahi o ngā mahi taumaha o ngā mahi katoa, me te nui o ngā whakarerekētanga me ngā wā kōhukihuki, tae atu ki te wā whakawhānau anō. Mō ngā wāhine e puare ana ki te pouri me te mate āhotea, he nui ake te mōrea nā te kore moe me ētahi atu āhua kōhukihuki.

## He aha ngā tohu?

Ko ngā tohumate o te mate whānau tamariki, e tae atu ana ki te aronganui pouri rawa ka noho tonu; te mukākā; te hiringa kore; te kore e kai me te moe; kāore e āhei ki te tiaki pai i te tamaiti hou, ā he whakaaro rāwakiwaki me te hiahia mate. Ka kitea te rerekētanga o te mate āhotea whānau tamariki i roto i ngā tohumate mate āhotea (whakapono me te whakaaro mai i te ao kē), tāpirihia ana ki te aronganui pouri, harikoa rawa rānei.



*PŪRĀKAU: Ka āhei te wahine ki te puta wawe i te mate whānau tamariki. TIKĀ: He patu hiahia te pouri. E tino hiahia ana te nuinga o ngā wāhine e pāngia ana ki te mate whānau tamariki ki te whakaora i a rātau anō.*

## Me pēhea te tuku haumanu?

Ka tukua te haumanu i runga anō i te hiahia o te wahine me te momo mate. Ko ngā āhua nui e tae atu ana ki te tohutohu me te whakamōhio ki te āhua o te mate, te tuku haumanu me te tautoko hoki i te whakaoranga. Ka tukua pea te rongoa ārai pouri, te rongoa ārai mate āhotea rānei mēnā e pāngia ana te wahine ki te mate āhotea whānau tamariki, ā i ētahi wā, te noho i rō hohipere.



*Whānau/Hoa: Āwhinatia te wahine ki te āta kite i te kōhukihuki me te kimi tikanga hei āwhina i a ia. Mā te āwhina ki te whakaoti mahi i te kāinga ka māmā ake ōna taumahatanga.*

## Ko wai ka pāngia ki te mate whānau tamariki?

10 ki 15 ōrau o ngā wāhine katoa ka pāngia ki te mate whānau tamariki i roto i ngā marama tōmua i muri i te whakawhānau tamaiti. Ka hia kē ngā take e whakamōrearea ai te wahine ki te mate nei. Ka tae atu ēnei ki te pouri i mua me ētahi atu raruraru hauora hinengaro; te kore o te tautoko ā-iwi; ngā pōauautanga whakawhānau; me ētahi atu āhua kōhukihuki hei tauira, te kore moni, te rapu whare. Kāore e tino kitea ana te mate āhotea whānau tamariki. Tahī o ngā wāhine 500 e hapū ana, ka pāngia ki te mate āhotea whānau tamariki.



*Whānau: Me ako koutou i te āhua o tēnei mate, te tuku haumanu me te tautoko hoki i te whakaoranga.*

## Kei whea ētahi atu pārongo?

### **Te Tūāpapa Hauora Hinengaro o Aotearoa Mental Health Foundation of New Zealand**

mō ngā rauemi, ripene whakaata, pukapuka me ētahi atu kōrero.

81 New North Road, Eden Terrace, Tāmaki-makau-rau

Waea: (09) 300 7010

Waea Whakaahua: (09) 300 7020

Imera: [resource@mentalhealth.org.nz](mailto:resource@mentalhealth.org.nz)

Ipurangi: [www.mentalhealth.org.nz](http://www.mentalhealth.org.nz)

*(Tirohia 'information' mō te roanga atu o te whakaaturanga o te mate whānau tamariki)*

### **Te waea mātua me te tohutohu a Barnados**

Waea: 0800 4 PARENT (0800 472 7368)

### **Pokapū Mātua Tāmaki-makau-rau (Parent Centres Auckland Inc)**

Waea: (09) 625 0065

*He rōpū tūao ā-motu e whakahaeretia ana e ngā mātua mō ngā mātua me ngā tamariki*



*KIA RAPU WAWE I TE ĀWHINA!*

