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a fair start

He Puka Ārahi mō te Pūhuruhurutanga, te Mate Wāhine, me ngā Hanga

He mea whakarite ngātahi me Nest Consulting

nest
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He Kupu Ārahi mō te Pūhuruhurutanga

Mea nei ko ētahi wāhi āwhina e mārama ai koe e aha ana te aha, otirā, me pēhea tō aro atu.

Ko te mea tuatahi ka rongu pea koe ko te 'tupu haere' o tō tinana. I te nuinga o te wā, ko ō peke, ko ō waewae me ō ringaringa, ka nui haere i te tuatahi. He tohu pai tēnei kua tīmata i tētahi repe iti i te pūtake o tō mātenga (te repe tupu) te pūhuruhurutanga mā te tuku karere matū, e kiia ana he taiaki, ki ō toto. Mā ēnei taiaki e nui ai ngā panonitanga rerekē ki tō tinana.

Kātahi ka rangona e te nuinga (tōna 85%) te tupu haere o te wāhanga o te ū kei muri tonu o te kōmata, me te aha, ka mamae, ka pāwera anō pea ō kōmata. Ka kiia tēnei ko te whanaketanga o ngā 'pua ū', ā, i te nuinga o te wā ka tīmata i waenga i te 8 me te 12 tau.

Nō muri tata atu, ka kite pea koe kua tīmata te rere o te wai tara. He mea māori noa tēnei – ka nui ake hoki te wai tara ka puta i ētahi kōtiro, tērā i kōtiro kē atu. He kōmā te tae, otirā, ka maroke noa i ō tarau iti i te nuinga o te wā.

Atu i reira, ko te puke huruhuru pea tērā ka kitea (he wā ōna koinei kē tētahi o ngā tohu tuatahi – mō tōna 10-15% o te iwi). Āe! Ka pūhuru haere i raro rā!

Ka rongu hoki koe i te haunga haere o tō tinana, mātua rā, hei te wā kori tinana – ka kiā tēnei ko te mōrūruru, ā, i te nuinga o te wā ka tīmata i te wā tonu e tīmata ai te pūhuhuru haeretanga. Ka hiahia pea koe ki te wānanga i te kāinga mō te whakamahi patu mōrūruru.

He āhūatanga māori katoa ēnei - kua hoki e māharahara. He mea pai tō whai mōhiotanga kia takatū ai koe. Me kōrero ki tētahi pakeke e whakawhirinaki atu ana koe mēnā he āwangawanga ōu. Kia mahara hoki, e motuhake ana tātou katoa, ā, ehara i te mea ka ōrite pū te raupapa e pā ai ēnei tūāhūatanga, te pakeke rānei e rangona ai.

Ka rongu pea koe i te rerekē haere o tō kiri, o ō makawe anō hoki i tēnei wā. Ka hinuhinu ake pea ēnei, ā, ka puta pea ētahi huahua i tō mata. He wā pai tēnei kia āta aro ki ngā tikanga akuaku, me te whai kia horoia tō mata i te tīmatanga me te paunga o ia rā, i tōna itinga – kimihia tētahi hopi, tētahi waihoroi mata rānei e pai ana ki a koe. Me kaukau, me uwhiuwhi rānei i ia rā, ā, kei wareware ki te whakamahi i te hopi, i tētahi waihoroi tinana rānei, mātua rā, ki ō kēkē, ki waenga hoki i ō kūhā. Me opeope atu hoki te hopi ki te wai i ngā wā katoa. Kei wareware ō waewae – ka haunga haere hoki ērā! He mea pai kia auau tō whakawhiti me tō horoi i ō kākahu: me pēnei hoki ngā tarau iti me ngā tōkena i ia rā.

Nō reira, he aha rānei ka whai atu? Ka tupu tonu koe – ka 2-3 inihī pea tō tāroaroa ake i roto i ngā marama ruarua noal. Ka rerekē haere anō te āhua o tō tinana – ka tupu haere pea ngā hope, ngā kūhā, ngā ū me te puku. Ka taimaha haere anō koe – me pēnei te tinana e ora pai ai.

He mea nui kia mōhio rā koe, ehara i te mea ko tō tinana noa e whanake haere ana, engari ko ō whakaaro me ngā mea e rongu nei koe e pērā ana anō.

I te wā o te pūhuhurutanga, e kimi hononga hōu ana ngā roro, me te aha, ka pākia pea ō aurongo, tō āhei ki te whakaaro me te whai māramatanga, ō uruparenga me te āhua o tō whakawhiti whakaaro.

Kimihia ētahi mahi e whakangā ai koe, e tau anō ai tō mauri, ā, me auau tō mahi atu.

Hei tētahi wā, nōu e rongu ana i ēnei panonitanga, ka tīmata tō hurihanga mate wāhine – ka rere ngā toto i a koe mō te wā tuatahi. Mō te nuinga, ka pā i waenga i te 10-13 tau te pakeke, engari he āhūatanga māori tonu ina tīmata i waenga i te 8 -16 tau te pakeke. He motuhake tā te wā i tohu ai mō tēnā me tēnā. I te nuinga o te wā, ka tīmata ana te rere o te mate wāhine, ka pōturi haere te tupu, heoi anō, arā tonu ētahi ka tupu tonu kia 3 inihī atu anō te tāroaroa, otirā, ka panoni haere tonu te āhua o te tinana.

Kia kōrero tonutia e tātou te mate wāhine!



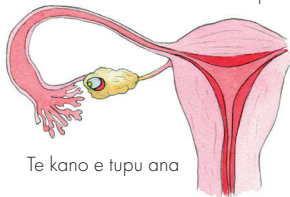
He Kupu Ārahi mō te Mate Wāhine

Ā kāti, kua eke te wā, kua tae ki te pūhuruhurutanga, kua fīmata hoki te rere o tō mate wāhine! He nui te hunga e rongō ana i ēnei whanaketanga, nō reira, hei āwhina i a koe, kua waihangahia tēnei puka ārahi e tau ai tō mauri ki tēnei haerenga hōu.

He aha tātou i pāngia ai e te mate wāhine?

I roto tonu i tō tinana, i te pito raro o te wāhi papatoiake, ko tētahi wāhanga whakamiharo o te tinana e kiia nei ko te kōpū. Kei ia taha o te kōpū ko tētahi

Te kirioto e tupu ana

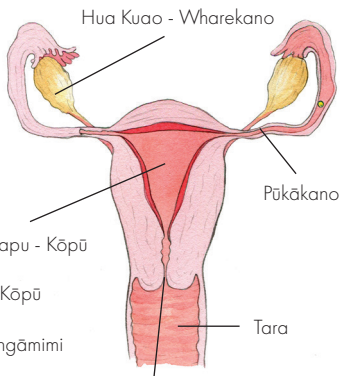
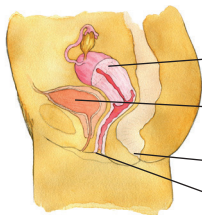


Te kano e tupu ana

pūkākano me tētahi repe e kiia ana he wharekano.

Mau ana i te wharekano ko ō pūtau whakaputa uri katoa. Ka kiia ēnei pūtau he kano, he kākano rānei.

Whānau mai ana koe, tōna 1 miriona ō pūtau kākano kua wāwāhia ki ngā wharekano e rua. Tupu haere ana koe,



Takapu - Kōpū

Kōpū

Tōngāmimi

Tōngātiko

Tara

Hua Kuaō - Wharekano

Pūkākano

Tara

Taiwa - Waha Kōpū

ka memeha ētahi o ēnei pūtau, nā, hei te pūhuruhurutanga, tōna 400,000 ka toe tonu.

I te wāhanga o raro o te kōpū ko tētahi ara e kīia ana ko te waha kōpū, e tūhono ana i te kōpū ki te taiawa (ki te tara rānei). Ko te tara tētahi ara e ahu atu ana i te waha kōpū ki waho atu o te tinana.

Ko te pū taiawa kei muri i te puaretanga e puta ai te mimi i te tinana (kua tapaina ko te pūaha mimi), otirā, kei mua i te tero, i te wāhi e puta ai te tūtāe i te tinana. Ko tēnei wāhanga (arā, ko ngā wāhanga taihemahema katoa e kitea ana i waenga i ngā kūhā), tae atu ki ngā werewere o roto me ngā werewere o waho (te puke huruhuru o waho me ngā 'ngutu' kikokiko o roto) e kīia ana ko te puapua.

I te takiwā o ia marama, whai muri i te pūhuruhurutanga, ko ngā panonitanga ki te nui o ngā taiaki (arā, o ngā matū e mahi ana hei rāpoi ngota kawē karere i te tinana) e tohu ana:

- ka tīmata te tupu haere o tētahi pūtau kākano i roto i tētahi o ngā wharekano.
- ka tīmata te hua ake o tētahi kiri i ngā taha roto o te kōpū, e kīia ana he 'kiriuhi kōpū'. He mea hanga tēnei kiriroto ki te toto, ki te wai, ki ngā momo taiora hoki.

Ka hipa tōna rua wiki, kātahi ka pakari te pūtau kākano. Hei taua wā, koia te pūtau nui katoa i te tinana tangata, otirā, ka tukuna atu i te wharekano ki te pūkākano. E kīia ana tēnei āhuetanga ko te 'tukukano.'

Ka ahu atu te kākano ki te kōpū mā te pūkākano. Ka ora noa mō tōna 24 hāora, kātahi ka tīmata te āta wāwāhi haere.

Ahakoā kua wāwāhia te kākano, kua tae atu anō ki te kōpū, ka mātotoru haere tonu te kiriroto toto me te wai mō tōna rua wiki atu anō. I tēnei wā kua mārāma te tinana kāore he take o te kiriroto, me te aha, ka makere iho te toto me te wai i ngā tahataha o te kōpū, ka rere atu mā te waha kōpū, heke iho i te taiawa, ka puta atu ai i te tinana. Ka pēnei te rere mō ētahi rā, otirā ka kiia tēnei ko te mate wāhine, ko te paheke, ko te 'rere rānei o te toto'.

Arā atu anō ōna ingoa: Ko te mate marama; ko te waiwhero; ko te ikura; ko te wā o te marama.

Ka pā tēnei hurihanga miharo i ia 3-5 wiki (ko te toharite: i ia marama) mō te takiwā o te 35 tau, kia pau katoa rānei ngā kākano (ko te ruahinetanga tēnei), kia hapū rānei te wahine, otirā, ka kore hoki te toto e rere kia whānau rā anō te pēpi.

Ko tā te hurihanga nei he whakarite i tētahi wāhi haumarū, otirā, i ngā taiora katoa e tupu ai tētahi pēpi ka hapū ana tētahi wahine. Ka māmā ake pea kia pēnei te whakaaro ki te tukanga: i ia hurihanga, ka whakatupu te wharekano i tētahi kākano hōu, ā, ka hanga te kōpū i tētahi 'kōhanga' hōu (te kiriroto) mō te tūpono ka hapū. Ki te kore e hapū, ka whakawāteahia atu, ka tīmata te hanganga mai o tētahi anō!

Ki te tūtaki tētahi pūtau kākano me tētahi pūtau taihema tāne (pūtau tātea), ka whakatōkia ai (ka tūhono ngā pūtau e rua),





ka tau ai ki te kōpū, hei reira tīmata ai te hapūtanga.

I te nuinga o te wā, ka tūtaki te kākano me te tātea ki roto tonu i te pūkākano, ā, i roto i te takiwā o te rima rā, ka ahu atu tēnei poi pūtau e wāwāhi haere ana, ki te kōpū, ki reira hangaia mai ai he 'kōhanga' i te kiriroto toto me te wai.

Ko tā tēnei kiriroto he tuku i ngā taiora me te hāora ki te kikiri (koinei te ingoa mō ngā pūtau i te wā e tupu ana hei pēpi) i ngā wā tōmua o tana tupuranga. Ka mātau te tinana kua hapū, ā, kāore e tohua te kiriroto kia makere, me te aha, kāore te wahine e pāngia e te mate wāhine. Tae ana ki te wā kua 8-13 wiki e hapū ana, kua tupu he whenua i te taha o te kikiri, ā, ko tāna he tuku tonu i te hāora me ngā taiora e tika ana. Ka 38-40 wiki e tupu haere ana, ka whānau i te wahine te pēpi.

Hei āhea rere ai taku mate wāhine tuatahi?

Ka rawe kē hoki ki te tau tōmua atu he pātuhi ki ngā kōhine katoa e tatari ana kia rere te mate wāhine, e mōhio ai rātou mō āhea pū pā ai. Ka pēnei te karere: *"Nau mai ki te kapa! Ka rere tō mate wāhine hei tēnei rangi, hei tēnei wā pū."* Mā konei e oti ai tō āta whakarite i ō hanga mate wāhine, me tō tō mai i tō hoa piripono, kia rite pai ai! Heoi anō, kāore e pēnei, engari mā te aha i ētahi wāhi mōhiohio e mauri tau ai koe ka rere ana tō mate wāhine.

He motuhake tēnei mea te mate wāhine, ā, ka rerekē te āhua mō tēnā me tēnā. Mō te nuinga, ka pā i waenga i te 10 me te 13 tau te pakeke, engari, arā ētahi e 8 tau te pakeke, ko ētahi atu, 16 tau te pakeke.

I tōna whānuitanga, ka tīmata te rere o te mate wāhine tōna 2.5 tau whai muri i te kitenga ake o ngā tohu o te pūhuruhurutanga - nō reira, me i 9 tau tō pakeke i te kitenga atu o te puke huruhuru, ka pā pea tō mate wāhine hei te wā ka 11.5 ō tau. Ko te mate wāhine tētahi anō tohu kua eke te tangata ki te pūhuruhurutanga, otirā, koinei tētahi o ngā āhuatanga māori katoa o te ao.

Ko ētahi o ngā tohu e mea ana, ākuanei ka rere te mate wāhine, ko ēnei: e huri haere ana te āhua o te tinana, kua taimaha haere, kua tāroaroa haere, kua puke huruhuru, kua tupu ngā ū, kua puta hoki he wai tara, otirā, he pūataata, he mā, he kōwhai te tae (ehara hoki i te mea ka ū ki tērā whakaraupapatanga)

Ka pēhea rānei te auau o te rere o taku mate wāhine?

Ka tīmata ana te rere o te mate wāhine i ia marama, ko taua rangi tuatahi tonu te Rangi 1 o tō hurihanga mate wāhine. Mō te nuinga, e 27-28 rā te roa o te hurihanga mate wāhine kotahi. Heoi anō, e pai tonu ana mēnā ka 21-35 rā te roa. Ka tatauria te hurihanga mate wāhine mā te tohu i te rangi tuatahi e rere ana te toto (ka kiia hoki ko te LMP), ka kaute haere ai kia tau rā anō ki te rā i mua tonu i te rere anō o ngā toto mate wāhine. Nō reira, ki te tīmata te rere o te toto i te 1 o Nōema, ā, ko te rangi tuatahi o te mate wāhine whai muri atu ko te 29 o Nōema, he hurihanga e 28 rā tērā. Ko te whakatenatena ia, kia whakaritea he rātaka, he maramataka, he taupānga rānei ki tō pūrere matihiko/waea atamai e pai ai tō whai haere i tō



mate wāhine, e marama anō ai koe ki ngā 'āhuatanga māori' mōu.

Ka mōhio rānei au mō āhea rawa rere ai te mate wāhine?

Hei ngā wā e rere ana te mate wāhine i muri atu, ka rongo ētahi i ētahi tohu i mua tata tonu i te tīmatanga o te rere, pēnei i te mamae o ngā ū me te pupuhi o te puku, heoi anō, arā ētahi kāore e rongo i te paku aha. Ka kino pea ngā piropiro o ētahi, ka mamae rānei te tuarā, ka wāhi ngau te puku, ka pukukino, ka tangitangi rānei. Katoa ēnei he āhuatanga māori noa, otirā, kāhore he take o te māharahara.

He āwhina

- Ka tīmata te rere o te mate wāhine i a Pip i te 9 o Māehe, nō reira koinei Te Rangī 1 hōu (e kīia ana anō ko te LMP)
- Ka tohua tēnei e Pip ki te wātaka mā te tuhi ripeka ki te rā
- Ka mutu te rere o ngā toto i a Pip i te pō o te 13 o Māehe, nō reira e rima rā Te Roa o te Mate Wāhine.
- Ka tuhia e Pip tētahi rārangi ki ēnei rā e rima i te wātaka
- Ka tīmata anō te rere o te mate wāhine i a Pip i te 6 o Āperira, nō reira, e 28 rā te roa o Te Hurihanga Mate Wāhine mō te Māehe/Āperira (kei wareware: ko te rangi whakamutunga ka taturia ko te rangi i mua i te tīmatanga ake anō o te mate wāhine)
- Ka tuhia e Pip tēnei nama, ā, e tatari ana i tēnei wā kia kite ka pēhea nei te roa o Te Hurihanga Mate Wāhine e whai ake ana.
- Nā te auau haere o te hurihanga mate wāhine o Pip, ka āhei te āta whakapae mō āhea rere anō ai te mate wāhine i a ia.
- Ka taea hoki e Pip te miramira ngā rā i ngā marama e tū mai ana ka tūpono pā anō te mate wāhine, hei whakamahara i a ia ki te whakarite i ana hanga ki tana pēke.

He āhuatanga māori noa ina kitea ētahi wāhi toto tōmua i ngā rangi i mua tonu i te rerenga o te mate wāhine. Ka haere te wā, i tōna tikanga ka auau haere te rere o tō mate wāhine, ā, ka marama haere koe ki te āhua o tō mate wāhine. Mō ētahi, ka tere auau te rere, heoi anō, mō ētahi atu, ka roa ake te wā e pērā ai. Ki te hipa te 12-18 marama, ā, kāore anō kia auau noa te rere, me kōrero pea ki tō Nēhi Kura, ki tētahi Nēhi Whare Hauora, ki tō rata rānei. Ka 4-6 tau pea te roa kia tau rā anō te āhua e rere ai tō mate wāhine.

Ka pēhea nei te roa e rere ana te mate wāhine?

I te nuinga o te wā, ka 3-7 rā te roa e rere

ana, ā, ka kaha ake te rere o ngā toto i ngā rangi tuatahi, nāwai rā ka ngāwari haere, kia mutu rā anō.

He iti noa te toto ka paheke i te nuinga i te wā o te mate wāhine, arā, ko tōna 2-4 pune rahi (~30-60 miririta), heoi, he nui tonu ngā wā, anō he nui noa atu te paheke i tērā.

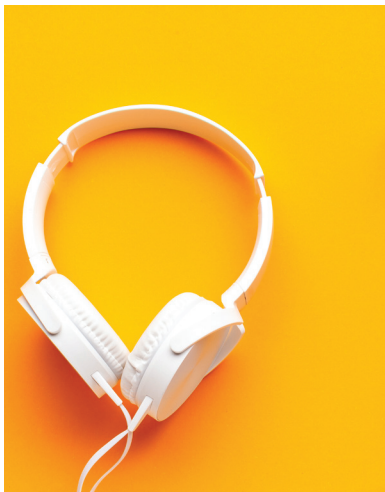
Tēnā kōrero atu ki tō Nēhi Kura/Nēhi Whare Hauora, ki tō rata rānei mēnā e auau ana te kite atu ka roa ake i te 7 rā ngā toto e rere ana, e kaha ana anō/rānei te rere (he nui ake i te 80 miririta toto e paheke ana i a koe - ka mate koe ki te whakawhiti i tō kope i ia 1-2 hōra.)

Ka pēhea au i te wā o te mate wāhine?

Ehara i te mea he āhuetanga rerekē ina rangona ai te wāhi ngau o raro o te puku, te mamae rānei o raro o te tuarā. Ka ngenge, ka wāhi pukukino, ka tangitangi, ka hiakai hoki pea koe. Heoi, ki te pērā rawa te mamae o tō puku, o tō tuarā, o ō waewae rānei e auau ai tō mate ki te kai rongoā, me kōrero ki tō Nēhi Kura/ Nēhi Whare Hauora, ki tō rata rānei. He mea nui kia whakatā, kia noho puku hoki mēnā koe e pīrangi ana. He wā pai tēnei ki te aro ki te moe, ki te hoki wawe ki te moe hei ētahi pō e piki anō ai tō kaha. Kia kaha te kai i ngā kai hauora, me te inu i te wai. Ko te āta korikori, ko te torotoro, ko te whakamahi hoki i ngā hanga whakamahana (he pēke witi/ he pēke waiwera rānei) ētahi rautaki pai hei whakamauru i te wairua kōhuki me te ngau o te puku.

He aha rānei te PMS?

Ko te PMS tētahi kupu rāpoto mō te 'Pre Menstrual Syndrome'. Ko ētahi ka kaha rongo i ōna tūāhuetanga, ko ētahi atu, me uaua kē ka rongo atu. Ko te PMS te hua o ngā taiaki e rerekē haere ana i tō tinana, mā rātou pea koe e pukukino ai, e hiakai ai, e ngenge ai, e pakihawa ai, e kōmingo ai, otirā, e pukuriri anō ai. Ko ētahi ka tino pīrangi ki ngā kai hukahuka kua kaha rawekehia, pērā i te tiakarete. Ka mahea ēnei āhuetanga ka rere ana te mate wāhine, engari mēnā ka kino te pāngia ōu e ēnei āhuetanga, ka pai mēnā ka kōrero koe ki tō Nēhi Kura/ Nēhi Whare Hauora, ki tō rata rānei. Mā ngā āpitihanga pērā



i te Huaora B6 me ngā waikawa ngako matua pea e wāhi mauru ake ai.

He aha ētahi mahi whakaū i taku hauora ka taea e au i te wā o te mate wāhine?

Ehara i te mea he mea rerekē noa te rongo i te ngenge i te wā o te mate wāhine, nō reira he mea nui te whakatā. He pai hoki kia āta korikori, arā, kia mahi i ngā mahi pēnei i te hikoi, i te kake paihikara, i te tauhōkai, i te kanikani, i te kauhoe rānei, hei āwhina pea i ngā wā e pau haere ana te ngao, i te ngau rānei o te puku. Me kai hauora hoki, otirā, ko te tūtohu ia, kia kaha te kai i ngā kai tikiū, tae atu ki ngā huarākau me ngā huawhenua, ki ngā pūmua kounga, ki ngā pata taiora nui anō hoki. He mea nui anō kia kua e kai i ngā kai paraurehe, inā hoki mā aua momo kai e ngenge ai koe,



e pau haere anō ai ngā taiora i tō tinana. Kia kaha te inu wai, otirā, he rawe hoki ngā tī amiami.

Ka āhei taku kauhoe i te wā e rere ana te mate wāhine?

Āe! Ka āhei tō kauhoe, heoi me whakamahi i te puru taiawa, i te kapu mate wāhine, i tētahi momo kahu kaukau kua hangaia motuhaketia, kua ko te kope. He pai te puru taiawa, te kapu mate wāhine, ngā kahu kaukau mō te mate wāhine rānei mēnā ka kaha tō purei hākinakina, inā hoki, kāore i nui rawa, otirā, he hāneanea ake i ngā wā e kori tinana ana, heoi, māu tonu e whakatau he aha tāu i pai ai. Mēnā koe e whakamahi kope ana, tuhia he reta, whakamōhiotia atu rānei tō kaiako kāore e āhei tō kaukau i te wā e rere ana tō mate wāhine.

Me aha au ina tīmata ai te rere o te mate wāhine i a au i te kura?

He whakaaro pai kia tīmata tō kawae haere i ētahi kope, i tētahi kapu mate wāhine, i ētahi tarau iti mate wāhine, i ētahi puru taiawa rānei ki tō pēke kura i ngā wā katoa, inā hoki, i ētahi wā me uaua ka mōhio mō āhea pū pā ai te mate wāhine, inarā, i ngā marama tuatahi e rere ana. Ka roa pea e auau ai, e tau anō ai te rere o tō mate wāhine.

Mēnā kāore ō hanga i te kāinga, mēnā i mahue tō rau atu i ētahi puru taiawa, i ētahi kope rānei ki tō pēke kura, mēnā ka tōmua rānei te rere o tō mate wāhine, pātaihia te Nēhi Kura, tētahi Kaiako, tētahi hoa pūmau rānei. He kohinga puru taiawa, kope anō hoki tā te kura, tā te Nēhi rānei hei whakamahi māu.

Ki te pā tō mate wāhine i a koe e ako ana, me tākai noa tētahi poraka, tētahi koti rānei ki tō hope, ka tono ai kia whakawāteahia koe i te akomanga. Whāia te Nēhi Kura, tētahi kaiako rānei, me toro rānei ki te tari kia whai āwhina ai. He whakaaro pai kia raua atu he tarau iti mā ki tō pēke mō te tūpono ka hiahiatia.

He aha ngā hanga me whakamahi e au ka pā mai ana taku mate wāhine?

Me whakamahi e koe te kope (te momo ka horoia, te momo rānei ka porowhiua), te puru taiawa, tētahi kapu mate wāhine, te tarau iti mate wāhine, ētahi rānei o ēnei hanga i te wā e rere ana tō mate wāhine. Ko te whāinga ia kia tiakina ai ō kākahu,



kia pai ai, kia hāneanea ai, kia mā anō ai koe.

Ko ngā kope ka noho ki roto o ō tarau iti, ā, ka whakamaua mā te wāhi hāpiapia o muri (mā ngā pātene rānei mēnā he momo kope ka horoia), e tau ai te noho.

Mō ngā tarau iti mate wāhine, ka tuia he papanga miti ki te kāhete, otirā, e taea ana te horoi me te whakamahi anō.

Ko ētahi puru taiawa ka whai pū kōkuhu, ko ētahi, kārekau. Arā hoki ngā rahinga rerekē, he mea whakarite kia hāngai ai ki te āhua o te rere o tō mate wāhine (ko te painga atu kia whakawhitihia ngā puru taiawa i ia 4 hāora, kia kaua hoki e whakamahia ka moea ana te pō).

E wāhi ōrite ana te whakamahinga o te kapu mate wāhine me te puru taiawa, inā hoki, ka noho ki roto i te taiawa. Heoi, mahue ana te miti i ngā toto, ko tā te kapu he hopu kē i ngā toto me ngā wai, kātahi ka unuhia atu te kapu, ka riringihia ai te paheke ki te heketua. Ka horoia te kapu, ka kōkhuha atu anō ai, otirā, ka āhei tō whakamahi anō, engari anō te puru taiawa.

Ehara i te mea mā te whakamahi i te puru taiawa, i te kapu mate wāhine rānei e rerekē ai te āhua o tō tinana, te āhua rānei e whakaarohia ai koe. Heoi anō ēnei ko ētahi huarahi e mitia ai, e hopukina ai rānei ngā toto i roto tonu i a koe.



He Kupu Ārahi mō ngā Hanga Mate Wāhine!

He nui tonu ngā pātai mō ngā rerekētanga i waenga i ngā momo hanga hei whakamahinga i te wā e rere ana te mate wāhine. He wā ōna ka rangirua katoa! Arā ngā momo rerekē, ngā waitohu rerekē, ngā rahinga rerekē, tae atu hoki ki ngā tarau iti mate wāhine motuhake. Ka āhei hoki te kōwhiri i ngā momo porowhiu me ngā momo ka horoia. Ko te kōwhiri i te hanga pai ki a koe he mea motuhake ki a koe anō, otirā, ko ō whakatau ka hāngai pea ki ngā take ahurea, ki ngā take whaiaro, ki tētahi momo hauātanga rānei. Ka hiahia pea koe ki te whakamātau i ētahi momo hanga rerekē, ā, ka huri pea ō whakaaro

kia taunga haere koe ki te āhua o te rere o tō mate wāhine.

Pānuitia ngā kōrero e whai ake nei mō ētahi anō mōhiohio e pā ana ki ngā kōwhiringa e wātea ana, otirā, ki ngā whakamahinga. Kei wareware, ka āhei tō whakamahi i ngā momo hanga rerekē. Ehara i te mea he aha: me mahi i tāu i pai aī!

- Ngā Kope me ngā Tarau Iti Mate Wāhine ka Horoia

Ko ngā kope me ngā tarau iti mate wāhine he hanga mō waho atu o tō tinana. Ko ngā kope ka whakamaua ki roto i ō tarau iti, otirā, kua tuia te papanga miti ki te tarau iti mate wāhine. I ētahi wā, ka māmā ake ina whakamahia ai ēnei momo hanga i te tīmatanga rā anō o te rere o tō mate wāhine, inā hoki he ngāwari ake te whakamahi. Māu tonu e whakatau!

- Te Kope (te momo ka porowhiua me te momo ka horoia)

He mea waihanga te kope hei miti i ngā toto i te wā e noho tau ana ki tō tarau iti. He wāhi hāpiapia tō tētahi taha, ka piri ki tō tarau iti. He 'parihau' ō ētahi, he hāpiapia hoki, otirā, ka tākai atu ki te tapatapa o tō tarau iti. Mehemea ko te kope he momo ka horoia, kāore e hāpiapia, engari kē ia ko ngā 'parihau' ka piri ki tō tarau iti mā te tūiti, e mau pai ai.

Mō āhea whakawhitihia ai tō kope

Ahakoā ka hāngai ngā mea e tika ana mōu ki te āhua o te rere o tō mate wāhine, me whakawhiti e koe tō kope i ia 4-6 hāora i te roanga o te rā. Mēnā e whakamahi ana koe i te kope ka horoia, me tiaki ki tētahi

pēke pītongatonga kia wātea rā anō koe ki te opeope me te horoi atu.

Kōwhiria tētahi kope pō, tētahi kope āhua nui ake rānei kia kore ai koe e mate ki te whakawhiti i tō kope i te pō.

- Te Tarau Iti Mate Wāhine

Ko te tarau iti mate wāhine tētahi momo tarau iti motuhake, ko te papanga mīti kua tuia ki te kāhete, ka mutu ka taea te horoi me te whakamahi anō. Ka āhei tō kōwhiri i ngā momo tarau iti rerekē e ai anō ki te āheinga mīti e hiahia ana. Hanga ōrite ana te āhua ki ngā tarau iti noa nei.

Mō āhea whakawhitiāia ai tō tarau iti mate wāhine

Ahakoā ka hāngai ngā mea e tika ana mōu ki te āhua o te rere o tō mate wāhine, me whakawhiti koe i tō tarau iti mate wāhine i ia 4-6 hāora (ka roa ake rānei - kei te āhua tonu o te momo) i te roanga o te rā. Me tiaki ki tētahi pēke pītongatonga kia wātea rā anō koe ki te opeope me te horoi atu.

Me pēhea te horoi i tō tarau iti mate wāhine

lnā te māmā! Me opeope noa, ka kutētē ai i te kāhete (te wāhanga e mau nei te toto) ki te wai, kia pūataata rā anō te wai e rere ana. Raua atu ki te pūrere horoi kākahu me kākahu kē atu, ka horoia ai ki te wai makariri. Kāua e whakamahia te whakangohengohe papanga (ka heke iho te āheinga mīti). Me whakamaroke mā te whakairi kākahu (kāua e rau atu ki te pūrere whakamaroke).

- Te Puru Taiawa me te Kapu

Ko te kapu me te puru taiawa he hanga e whai nei ki te mīti, ki te hopu rānei i ngā toto i roto tonu i tō tinana. Ka noho atu ki roto i tō taiawa.

Mēnā kāore anō koe kia whakamahi i te puru taiawa, i te kapu mate wāhine rānei, me pāroro, me āta haere anō hoki. Mēnā e āmāimai ana koe, ka nonoti haere pea ō ua, me te aha, ka wāhi mamae pea ka whakauru atu ana koe i te puru taiawa, i te kapu mate wāhine rānei.

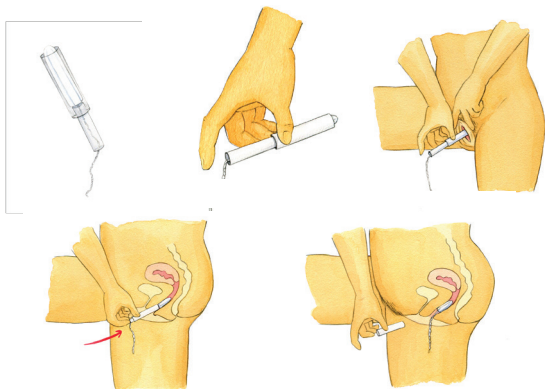
Ko tētahi pātai ka kaha uia i te wā whakamahi i ngā hanga mō roto o te tinana ko tēnei - 'me whakawhiti e au taku puru taiawa/kapu mate wāhine ia te wā ka mimi au? Anei te whakautu; kāhore - ko te puru taiawa/kapu mate wāhine ka noho ki tō tara, heoi ko te mimi ka puta i te pūaha mihi - he puaretanga rerekē'.

He mea nui kia whakamahi noa i te puru taiawa i te wā e rere ana tō mate wāhine. Ko te momo wai ka kitea i ōna wā i ngā wā kāore i te rere tō mate wāhine, ka kīia ko te hūwareware waha kōpū, ko te wai tara rānei. He wai, he kukū rānei tēnei, he pūataata, he mā, he kōwhai rānei te tae, ā, ka kitea te whakamaroketanga i tō tarau iti i ōna wā. Kia kaua e mītia ēnei wai ki te puru taiawa. He mea māori noa te kite ake i ēnei momo wai atu i te pūhuru hūrutanga, otirā, kāore he take o te māharahara.



Ki te whakamahia e koe te puru taiawa:

Ko te mahi tuatahi i ngā wā katoa ko te horoi i ō ringaringa ki te hopi me te wai wera. Me huaki te puru taiawa ki ngā ringa maroke.

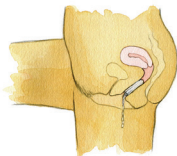
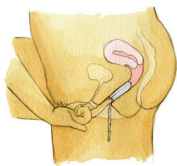
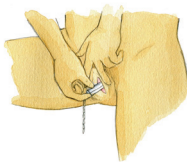


Te puru taiawa whai pū kōkuhu

1. Me noho, me tū rānei, kia hāneanea ai. Ko ētahi, ka rata ki te tū, ko tētahi waewae ki te heketua, ā, ko ētahi atu, ka rata kē ki te noho hītengitengi. Puritia te pū kōkuhu ki tō kōnui me tō kōroa ki te wāhi e kuhu ai te ngongo iti o roto ki te ngongo nui o waho. Me kite rawa te aho, otirā, me ahu atu i tō tinana.
2. Ki tērā atu ringa ōu, āta wehewehea ngā wāhi kiri (ngā werewere) e hipoki ana i te pū taiawa. Meatia te pito kōpuku o te ngongo o waho ki tō pū taiawa. Pēhia atu ki roto ki tō pū taiawa, kia ahu ai ki te take o tō tuarā. Me mutu te pērā ka pā ana ō matimati
- ki tō tinana, otirā, ka tau katoa ana te ngongo waho o te pū kōkuhu ki roto ki tō tara.
3. Tau katoa ana te ngongo waho ki roto ki tō tara, pēhia atu te ngongo roto ki roto ki te ngongo waho, ki tō kōroa. Mā te pēnei, ka pēhia atu te puru taiawa ki roto ki tō tara.
4. Tau katoa ana te ngongo roto ki roto ki te ngongo waho, me āta tango atu te pū kōkuhu, ka whiua atu ai.
5. Hoki atu, hoki atu, hei mahi whakamutunga, horoia ō ringa kia mā pai ai.

Ki te whakamahia e koe te puru taiawa:

Ko te mahi tuatahi i ngā wā katoa ko te horoi i ō ringaringa ki te hopi me te wai wera. Me huaki te puru taiawa ki ngā ringa maroke.



Te puru taiawa kāore ōna pū kōkuhu

1. Whakamataratia te aho i te tou o te puru taiawa. Me noho, me tū rānei, kia hāneanea ai. Ko ētahi, ka rata ki te tū, ko tētahi waewae ki te heketua, ā, ko ētahi atu, ka rata kē ki te noho hitengitengi. Puritia a raro o te puru taiawa (te wāhi e tāwēwē nei te aho) ki tō kōnuhi me tō kōroa. Me kite rawa te aho, otirā, me ahu atu i tō tinana.
2. Ki tērā atu ringa ōu, āta wehewehea ngā wāhi kiri (ngā werewere) e hīpoki ana i te pū taiawa. Meatia te puru taiawa ki tō pū taiawa, ā, ki tō matimati, kōkuhu atu i te puru taiawa ki tō taiawa.
3. Pēhia tonutia atu te puru taiawa ki roto ki tō tara kia tū rā anō
4. Ka māmā ake tēnei mēnā e hanga pārore ana tō tinana. Kua tika te kōkuhu atu mēnā kāore koe i te rongo i te puru taiawa. Mēnā e rongo tonu atu ana koe, me pēhi tonu atu. I tōna tikanga, e tāwēwē ana te aho i waho atu i tō tara inōiane, kia māmā ai tō tango atu i te puru taiawa ka rite ana koe.
4. Hoki atu, hoki atu, hei mahi whakamutunga, horoia ō ringa kia mā pai ai.



Mō āhea whakawhitihia ai tō puru taiawa

Ahakoā kei te āhua tonu o te rere o tō mate wāhine, kia 3-6 ngā whakawhitinga puru taiawa i ia rā (ko te tohutohu ia, kia whakawhitihia i ia 4 hāora).

Me mātua kōwhiri te puru taiawa me te āheinga miti iti katoa e hāngai ana ki tō paheke toto i ia rā. Ki te nui tonu ō whakawhitinga puru taiawa, whakamātauria tētahi he nui ake te āheinga miti.

Mēnā ka wāhi mamae te whakawhiti puru taiawa, ā, e wāhi mā tonu ana te puru taiawa kua unuhia, ahakoā kua hipa te roa o te wā i tohua, whakamātauria tētahi he iti iho te āheinga miti.

Kaua rawa e whakamahi i ngā puru taiawa nui ake (he nui ake te āheinga miti) hei whakaroa ake i te wā e mau ana te puru taiawa kotahi.

Te unu i te puru taiawa

1. Kia pārore te noho, ka āta kume ai i te aho kia puta ai te puru taiawa.
2. Mēnā kāore te aho e kitea, i te nuinga o te wā ka taea te tiki atu mā ō matimati i a koe e noho hītengi ana. Kei wareware ki te unu i te puru taiawa kua mau kē i mua i te kōkuhu i tētahi mea hōu. Me mahara hoki ki te unu i te puru taiawa whakamutunga ka mutu ana te rere o ngā toto.
3. Tākaia te puru taiawa kua whakamahia kētia, ka whiua ai ki tētahi ipu para mate wāhine, ki tētahi ipu para, ki tētahi pū wairākau rānei mēnā he pararopi katoa te hanga.

Te whiu atu i ngā puru taiawa me ngā kope

Ko ētahi kope me ētahi puru taiawa (tae atu hoki ki ngā tākai) kua hangaia ki ngā matū koiora, nō reira ka taea te rau atu ki te pū wairākau, ā, ka popo haere kia hua ko ngā pūmotu māori noa. Ki te pērā, ka āhei tō tuku ki te pū wairākau, tō whiu rānei ki te ipu para, tahi ka haria ki te ruapara.

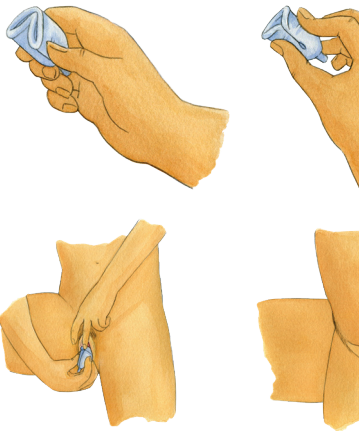
Ahakoā te pōpopo, kāore rānei, me kava rawa e tuku ngā kope, ngā puru taiawa, ngā pū kōkuhu me ngā tākai ki te heketua, kei purutiti. Kia tākaia ki te pepa heketua, ki te tākai rānei o te hanga hōu, ka whiua atu ai ki tētahi ipu para e tika ana.



Ki te whakamahia te kapu mate wāhine:

He maha ngā rahinga me ngā momo kapu mate wāhine, ā, ko ētahi he māmā ake te whakamahi mēnā e wāhi hauā ana koe, nā reira i uaua ai te whakamahi. Ka pai kia rangahaua te mea e tika ana mōu.

Ko te mahi tuatahi i ngā wā katoa ko te horoi i ō ringaringa ki te hopi me te wai wera.



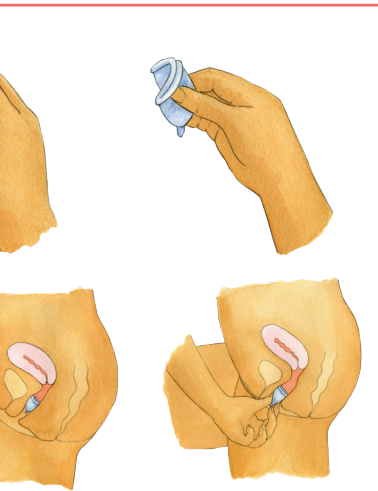
1. Me whakarite tō kapu kia noho ai ko te puaretanga ki runga, ko te tō ki raro. Puritia te kapu ki tō kōnui me tō kōroa, ka kōpē, ka pōkai rānei i te puaretanga o te kapu - he nui ngā momo pōkai e taea ana - ā, ka āta kōkūhua atu ai ki te taiawa.
2. Ka māmā ake tēnei mēnā e hanga pārore ana tō tinana. Pēhia atu te kapu ki tō tara, kia tū rā anō. Kua tika te kōkūhua atu mēnā kāore koe i te rongo i te kapu. Mēnā e rongo tonu atu ana koe, me pēhi tonu atu.

He wā ōna, ka mate pea koe ki te kuti i te tō o te kapu - pānuitia ngā tohutohu ka tukuna me tō kapu.

3. Hoki atu, hoki atu, hei mahi whakamutunga, horoia ō ringa kia mā pai ai.

Mō āhea whakawhitihia ai tō kapu

Ahakoā ka hāngai ngā mea e tika ana mōu ki te āhua o te rere o tō mate wāhine, me whakawhiti e koe tō kapu i ia 8-12 hāora. Whāia ngā tohutohu e hāngai ana ki ia momo kapu mō te āhua o te horoi i tō kapu i ia wā ka riringihia atu, mō ngā tukanga tiaki anō i tō kapu i ngā wā kāore e rere ana te mate wāhine.



Te unu i te kapu mate wāhine

1. Kia pārore te noho, ka āta kōkuhu atu ai i tō kōnui me tō kōroa ki tō taiawa kia rongo ai koe i te tō o te kapu. Me huri haere a waho o te kapu ki tō kōroa kia tukuna ai te mau puru.
2. Āta kumea iho te kapu ki waho, ka riringihia atu ai ngā toto me ngā wai ki te heketua.
3. Horoia te kapu e ai ki ngā tohutohu, ka kōkuhutia atu anō ai.
4. Mutu ana te rere o tō mate wāhine, me āta horoi tō kapu e ai ki ngā tohutohu, ka tiakina ai ki tana pēke kia rere anō tō mate wāhine.

****He mōhihio ki te mate Toxic Shock (TSS)**

He mate mokorea, heoi, he mate kino te Toxic Shock syndrome, ka hua i te pokenga huakita. Ka pā tēnei i te urunga o te huakita 'Staphylococcus Aureus' ki ngā toto, ka hua ai ko ētahi tāoke.

Ahakoā kua kitea he hononga ki te whakamahinga o ngā puru taiawa he tino nui te āheinga miti e te hunga ka pāngia e te mate wāhine, ka pā tonu te mate nei ki ngā ira me ngā huinga pakeke katoa, ā, he nui ngā take i pērā ai.

Ka rerekē ngā tohumate Toxic Shock Syndrome o tēnā me tēnā. Ko te nuinga ka ohore te putanga ake. Ko ētahi o ngā tohumate ka auau te kitea: ko te kirikī ohore, ko te pēhanga toto ngoikore, ko te mātenga ānini, ko te uaua mamea, ko te pōhēhē, ko te tiko kōre, ko te whakapai ruaki, ko te ruaki, ko te kiri torotiti, ko te pūwhero o ngā kanohi, o te māngai, o te korokoro, ko te hukihuki hoki.

Ki te rongo koe i ētahi o ngā tohu nei whai muri i tō whakamahi i te puru taiawa, whai muri i te pokanga, whai muri rānei i tētahi wharanga kiri, me horo tō whakapā atu ki tō rata.



I mōhio rānei koe ka whakahaere a Nest Consulting i ētahi kaupapa mīharo mā ngā ira katoa i ngā kura, e aro ana ki te pūhuruhurutanga, ki te mate wāhine, ki te tirohanga hoki ki te tinana?

Tirohia tā mātou pae tukutuku ki:

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