

Te Kaupapa Here mō te Whāngote a National Women's

<p>Te Whakaatu i te Whakarāpopototanga Kaupapa Here mō te Whāngote</p>	<p>Ka whakaaturia tēnei whakarāpopototanga i ngā wāhanga katoa o Women's Health - i ngā ara hīkoi, i ngā rūma whāngote, i ngā rūma kai whakakapi mō te whāngote, me ngā rūma mahi o ngā kaimahi. Ka haere ki roto i ngā whakangungu mō ngā kaimahi hou, ngā rā me ngā wānanga mō te whāngote, ngā pukapuka mahi, te akoranga i mua i te whānautanga, ka rato hoki he kape mā ngā wāhine hapū me ngā whaea kātahi anō ka whānau.</p>
<p>Te Kawenga mō te Kaupapa Here</p>	<p>Ka riro mā ngā kaimahi katoa o National Women's te kaupapa here nei e whakatinana, e hāpai, ā, ka whakaae kia mahi i raro i te kaupapa here hei wāhi o te mana whakauru/āheinga kia whiwhi mahi.</p>
<p>Te Whakangungu Kaimahi</p>	<p>Ka whakangungua ngā kaimahi mō ngā pūkenga e tika ana hei whakatinana i tēnei kaupapa here. Me mātua mahi ngā kaimahi i runga anō i te Kaupapa Here mō te Whāngote hei whakatinana i ngā Hīkoi Tekau kia pai ai te Whāngote.</p>
<p>Te Akoranga me ngā Pārongo</p>	<p>Ko ngā wāhine hapū ka whakauru ki ngā ratonga whakawhānau o National Women's ka ākona ki ngā pūkenga whāngote, ka whakawhiwhia hoki/rānei/ki ētahi pārongo mō te tino whai hua o te whāngote i ā rāua pēpi mō ngā marama e ono tuatahi, mō te whakahaere hoki i te whāngote, me ngā mōreareatanga o te whāngai ki te pātara. Ka marama ngā kaimahi ki ngā pārongo mō te whāngote tonu mō te rua tau, neke atu.</p>
<p>Te Tīmata ki te Whāngote</p>	<p>I roto i te hāwhe hāora o te whānautanga ka awhitia te kiri o te pēpi hauora e te kiri o te whaea mō te 30 meneti, kia kaua e whakararua, ā, ka tīmata ki te whāngote i roto i te 30 meneti o tēnei pānga a tētahi ki tētahi.</p>
<p>Te Tautoko i te Whāngote</p>	<p>Ka noho ngā kaimahi kua oti te whakangungu ki te tautoko i ngā whaea ki te whāngai, ki te whakapakari tonu i te whakangote, ahakoa ka pā he whakararu, ka māwehetia rānei i ā rātou pēpi.</p>
<p>Me hoatu ko te Waiū anake</p>	<p>Ka hoatu ko te waiū anake ki ngā tamariki whānau hou, ki te kore he take hauora e tika ai te whāngai ki te kai tāpiri. Ka rapua ngā whakaaro whakaae mehemea e tika ana kia hoatu he kai, he inu rānei i tua atu i te waiū ki a pēpi. Ka tautokona ngā whaea kia tīmata te rere o te waiū, kia nui tonu ai, kia haere tonu ai te whāngote. Ahakoa e tika ana ngā kai tāpiri mā ētahi pēpi, ka noho tonu ko te waiū te whāngai tuatahi e hiahiatia ana.</p>
<p>Te Noho mai a te pēpi i te Rūma o te Whaea</p>	<p>Ka noho ngā kaimahi ki te tautoko i ngā whaea kia noho tahi me ā rātou pēpi hauora mō te 24 haora o te rā, kia nui tonu te haumiringa ā-kiri tae noa ki te mutunga o ngā rā i te hōhipera, haere ake.</p>
<p>Te Whāngote mā te Pēpi e Ārahi</p>	<p>Ka āwhina ngā kaimahi i ngā whaea kia mōhio, kia marama hoki rātou ki nga tohu matekai a te pēpi mō te whāngote ū, kia tukua mā te pēpi e arahi te whāngai i runga i aua tohu. Mā te kōrerorero ki ia whaea, ki ia whaea e whāngote pēpi ana e kitea ai ngā hua o te whāngai marere tonu (mehemea e tika ana te inuina a te pēpi). He mea nui kia tirohia te momo hia ngotengote o tēnā pēpi, o tēnā pēpi, me te pāpātanga rerekē o te rerenga waiū o tēnā whaea, o tēnā whaea.</p>
<p>Kaua ngā Whakarata, ngā Tītī Horihori rānei</p>	<p>E kore ngā whakarata, ngā tītī parau me ngā pātara e hoatu ki ngā pēpi hauora e whāngote ana. Ka whakangungua ngā kaimahi mō ētahi tikanga kē atu mehemea e hāngai pū ana.</p>
<p>Ngā Rōpū Tautoko</p>	<p>I mua i te tukunga kia puta i te hōhipera ka hoatu he kōrero, he pārongo ki ngā whaea mō te whāngote, me pēhea hoki e whakapā atu ki ngā rōpū tautoko whangōte i te hapori.</p>

Ka whakaatatia i tēnei kaupapa here ngā mātāpono o te:

WHO/UNICEF Ten Steps to Successful Breastfeeding (1989), Baby Friendly Hospital Initiative (BFHI) (1992), Aotearoa New Zealand BFHI (New Zealand Breastfeeding Authority 2000, 2003 & 2006)

A copy of the complete policy is available on request or can be found on the Intranet site:

[http://adhbintranet/ADHB%5FPolicies%5Fand%5FProcedures/Policies/](http://adhbintranet/ADHB%5FPolicies%5Fand%5FProcedures/Policies/National_Women's/Patients_Clients_Residents/breastfeeding.htm)

[National_Women's/Patients_Clients_Residents/breastfeeding.htm](http://adhbintranet/ADHB%5FPolicies%5Fand%5FProcedures/Policies/National_Women's/Patients_Clients_Residents/breastfeeding.htm)