

Te whakamaimoa i tō Anipā me tō Pāpōuri

He mea nui kia wawe te rapu tautoko me te whakamaimoa i a koe mō tō āhua:

Me kōrero mō ō kare ā-roto. He mea nui te kōrero mō ō kare ā-roto ki tētahi e tata ana ki a koe.

Me whakaara he rōpū tautoko. Me hono atu ki ngā hoa, whānau me ngā ngāi e mārama ana. Kaua e aro atu ki te hunga whakawāwā, kore aroha rānei.

Kia ngāwari. Ki ōu whakaaro pea he mea nui te whakapai haere i te whare engari he mea nui anō te whakarite wā mōu anō - me pānui i tētahi pukapuka, me mātakitaki i tētahi kiritata, me haere rānei ki te hīkoi. He mea hira te tiaki i a koe anō kia taea ai e koe tō whānau te tiaki.

Te kai me te korikori tinana. Kia kaha tonu ki te kai i ngā kai tōtika kia whiwhi kaha ai koe hei tiaki i ētahi atu. He tino rawe te hau, ngā hihi o te rā me te korikori tinana ngāwari mō tō ahotea, ā, ka āwhina i a koe kia honohono atu ki ētahi atu.

Me whai whakaaro ki te haumanu, te tumu kōrero rānei. Mēnā i whakamātau ko koe anake ki te whakatikatika i ngā raruraru engari kāore i eke, he āwhina pea kei tētahi kaihaumanu, tumu kōrero rānei. Ka whiwhi painga pea koe mai i ngā pire āraipāpōuri - he pai te kai i ētahi i a koe e whāngai ū ana.

Mēnā me wawe tō rapu āwhina. Mēnā kei te hiahia koe ki te whakamate anō i a koe, kei te tāhuhuri katoa koe, ā, kei te uaua ki a koe ngā āhuatanga o ia rā, kei te ngaua e te maurirere rānei, me wawe te whakapā atu ki tō rata, tapuhi rānei. **Me waea atu ki 111 mēnā me wawe kōhukihuki te tiki āwhina, waea atu rānei ki 1737 mō te waea Crisis Counsellor.**

Kei te whai koe i te mahi tika. Me mātua mōhio koutou ko tō whānau ehara i te tohu ngoikore te haere ki te kite i tētahi kaihaumanu, rata hauora hinengaro rānei. He tohu kei te whai koe i ngā mahi hira hei tiaki i a kōrua ko tō pēpi kia haumarua, kia hauora ai kōrua.



Ngā taipitopito whakapā mō aku kaitautoko:

Taku tapuhi: _____

Taku rata: _____

Taku nēhī Plunket: _____

Taku hoa: _____

Taku whānau: _____

Tētahi atu: _____

He mea taketake te tautoko, otirā mai i te hunga ka taea te noho, whakarongo me te kore whakawā.

Ina tīmata koe ki te kōrero ka ohore koe i te maha o te hunga e ōrite ana ō rātau wheako.

Mēnā e mātakutaku ana koe, kei te pōkea rānei he mea nui te mōhio he āwhina kei te wātea.

Me tuku i tō awe māpara ki raro ka rapu tautoko. He whakahirahira koe.

Whakapā mai

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Perinatal Anxiety & Depression Aotearoa
Te mate Tuatea, me te mate Pōuri o Aotearoa



Perinatal Anxiety & Depression Aotearoa
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Kei muri i te awe māpara

(Behind the Mask - Postnatal Anxiety & Depression)

Te Anipā me te Pāpōuri i Muri i te Whānautanga Mai

He rerekē ngā wheako o tēnā, o tēnā mō te tiaki tamariki. I tua atu i ngā rerekētanga tinana, kei reira anō ngā rerekētanga noa o te āhua ngākau i muri i tō whakawhānau i tō pēpi pērā i te rerekē o te āhua ngākau, te anipā me te whakaongaonga.

He āhuatanga whakamīharo te noho hei matua, engari he nui ngā rerekētanga me ngā whakapātari. Ka pōuri ngā tāngata katoa i roto i te wā engari he nui ake te mate pāpōuri i tērā.

He pērā ina pā mai ai ngā tohumate maha i roto i te wā kotahi. He tino ōrite te pāpōuri i muri i te whānautanga (PND) ki te mate pāpōuri ka pā mai i tētahi atu wā o tōu ora engari ia ko te mea uaua ake ko te whai pēpi kotahi (e rua rānei!).

Ko te whānuitanga o te PND mai i te māmā ki te kino. I tōna tino māmā kāore i te mōrearea, ā, ka pai haere ake i te nuinga o te wā mā ngā tautoko kare ā-roto pai, whaitake hoki, te moe, ā, me te wā.

Engari, i tōna tino kino rawa he mōrearea ki te ora, ā, ka noho mōrea koe, tō pēpi, tō whānau hoki.

Mēnā e noho mātakutaku ana koe, kei te pōkea rānei he mea nui te mōhio he āwhina kei te wātea - he maha atu ngā whaea me ngā mātua kei te pēhia e te anipā me te pāpōuri ina whānau mai ana he pēpi hou.

Ehara ko koe anake te tangata kei te pēnei te āhua - ka mutu, ehara i te mea me noho pōraru koe i tōu kotahi, nō reira me kōrero koe ki tō tapuhi, rata, tētahi atu kaimanaaki rānei. Ehara i te mea me hautipua koe, nō reira me tuku i tō awe māpara ki raro ka toro atu ki ngā tautoko.

Me tūmanako

“Ko te whakaaro noa he pāpōuri te PND me tētahi hua pai mō te whakaoranga. E ai ki tōku mōhio he tika tēnei. Me tūmanako tonu. Kua pā mai tēnei ki te maha o tātau.

He mea taketake te tautoko, otirā mai i te hunga ka taea te noho, whakarongo me te kore whakawā mō ō kare ā-roto me ō whakaaro.”

Kathryn, he māmā



PADA

Ko te Perinatal Anxiety and Depression Aotearoa te whakahaere ā-motu e pūmau ana ki te whakakore i te whakamā e pā ana ki te hauora hinengaro whakawhānau pēpi i Aotearoa.

Ka tutuki tēnei mā te taunaki i te mōhiotanga me te takawaenga i ngā tikanga pai rawa i roto i te hauora hinengaro whakawhānau pēpi me te oranga hei whakarite ka āhei atu ngā whānau katoa ki ngā mōhiohio me ngā tautoko e tika ana.

E wātea ana tēnei rauemi hei āwhina ki te whakapiki mōhio mō te anipā me te pāpōuri i roto i ngā mātua hou.

Ka nui te mihi atu ki te Christine Taylor Foundation for Mental Health nāna nei ngā pūtea i takoha hei waihanga i tēnei rauemi.

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Te mōhio ki ngā tohu

Kei te pāngia pea koe e te anipā, te pāpōuri rānei i muri i te whānautanga mai mēnā kei a koe tētahi o ēnei tohumate. E pāngia ana koe e tētahi o ēnei?

- Te maurirere
- Te noho māharahara, e mātakutaku ana mō tō hauora, tō te pēpi rānei
- Te pā mai o ngā whanonga pokepoke, whakaauau rānei
- Te kōpiupiu o te āhua ngākau
- He rite tonu te auwhi, pōuri, te tangi mō te kore noa iho rānei
- He āmaimai, 'kārangirangi', pōnānā rānei
- He rite tonu te ngenge me te ngoikore
- He tino iti, kore rānei te aro atu ki ngā āhuatanga noa e hari ana koe
- He nui rawa te moe, kāore rānei i te pai te moe
- Kei te pokea, kei te matakerekere rānei te āhua
- Kua kore e aro atu ki te ai me te taupiri
- Te whakapaunu mai i tō hoa makau, o hoa, whānaū hoki
- Te tere riri, hōhā, whakatariri rānei
- He uaua te arotahi, whakaaro tapatahi, te maumahara rānei
- Te huri ki ngā mahi mōrea ake pērā i te inu waipiro, te kai whakapōauau rānei
- Te whakaaro mō te mate, te whakamomori rānei

Te ako ki te whakahaere i tō anipā me te pāpōuri:

He uaua pea te mārama, te kōrero rānei mō te āhua i roto i a koe engari me mātua tonu tautoko koe mēnā e hiahia ana. Ko te mahi tuatahi, mahi hira rawa hoki mō te whakahaere i tō anipā me te pāpōuri ko te whiwhi i tētahi aromatawai tika me te tautuhi i ngā mea e tautoko ana i tō āhua ngākau. Me pātai ki tō ngaio hauora kia whakahaerehia he EPDS (he whakamātautau Edinburgh Postnatal Depression Scale). I ētahi wā, ka kite pea ētahi o tō whānau i ngā tohu whakamāharahara i mua tonu i tō mōhio me whiwhi āwhina koe.

Ahakoia pā mai ai ngā piki me ngā heke o te taiaki ki ngā whaea hou, ka kaha ake te pā mai o tēnei ki ētahi, engari he nui atu anō ngā āhuatanga e pā mai ai te anipā me te pāpōuri.

Ka māharahara ētahi whaea mō tō rātau tūranga hou hei whaea, he māharahara o rātau mō te tiaki i te pēpi hou, me te māharahara mō te tū pakari i roto i ngā whakapātari o ia rā. He maha ngā whaea ka noho hara i roto i o rātau whakaaro i te mea kei te whakaaro e ai ki te tūmanako o te katoa me tau rātau, ā, me ngākau hari. Engari kua e māharahara, KA pai ake koe.

Ka nui ake te tūpono pā mai o te anipā me te pāpōuri mēnā:

- He hītori pāpōuri i roto i tō whānau, i a koe rānei
- I pākoko koe i mua, i materoto rānei
- Ka pā mai ngā uauatanga hononga ki a koe
- Pā mai ai te tūkinotanga ki a koe i mua
- I pā mai ngā āhuatanga tino taumaha ki a koe
- Kāore o tautoko whanaungatanga pai
- I uaua tō hapūtanga, whānautanga rānei
- Kei te pokea koe e ngā raruraru pūtea

Kāore tōku hononga ki taku pēpi

“I maruwhi ahau ki te tangi a taku pēpi, kāore ōku paku mōhio me pēhea te āwhina i a ia. Kāore tōku hononga ā-ngākau ki taku pēpi.

Kāore ahau i kaha ki te katakata, te mātakitaki pouaka whakaata, te pānui rānei. I kore atu ngā mea katoa i mōhio ahau i mua i whakakatakata i ahau, ā, i āhuareka ai ahau. Kāore he mea i roto i ahau. I kore atu te kaha i uru mai ki ahau ina titiro ahau ki te tae. I ngaro atu te hari i te kitenga o te rā e whiti ana, e tō ana rānei.”

Mere, he whaea



Ngā hoa makau me te pāpōuri

He uaua mō ētahi hoa makau te noho hei matua. Ko ētahi o ngā raruraru noa ko te:

- Mānukanuka me pēhea te tiaki tamariki.
- Whiwhi kōrero tāhapa, hārakiraki i ngā hoa, whānau me te hunga pāpāho.
- Korenga e mōhio me pēhea te āwhina i tētahi hoa makau me tōna pāpōuri.
- Korenga e eke te tiaki tamariki ki tērā e tūmanakohia ana.
- Uaua o te tuitui i te hono tahi ki tana pēpi.
- Māharahara kāore i te nui ana moni whiwhi.
- Whai whakaaro koretake mōna anō, ā, kei te pokea.
- Whakaaro kei te herea ia i roto i te hononga, ahakoia e ngākau nui ana ia ki te tiaki tamariki.
- Korenga e kite i ngā tohu o te pāpōuri i roto i tōna hoa.

He whaea mateoha, he tangata whaikiko

“I tino whirinaki taku whakaoranga mai i te pāpōuri i muri i te whānautanga mai ki ōku whakaaro e tautokona ana ahau, ā, kei a au anō te mana hei whaea mateoha ki taku tamaiti, otirā hei wahine whaikiko tonu.”

Jenny, he whaea

Maumahara - kāore koe i te noho takitahi

TE MAHA O NGĀ WHĀNAUTANGA I AOTEAROA I TE 2018:

58,020

TE ŌRAU O NGĀ WĀHINE HAPŪ E PĀNGIA ANA E TE PĀPŌURI I TE WĀ O TE HAPŪTANGA, I MURI MAI RĀNEI: :

25%

TE ŌRAU O NGĀ TĀNE I PĀNGIA E TE PĀPŌURI I MURI I TE WHĀNAUTANGA O TĀ RĀTAU PĒPI:

10%