



# Tupu ma ola, malolosi fa'atasi

Tusi o ni  
taiala e faia  
mo tamaiti  
e 5–12  
tausaga

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**Health New Zealand**  
Te Whatu Ora

# Faasologa o le Tusi

Mo e matutua  
E uiga ia te a'u  
Mea uma e uiga i...  
Lo'u aiga  
Faavae e fausia ai se aiga malosi ma mautu

3  
4  
5  
6  
7

## 1. Feagai ma lagona

Uiga o upu  
Lou nofoaga e te fiafia  
Faailoga fa'ata'amilo foliga e fa'aalia ai ou lagona  
O ā mea e tupu pe a lē fiafia pe fa'anoanoa tagata?  
Ni faiga e mafai ona ou faia e fa'afiafiaina ai a'u  
Lagona ita  
O fea o lou tino e masani ona e lagona ai le ita?  
Taiala fesoasoani pe a ita  
Taimi o valivaliga  
Ni faiga e mafai ona e faia pe a e ita  
Lagona le popole  
Lagona le fefe  
O ā ni faiga e lelei ai o'u lagona pe a ou fefe?  
Paso  
Faailoga/tulaga tama'i lima  
Saili mai le eseese

8  
9  
10  
11  
12  
13  
14  
15  
16  
16  
17  
18  
19  
20  
21  
22  
24

## 2. A'o feagai ai ma ma'i/gasegas

Ni fuafuaga pe a ma'i le tagata o lo'o tausia a'u  
E mafai ona e saili...  
Saili/faailoa mai le maile...

25  
28  
29  
30

## 3. Fesoasoani a'o feagai ma taimi faigatā/popole

Ni faiga e ono fai a'o feagai ma faigatā

31  
34

## 4. Fiafia fa'atasi

O o'u moomooga mo...  
O ai e mafai ona fesoasoani ia te a'u ma lo'u aiga  
E fa'aapefea ona fa'aaogā lelei lenei tusi  
E fia maile e mafai ona e faitauina?

35  
36  
39  
41  
43



# Mo e matutua

O lenei tusi ua tu'u faatasia mo tamaiti o loo maua o latou matua i ma'i/gasegase o le tino ma le mafaufau

## Fa'ata'ita'iga o ma'i/gasegase o le tino e ono aofia ai:

- Ma'i/gasegase o le suka
- Ma'i/gasegase o le fatu
- Vaitimi o faasolosolo le malosi talu mai se taotoga
- Tuma i le fai'ai
- Aafiaga o le soifua mālōlōina ma gasegase e umi/tumau, fa'ata'ita'iga: ma'i/gasegase o se vaega o le ua - 'thyroid disease'
- Ma'i e a'afia ai vaega o le tino e puipuiina le tino. 'auto immune disease'

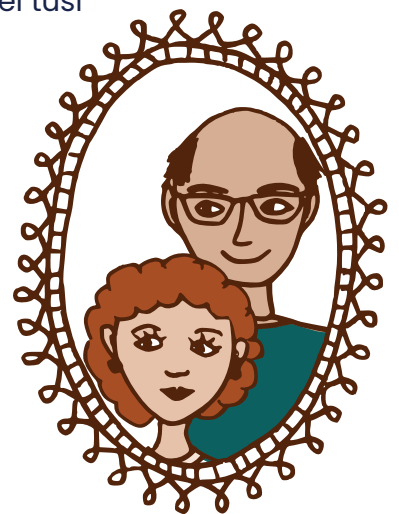


## Fa'ata'ita'iga o ma'i/gasegase o le mafaufau e aofia ai:

- Ua tele le fa'anoanoa ,e aofia ai ma le lagona fa'anoanoa o se tina i le vaitau/taimi faatoa uma ona fanau lana pepe.
- Tele le popole
- Gasegase e fesuisui ai le tele o le fiafia ma le tele o le faanoanoa. 'pipola'
- Tele le lagona faanoanoa, popole atoa foi ma le fefe pe a uma ni fa'alavelave matuiā
- E matua faigatā lava i tamaiti pe a ma'i se matua. O le to'atele o tamaiti e lē malamalama lelei i ma'i. Afai e lē malamalama tamaiti i le ma'i, e mafai ona latou lagona le popole, fefe, mafatia, pe ita. O lenei tusi ua fuafuaina ina ia fa'aaogā fa'atasi e le matua (po o se isi tagata o tausia le tamaititi) ma le tamaititi.

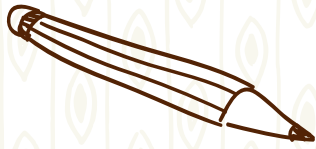
## O le faamoemoe autu o lenei tusi, o le fesoasoani lea i matua ma a latou fanau ina ia mafai ona:

- Talanoa e uiga i ise ma'i/gasegase o lo o aafia ai.
- Talanoa e uiga i lagona ma aafiaga
- Saili auala e faaititia ai le malosi o lagona e lē lelei.
- Ia maua ni mafutaga lelei/malosi ma nisi
- Taumafai ia foia faatasi faafitauli
- Ia mautu le faamoemoe ma le talitonu mo le lelei i le lumana'i.



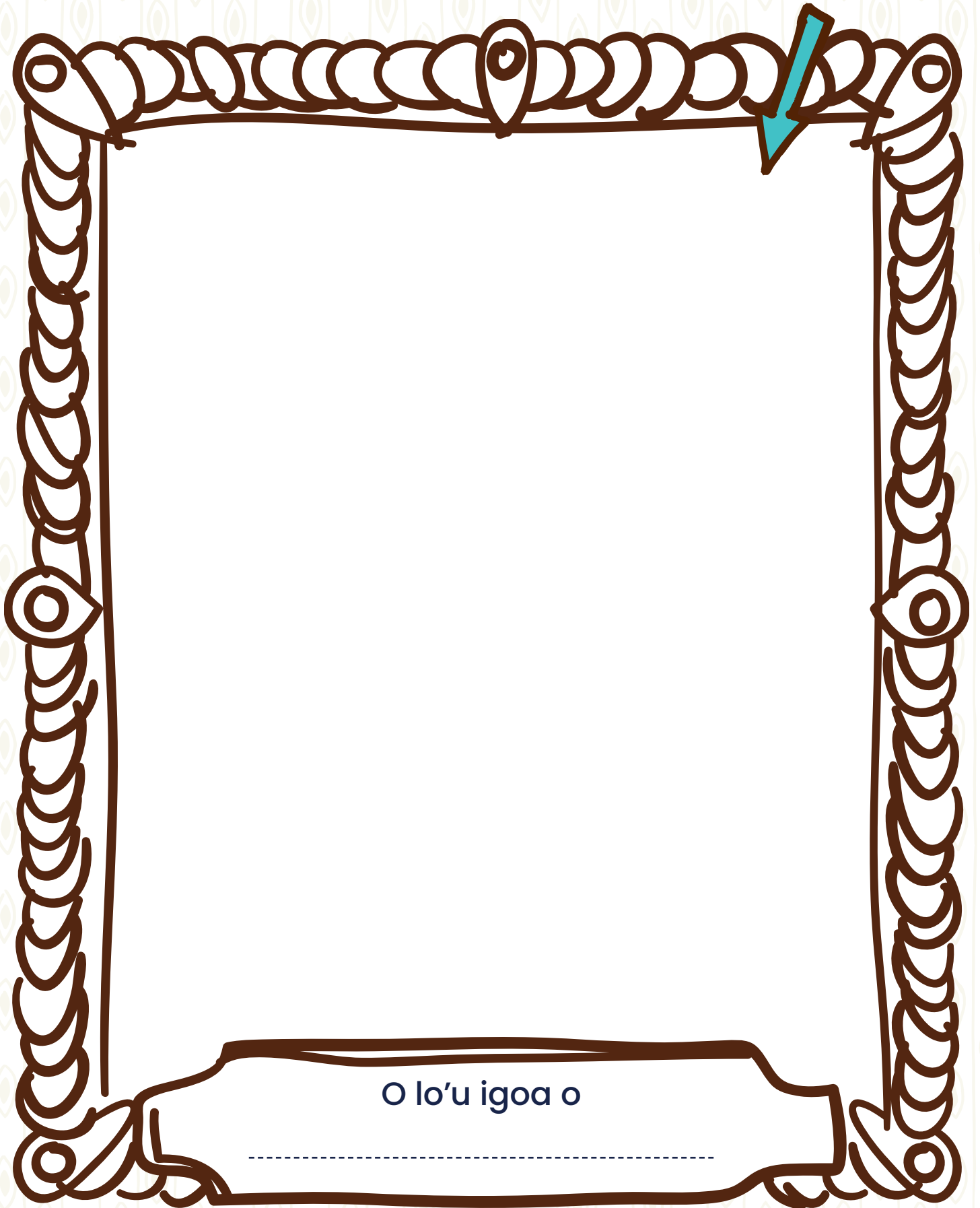
O lenei tusi e aofia ai fa'amatalaga, fesili faatupu manatu, ni faiga malie, ma ni taiala e fesoasoani ai i tamaiti ao feagai ai matua ma e tausia latou ma ma'i/gasegase.

Fa'amolemole silasila i itulau e 41 ma le 42 e iloa ai le faaogaina tonu o lenei tusi.



O a'u

Tusi pe faapipii sou ata i le avanoa lea



O lo'u igoa o

-----

Mea uma e  
uiga ia te a'u



O a'u e



tausaga

Matou te nonofo  
fa'atasi ma...

O a'u uō o...



Ou te fiafia  
e matamata



O mea e sili ona  
ou fiafia i ai

Lanu:

Mea'ai:

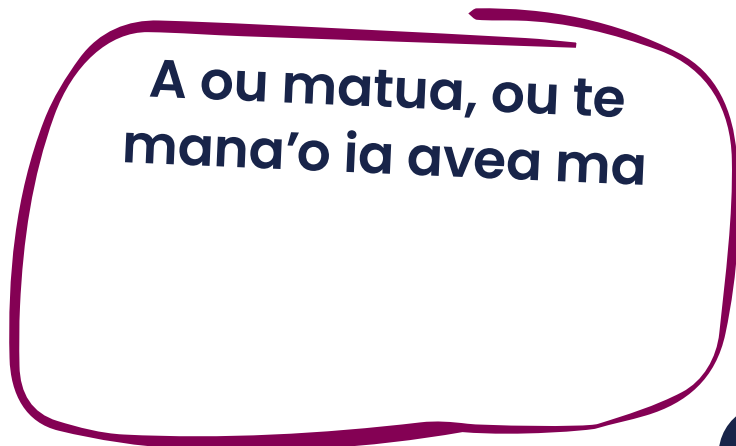
Tusi:

Manu:

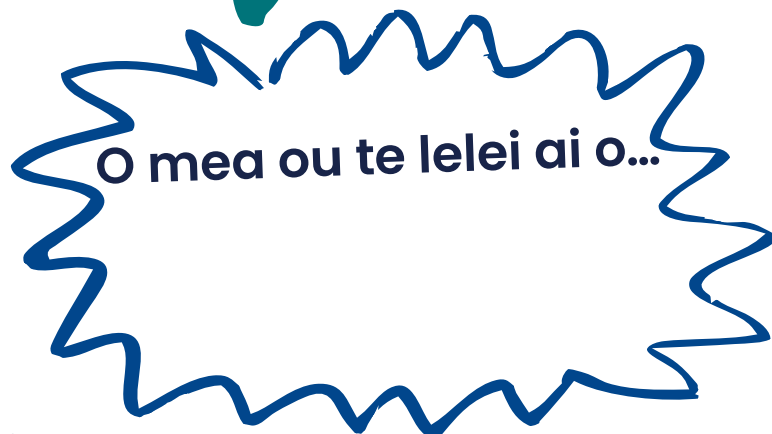
O mea ou  
te fiafia e fai o...



A ou matua, ou te  
mana'o ia avea ma



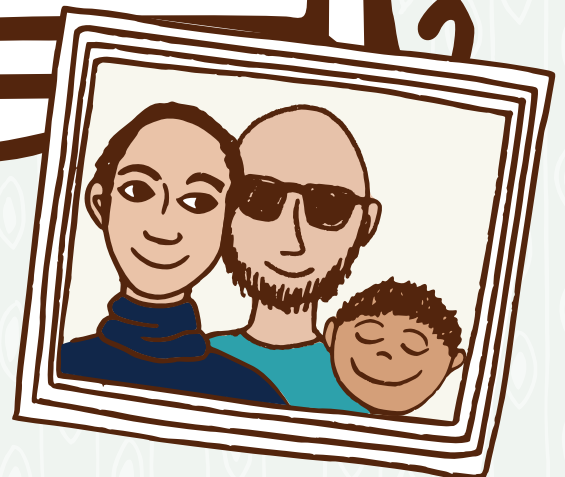
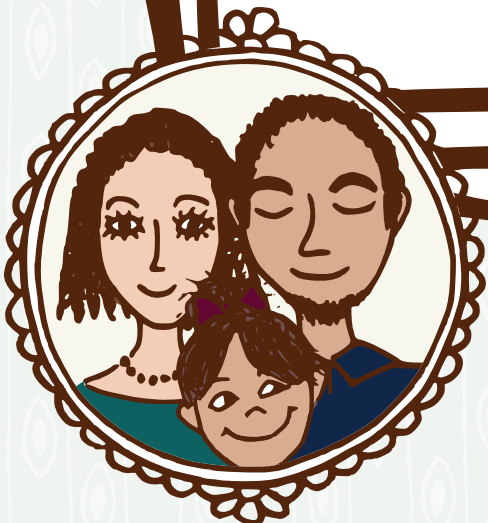
O mea ou te lelei ai o...



Fautuaga mo  
matua/ma e  
tausia tamaiti  
Vivii ma fa'amalosi  
loto i le tamaititi  
ma lona taumafai.  
Aua ne'i mana'o  
vave i le lelei  
atoatoa.

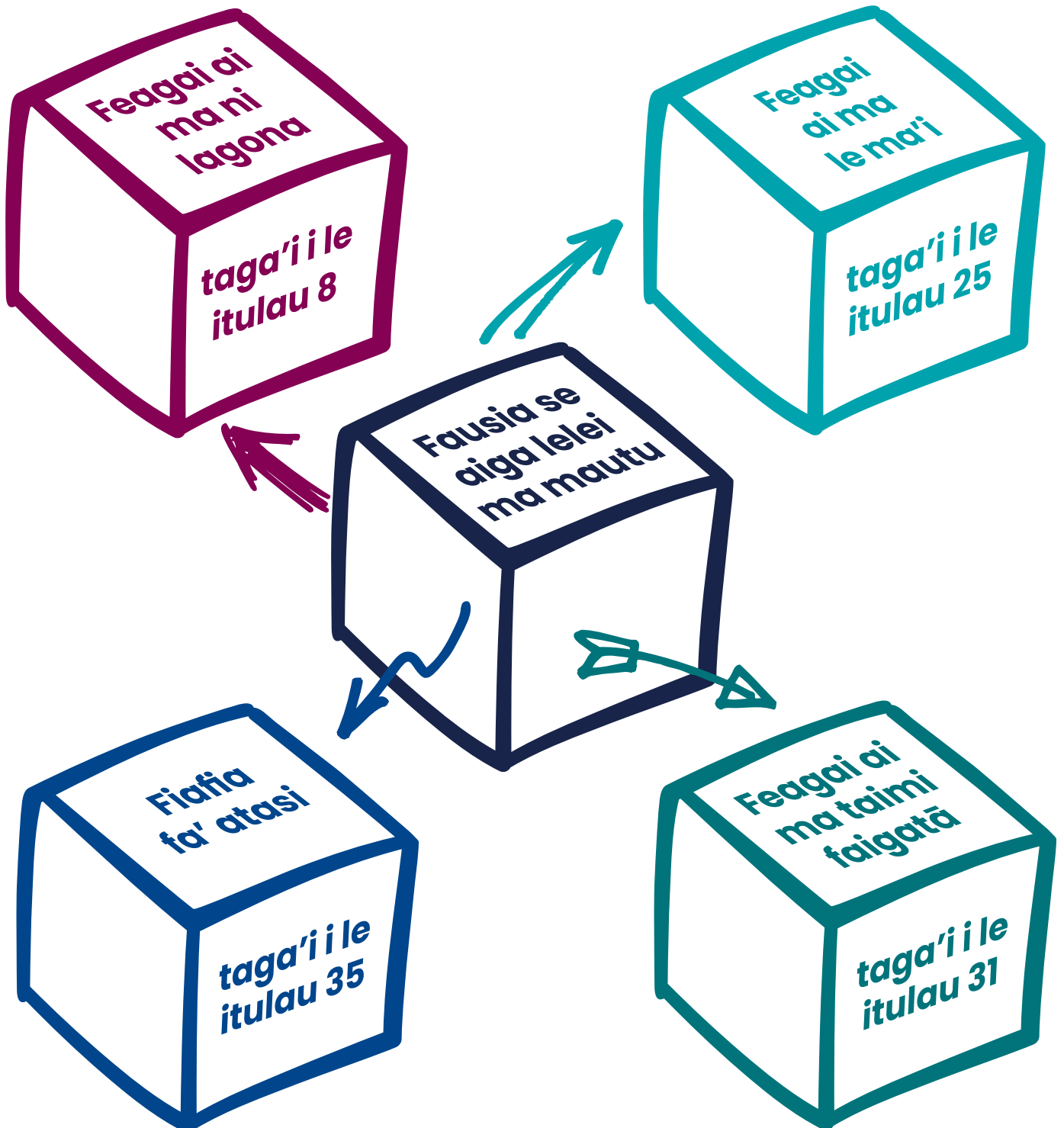
# Lo'u aiga

## Tusi se ata o lou aiga



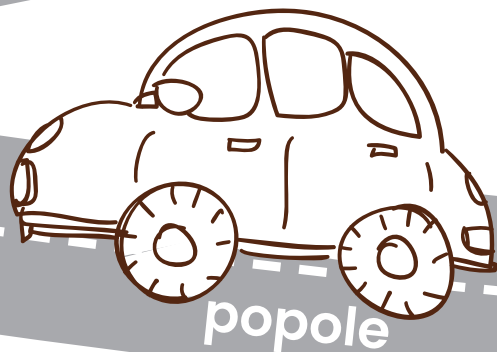
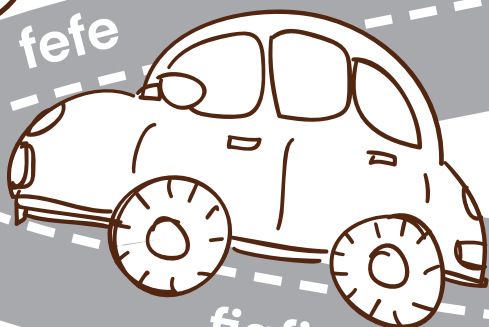
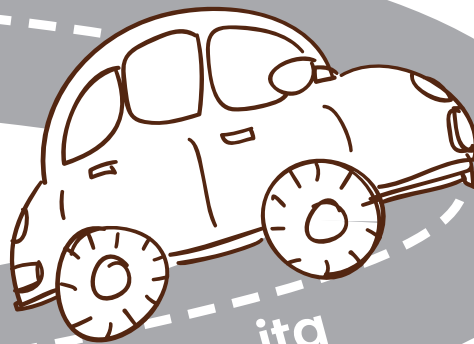
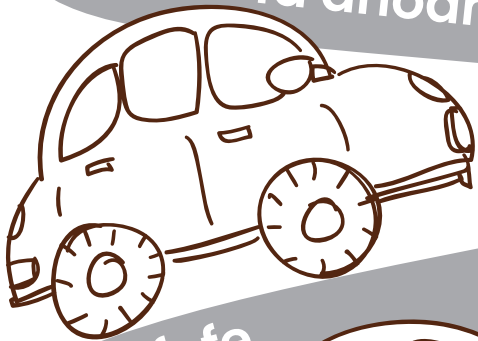
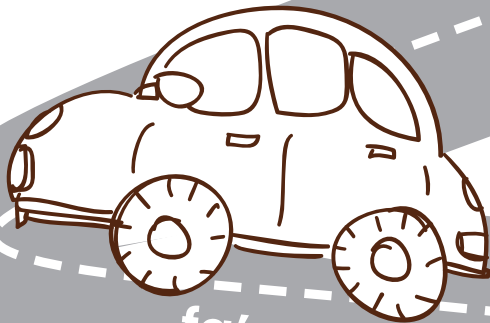
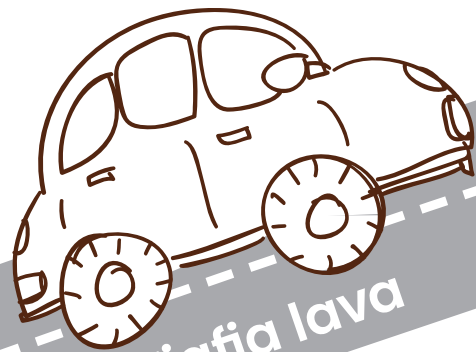
# Ala ma faiga e fausia ai se aiga malosi/mautu

O lenei tusi e vaevaeina i vaega e 4, e fesoasoani e fausia ai se aiga malosi ma mauu:



# 1. Feagai ma ni lagona

Valivali ta'avale e fa'amatalaina ai nisi o lagona sa e maua i le vaiaso ua te'a.



# Su'e upu ia

Saili ma fa'ata'amilo upu nei e fa'atatau i lagona  
(e tatau ona pipii fa'atasi mata'itusi i pusa):

afraid loved unhappy  
angry mad worried happy  
excited scared sad

a	s	w	r	f	s	h	a
f	r	o	o	s	c	h	n
r	g	r	i	m	a	d	g
a	u	r	a	w	r	e	r
i	n	i	c	i	e	t	y
d	h	e	l	v	d	i	p
s	a	d	o	x	l	c	p
k	p	o	v	u	s	x	a
a	p	a	e	h	l	e	h
b	y	s	d	v	a	e	d

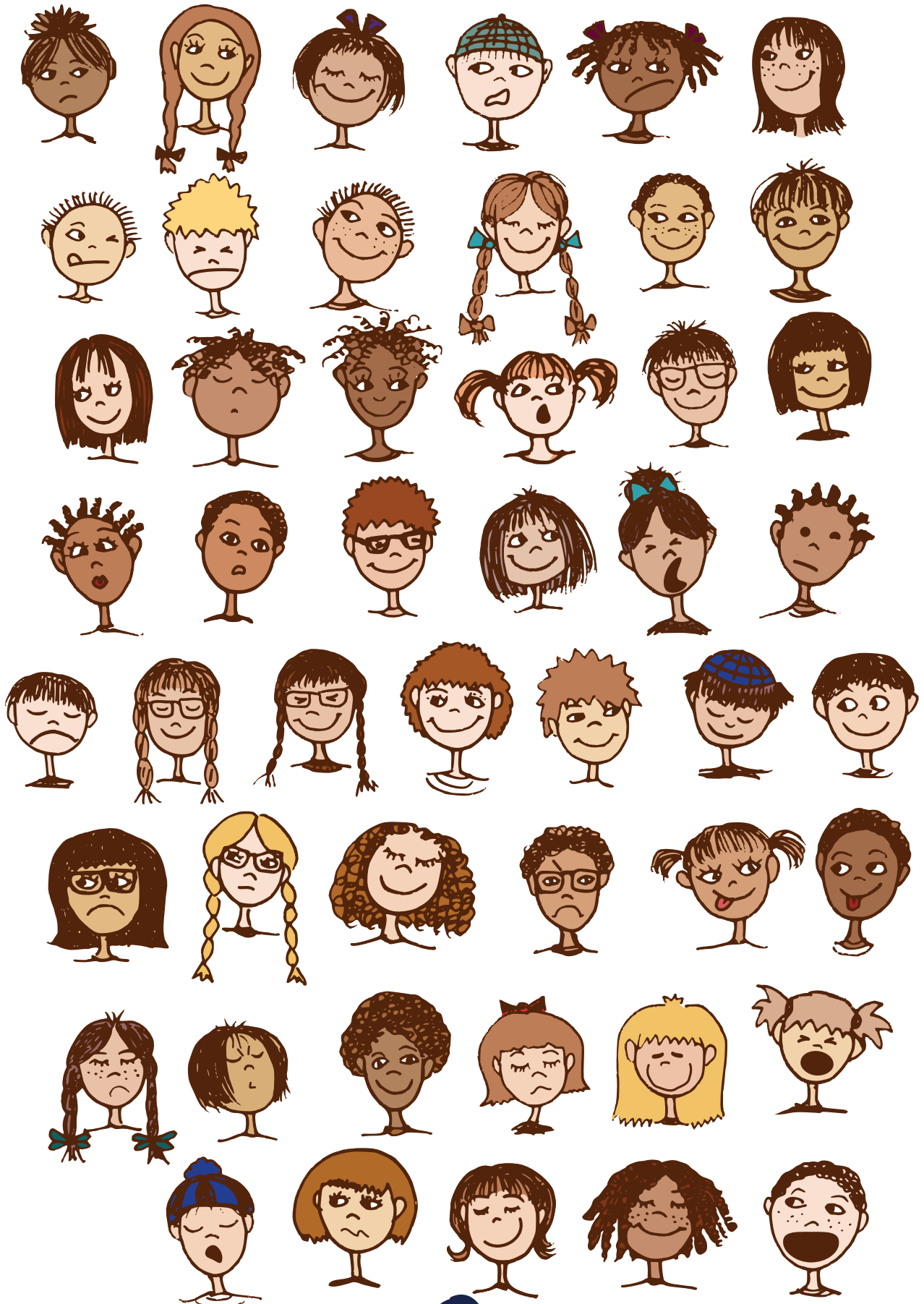


# O lou nofoaga fiafia

Tusi se ata o lou nofoaga e te fiafia lava i ai:

A large, irregularly shaped white area with a thick brown border, intended for a drawing or illustration.

# Fa'ata'amilo foliga e fa'aalia ai ou lagona



# O le ā se mea e tupu pe a lē fiafia pe fa'anoanoa le tagata?

**Fautuaga mo matua/ma e tausia tamaiti**  
Ia fa'amaonia ma talia tali ma lagona o le tamaititi, fa'ata'ita'iga ia tali atu fa'apea: "Ou te fa'anoanoa fo'i pe a tupu lena mea ia te au."



**E fetagisi latou**

**E le foliga ataata**

**E lagona le loto mafatia**



**O ni mea ou te maua ai le lagona fa'anoanoa pe lē fiafia foi.**

1. ....

2. ....

3. ....

4. ....

5. ....

# O ni mea e mafai ona ou faia e faatupu tele ai lou fiafia

1. Ta'alo ma la'u uō
2. Fai se paso
3. Valivaliga
4. Talanoa i se tagata matua e uiga i mea e te fa'anoanoa ai
5. Pese
6. Faitau tusi

7. ....

8. ....

9. ....

10. ....

11. ....

12. ....

13. ....

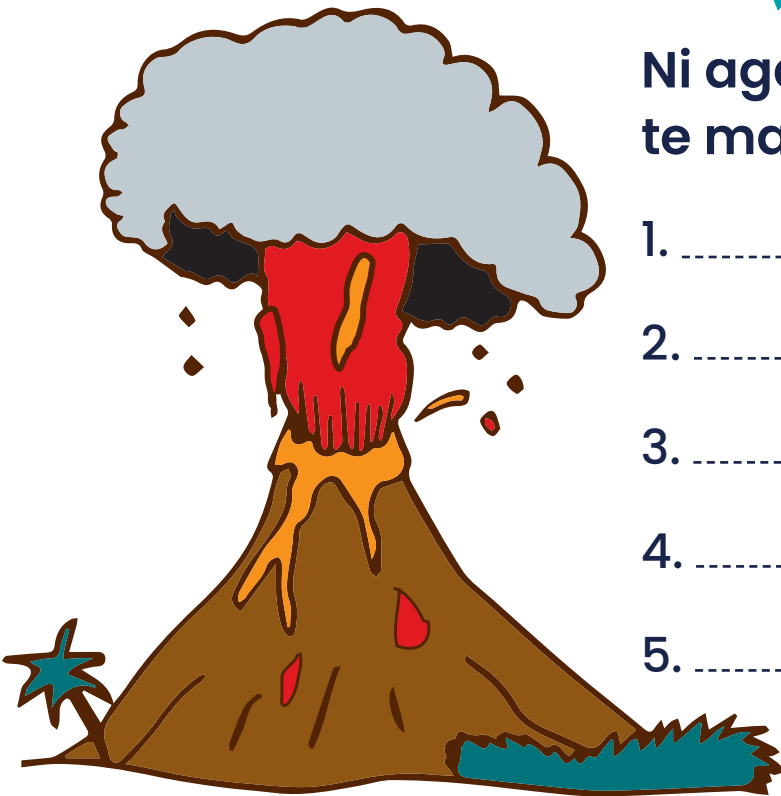
14. ....



# Lagona o le ita

Soo se tagata lava e i ai le taimi e ita ai. O le ita e pei o se maugamu i totonu o oe. O nisi taimi pe a ita tele tamaiti ona latou faia ai lea oni aga e lē talafeagai.

Ioe, o nisi tamaiti e fe'ei, ato faitoto'a, talepe pe lafo solo mea, pe tu'i le puipui po o se isi tagata. E mafai ona tatou mafaufau i ni fesoasoani e mafai ona faaititia ai le ita.



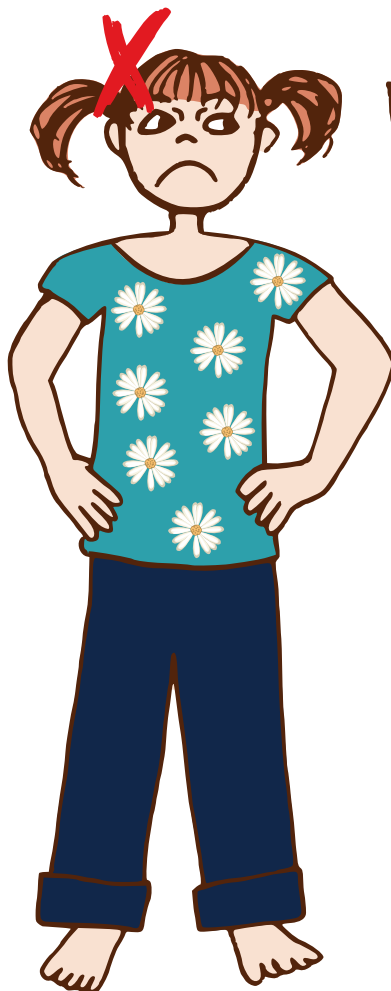
Ni aga mani faiga ou te maua ai le loto ita

1. ....
2. ....
3. ....
4. ....
5. ....

# O fea o lou tino e masani ona e lagona ai le ita?

Fa'ailoa le vaega ma tusi i lalo le lagona

e.g. lagona le niniva,  
le ulu



Fautuaga mo matua/  
ma e tausia tamaitii  
la talia ma fa'ailoa le  
lagona o le tamaititi,  
fa'ata'ita'iga e ala i le  
fa'apea atu: "Ua e  
matua ita lava ona  
e lē mafai ona e alu  
i au uō i le taimi nei."

Pe a ou ita, ou te...

1. ....

2. ....

3. ....

4. ....

5. ....

# Ni faiga/aga e tatau ona faia pe a e ita

**Mea e tatau ona faia:** Faafilemu lou mafaufau i se auala saogalemu,

auā .....

Talanoa i le mea ua tupu ma taumafai e fo'ia le fa'afitauli.

**Faiga/Aga e lē tatau ona faia:** Aua ne'i talepeina pe lafo solo ni mea,

auā .....

Aua ne'i aafia fua isi tagata, manu, po o oe.

## Taimi o valivaliga



# Mea e mafai ona e faia pe a e ita

Fa'aailoa i lalo mea e mafai ona e faia pe a e ita.  
O ā isi mea e mafai ona e faia

## Fai faatinoga ia:

- Ta'alo i fafo
- Ta'alo i le polo
- Ta'alo ni ta'aloga
- Siva
- Osooso i luga ma lalo



## Talanoa i se tasi:

- Ta'u i se tasi le mea o lo'o e ita ai
- Tusi i lalo ou lagona. Fa'ata'ita'iga, fa'apea atu:  
"Ou te lagona le ita pe a taofi la'u matamata i le TV ona ua tatau ona ou alu e moe."

## Nisi mea e mafai ona ou faia

1. ....

2. ....

3. ....

4. ....

# Lagona le popole

O nisi taimi e popole tamaiti i nisi mea

## Pe a popole tamaiti:

- E lagona le popole po’o le fefe
- E tata vale o latou fatu.
- E faalogoina se lagona e le masani ai i le mananva, pe tiga foi le manava.

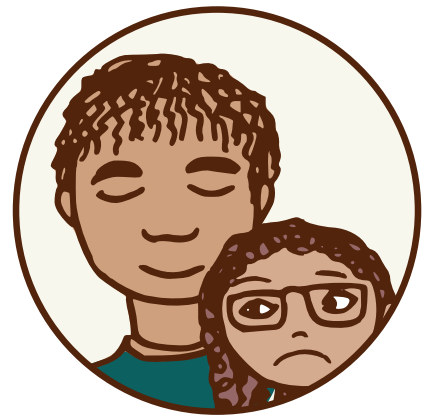


## Mea ou te popole i ai:

1. ....
2. ....
3. ....

## Pe a e popole:

4. Ta'u i se tasi lou lagona
5. Vaai/saili se fesoasoani
6. Manava lemu i totonu ma fafo.
7. Inu vai malulu
8. ....
9. ....



# Lagona le fefe

E maua i tagata uma le fefe i nisi taimi.



## Pe a lagona le fefe e tamaiti:

- E tatavale o latou fatu
- E tetete o latou tino
- E lagona le fia lafi i se nofoaga saogalemu
- E mana’o e sola ese mamao

## O a ni mea e te fefe ai?

1. ....
2. ....
3. ....

## Pe a ou fefe, ou te...

1. ....
2. ....
3. ....

A notepad with a blue pushpin on the top left corner. The notepad has a scalloped top edge and contains text in Hawaiian.

**Fautuaga mo matua/ma  
e tausia tamaiti**

Aua le taumafai e fa’aleleia mea  
i le fa’aitiitia/taofia o lagona,  
fa’ata’ita’iga: aua le fai i lau tama:  
“E leai se mea e tatau ona e fefe  
i ai.” Ae fesoasoani i lau tama  
e fa’a’iloa ona lagona e ala i le  
fa’apea atu: “Ua e matua fefe lava  
ona e te lē iloa le mea e ono tupu.”

# O le ā se mea e faafiafia ai a'u pe a ou fefe?

- Ta'u i se tasi o lo'o ou fefe
- Fusi mai ma faailoa le alofa
- Fesili ma faailoa o lo o e fia maua se fesoasoani

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



# Paso

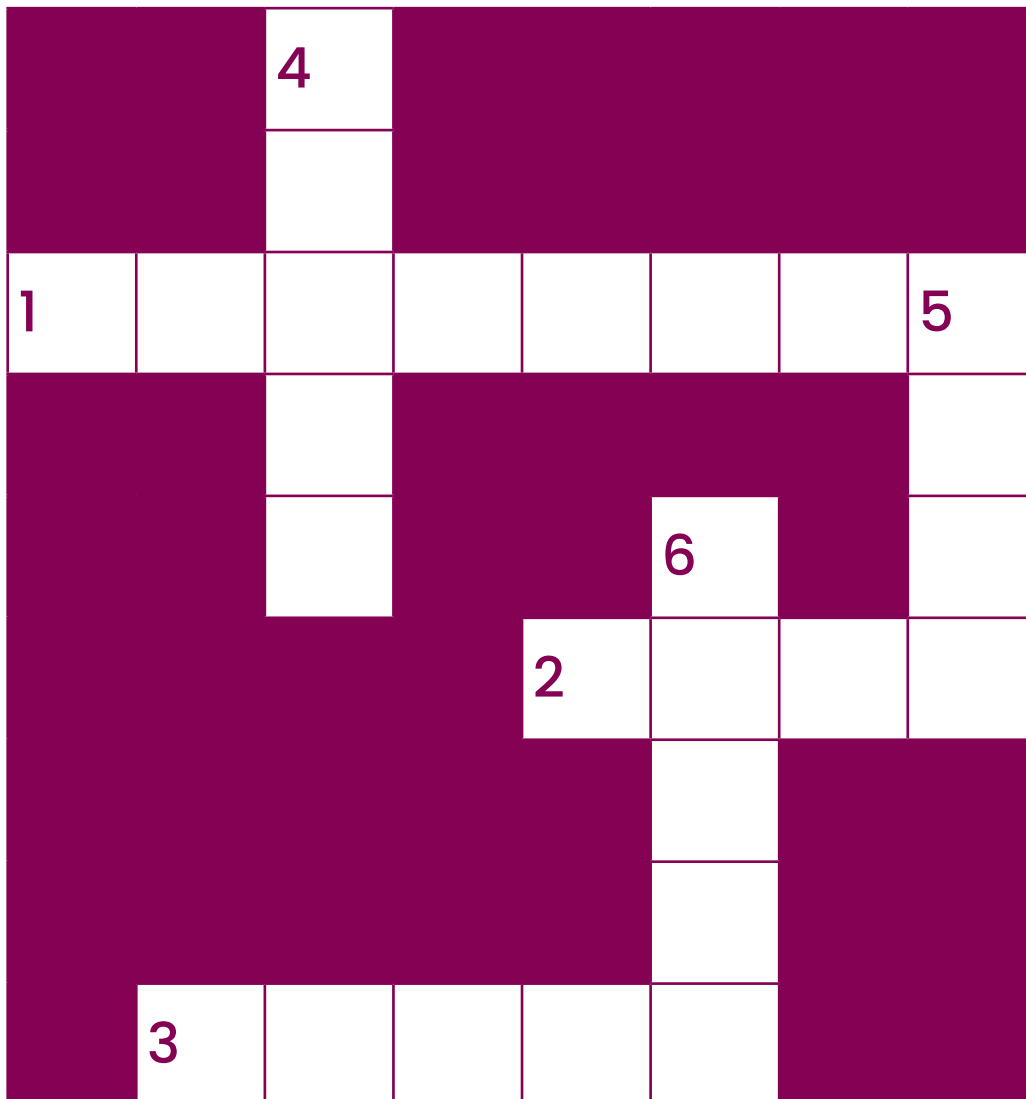
Fa'auma le paso.

Faalava:

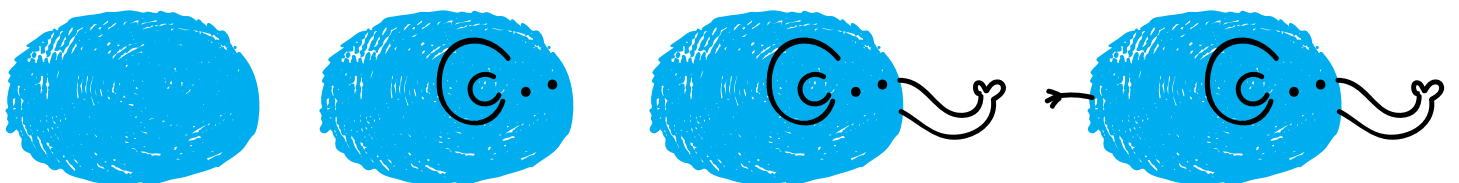
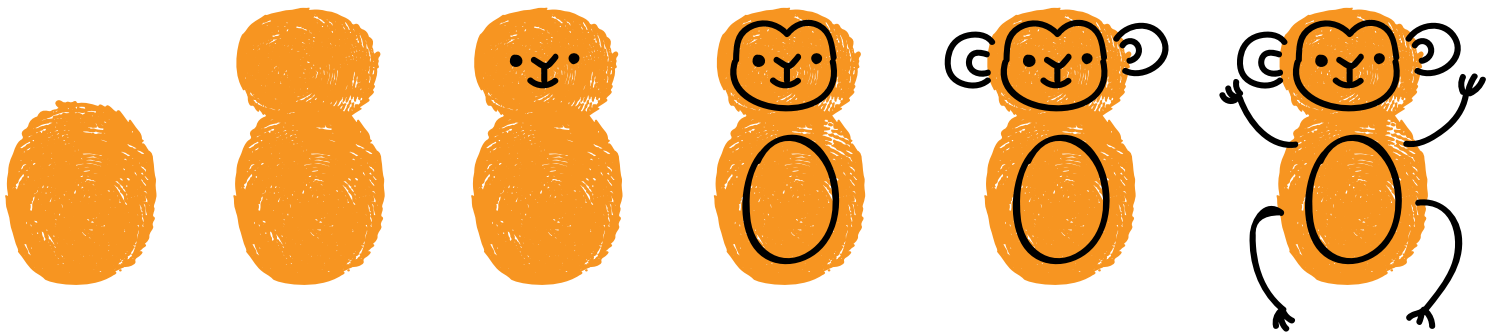
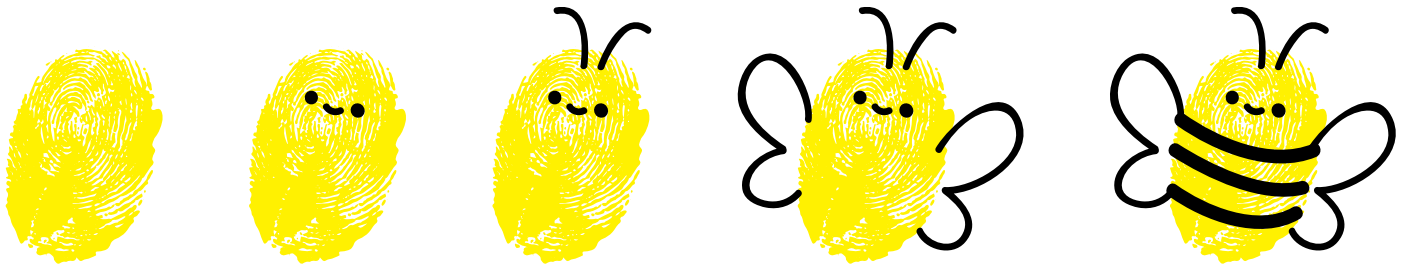
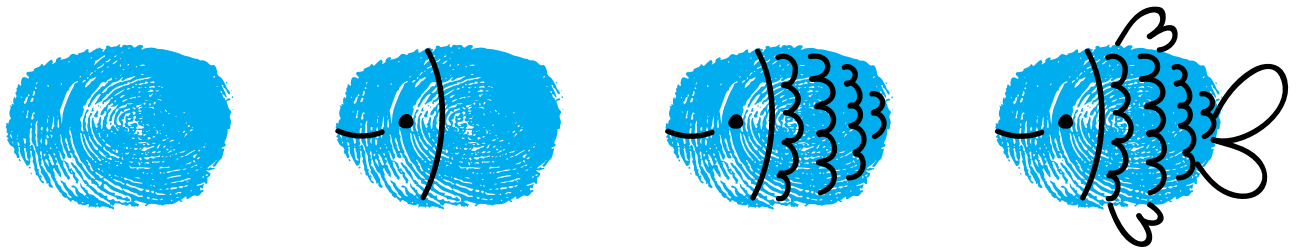
1. It helps to talk about my f\_ \_ \_ \_ \_ when I am sad.
2. It helps to t\_ \_ \_ to someone when I am scared.
3. I w\_ \_ \_y when the wind blows very strong.

Lalo:

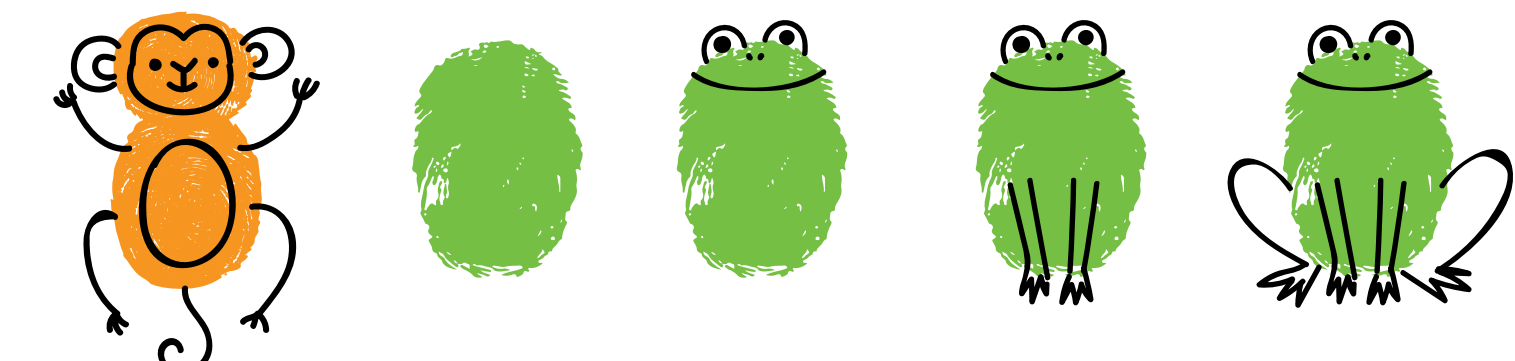
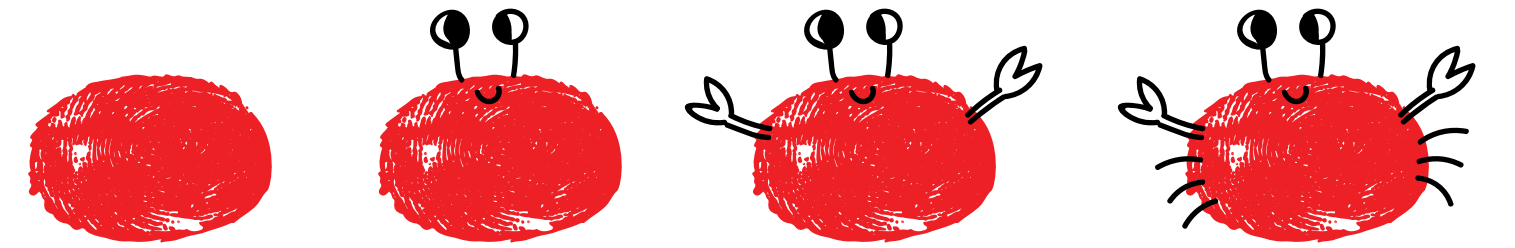
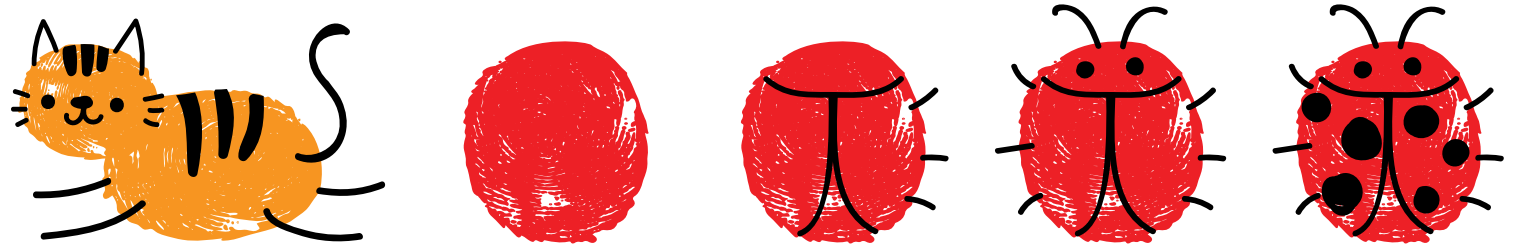
4. I s\_ \_ \_ \_ when I feel tired.
5. I feel sad when someone in my family is s\_ \_ \_.
6. I smile when I am h \_ \_ \_y.



# ATA TAMATAMAITA LIMA

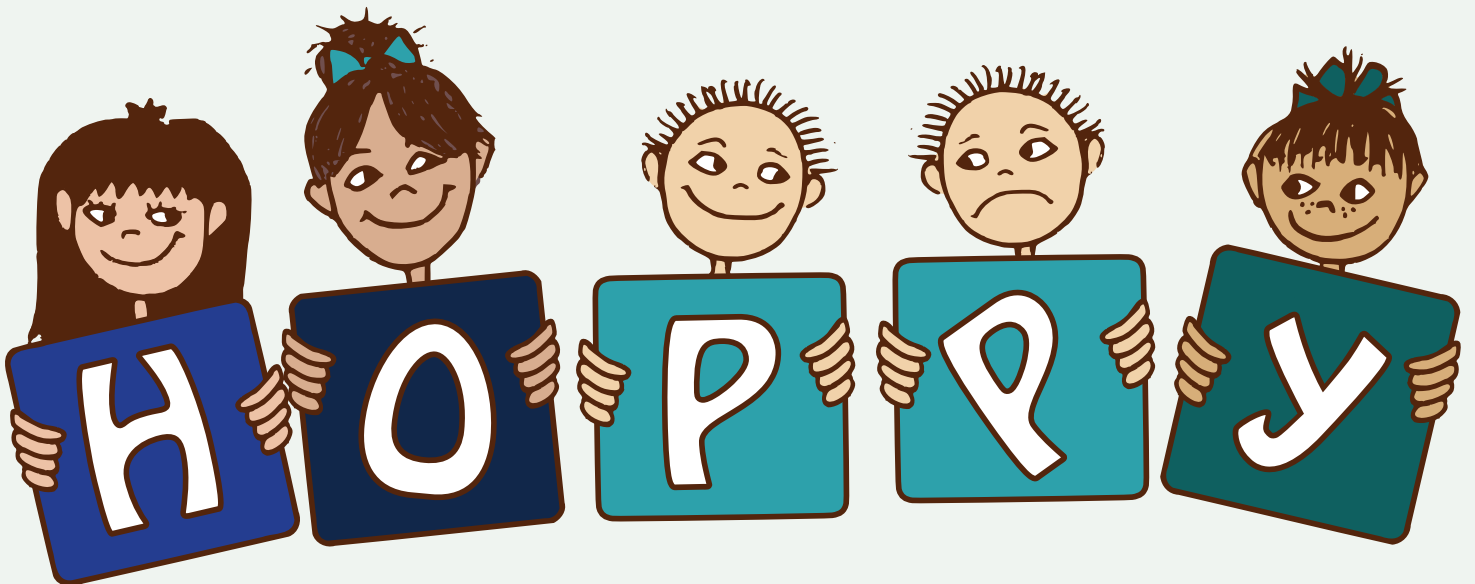
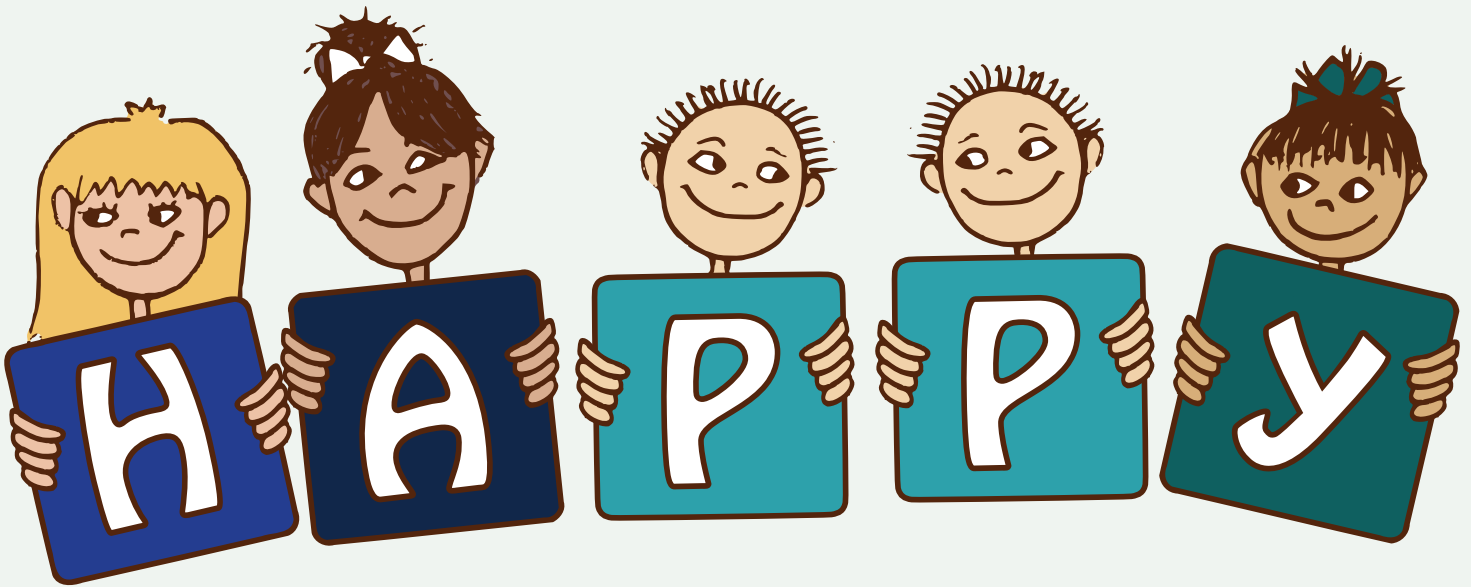


# Mulimuli i faasologa



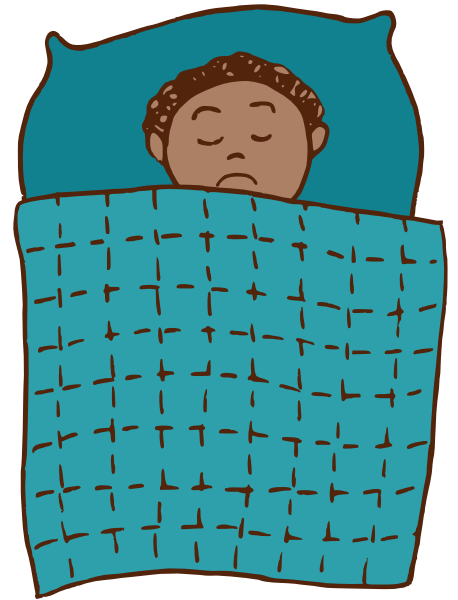
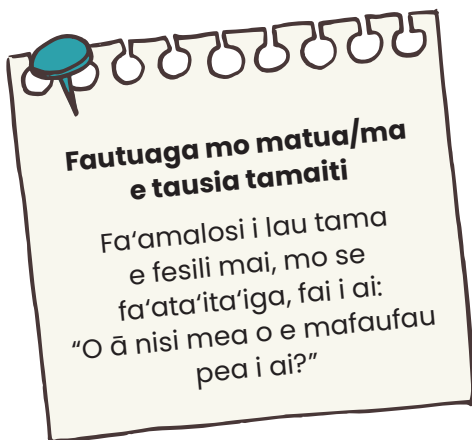
# Saili eseeseega

Fa'ata'amilo eseeseega e 7



## 2. A'o feagai ma maua i ma'i/gasegase

E lē tutusa tagata uma ma lagona i taimi e ma'i/gasegase ai. O nisi tagata e lagona le ita, o nisi e manao i le filemu, a o isi e mananao e tuua na'o latou.



**Fa'auma fuaiupu ia:**

Pe a ou ma'i, ou te faalogoia

---

Pe a ma'i le tagata e tausia a'u, e lagona foi e latou

---

Pe a ma'i le tagata e tausia a'u, ou te lagona

---

O le tagata e tausia a'u e iai se ma'i e ta'ua o

---

O mea ou te iloa e uiga i o latou  
ma'i/gasegase:

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O mea ou te fia iloa e uiga i o latou  
ma'i/gasegase:

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Togafitiga mo o latou ma'i/gasegase:

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O nisi fesoasoani latou te maua mo o latou  
ma'i/gasegase:

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Mea e faigatā ia te a'u pe a .....

pe a ma'i/gasegase:.....

**E fia pusi e mafai ona e faitauina?**

**Fautuaga mo matua/ma  
e tausia tamaiti**  
Aua le vave faia se faaiuga.  
Fai ni fesili ia malamalama lelei  
i le mea o lo o taumfai le  
tamaititi e tau mai.



# Fuafuaga faatulaga pe a ma'i le tagata e tausia a'u

O ai e tausia a'u?

-----

O ai e mafai ona ou talanoa i ai?

-----

O ai e saunia mea'ai mo a'u?

-----

O ai e avea a'u i le, aoga faata'ita'i, aoga, aoga e vaai ai tamaiti laiti.

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O ai e avea a'u i le foma'i pe a ou ma'i?

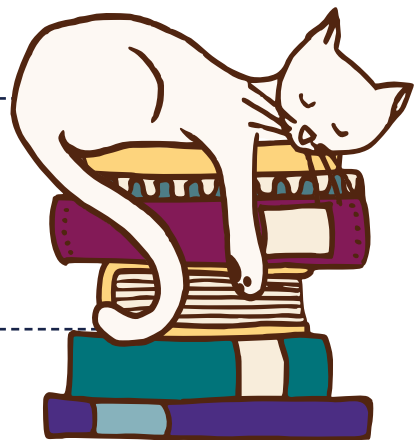
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O ai e fesoasoani ia te a'u i a'u mea aoga?

-----

O ai e faitauina tusi ia te a'u i le po?

-----





# Saili mai le maile..



# 3. A 'o feagai ma taimi popole

## O le ā le popole tele?

E mafai ona lagona e tagata le lē mautonu, faanoanoa, ma le popole tele pe a lē o gatasi mea i o latou olaga. E ta'ua lea ua tele le popole/popole vale.

## Ou te popole pe a:



-----

-----

-----

-----

-----

-----

-----

-----

-----

-----

E mafai ona lagona e lo’u tino le popole i ala eseese.  
O nisi ua tusia i lalo. **O ā isi mea e mafai ona e manatua?**

E niniva le ulu

E faigatā ona moe

Tiga le ulu

Vaivai ma gagase tino

E maalili

E ‘ai tele pe, e lē fia ai foi

Malo maso o le tino

Tata vale le fatu

E lagona le vevela

Tiga le manava

Tele le afu

Ua vaivai/lelava

Tetete le tino

O lo’o tusia i lalo nisi o lagona e te maua pe a e popole.  
O ā isi lagona e te maua? **Tusi i totonu o pusa.**

Popole vale

Fa’anoanoa ma lē fialia

Ita

Leai seisi e toalua

**Pe a ou popole, e fesuisui ai lo’u mafaufau. Fa’ailoa i lalo nisi lagona e te faalogoina i nisi taimi:**

Ou te lagona o au ua valea

E faigatā ona faavasega lou mafaufau

E faigatā ona fa’alogo/lagona

Ou te lē mana’o e talanoa

E le o sagatonu lou mafaufau

E galo ia te au mea



# O a ni mea e fai i taimi e tele ai le popole

O lo'o tusia i lalo nisi o mea e mafai ona e faia i taimi  
e te popole tele ai. **O ā isi mea e mafai ona e faia?**

1. Feula ni puta, 'papo'
  2. Pese pe siva
  3. Ta'alo i le polo
  4. Ta'alo i lau meataalo
  5. Ta'alo ma se fagafao
  6. Aua le musu/fiu
  7. Tamo'e pe osooso
  8. Talanoa i se tasi
  9. Tusi se ata pe valivali
  10. Saili se fesoasoani
- 
- 



# 4. Fiafia fa'atasi

**Mea e mafai ona ou faia e fiafia atili ai:**

la ou talitonuina au lava:

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Faatasi ma lo'u aiga:

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Faatasi ma au uō:

---



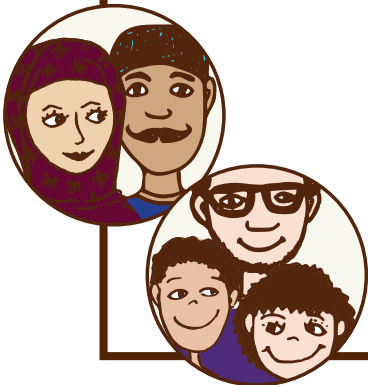
# O o'u mo'omo'oga mo...

Tusi ou mo'omo'oga mo oe lava,  
mo lou aiga/ma e o tausia oe.

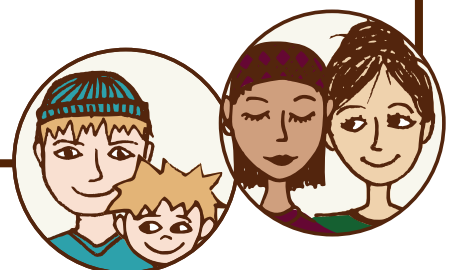
O o'u mo'omo'oga mo a'u lava:



O o'u mo'omo'oga mo o'u matua po o ē tausia au:



O o'u mo'omo'oga mo o'u tuagane/tuafafine:



# Certificate of Achievement

Tusi fa'amaonia ua  
faitauina ma faatinoina

Fa'atonuga o lo o i totonu o lenei tusi

## Tupu ma Ola Malolosi Fa'atasi

Aso: .....

Saini: .....





# O ni fesoasoanimo a'u ma lo'u aiga

## Auaunaga Fesoasoani

### Asian and Ethnic Health Services

[www.asianhealthservices.co.nz](http://www.asianhealthservices.co.nz)

0800 88 88 30

### Asian Family Services (AFS)

[www.asianfamilyservices.nz](http://www.asianfamilyservices.nz)

0800 862 342

### Asian Network Inc. (TANI)

[www.asiannetwork.org.nz](http://www.asiannetwork.org.nz)

09 815 2338

### Birthright

[www.birthright.org.nz](http://www.birthright.org.nz)

0800 457 146

### Brainwave Trust

[www.brainwave.org.nz](http://www.brainwave.org.nz)

(09) 528 3981

Email: [info@brainwave.org.nz](mailto:info@brainwave.org.nz)

### CNSST Foundation

[www.cnsst.org.nz](http://www.cnsst.org.nz)

(09) 570 1188

### Ember

[www.ember.org.nz](http://www.ember.org.nz)

(09) 443 3700 North

(09) 523 2790 South

### Family Action

[www.familyaction.org.nz](http://www.familyaction.org.nz)

0800 326 327

### Family Works

[www.familyworks.org.nz](http://www.familyworks.org.nz)

Auckland Central – 09 639 2016

Lower North Island & South

– 0800 337 100

### Great Potentials Foundation

[www.greatpotentials.org.nz](http://www.greatpotentials.org.nz)

(09) 377 5384

### Kāhui Tū Kaha

[www.kahuitukaha.co.nz](http://www.kahuitukaha.co.nz)

(09) 531 4040

### Kiwi Families

[www.kiwifamilies.co.nz](http://www.kiwifamilies.co.nz)

### Lifeline

[www.lifeline.org.nz](http://www.lifeline.org.nz)

0800 543 354

Text: HELP (4357)

### Mainly Music

[www.mainlymusic.org.nz](http://www.mainlymusic.org.nz)

0800 003 223

### Parent Help

[www.parenthelp.org.nz](http://www.parenthelp.org.nz)

0800 568 856

### Problem Gambling Foundation

[www.pgfnz.org](http://www.pgfnz.org)

0800 664 262

### Te Puna Hauora o Te Raki Paewhenua

[www.tepuna.org.nz](http://www.tepuna.org.nz)

(09) 489 3049

### Youthline

[www.youthline.co.nz](http://www.youthline.co.nz)

0800 376 633

Free text: 234

## Fesoasoani o le mafaufau

### Albany Psychology Clinic

#### – Massey University

Email: [massey.clinic.albany@massey.ac.nz](mailto:massey.clinic.albany@massey.ac.nz)

(09) 213 6095

### Diversity Counselling New Zealand

[www.diversitycounselling.org.nz](http://www.diversitycounselling.org.nz)

0800 143 269

### Family Court

[www.justice.govt.nz](http://www.justice.govt.nz)

### Grief Centre

[www.griefcentre.org.nz](http://www.griefcentre.org.nz)

(09) 418 1457

0800 331 333

### Hearts & Minds

[www.heartsandminds.org.nz](http://www.heartsandminds.org.nz)

0800 468 288

### Strengthening Families

[www.strengtheningfamilies.govt.nz](http://www.strengtheningfamilies.govt.nz)

### Wingspan

[www.wingspan.org.nz](http://www.wingspan.org.nz)

(09) 630 8961

## Soifua mālōlōina o le mafaufau

### **After hours Mental Health Service**

North Shore: (09) 486 8900

West Auckland: (09) 839 0000

### **Anxiety NZ Trust**

[www.anxiety.org.nz](http://www.anxiety.org.nz)

0800 269 438

### **Asian Mental Health Service:**

Waitematā

[www.asianhealthservices.co.nz](http://www.asianhealthservices.co.nz)

(09) 487 1321

(09) 486 8920 ext. 47321

### **CADS Auckland Community Alcohol and Drug Services**

[www.cads.org.nz](http://www.cads.org.nz)

0800 845 1818

### **CARE Waitakere Trust**

[www.carewaitakere.org.nz](http://www.carewaitakere.org.nz)

(09) 834 6480

### **Depression.org.nz**

[www.depression.org.nz](http://www.depression.org.nz)

0800 111 757

### **Marinoto Child and Youth Mental Health Services**

(09) 489 0555

### **Mental Health Foundation**

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

### **Māori Mental Health & Addiction Service (Waitematā)**

(09) 822 8557

### **Skylight Trust**

[www.skylight.org.nz](http://www.skylight.org.nz)

0800 299 100

### **Vision West Counselling**

[www.visionwest.org.nz](http://www.visionwest.org.nz)

(09) 818 0700

## Sauaga

### **Are You OK | Family Violence**

[www.areyouok.org.nz](http://www.areyouok.org.nz)

0800 456 450

### **Man Alive**

[www.manalive.org.nz](http://www.manalive.org.nz)

(09) 835 0509

### **Oranga Tamariki : Ministry for Children**

[www.mvcot.govt.nz](http://www.mvcot.govt.nz)

0508 326 459

## Mo Tama

### **Father and Child Trust**

[www.fatherandchild.org.nz](http://www.fatherandchild.org.nz)

(09) 525 1690

## Upega tafa'ilagi

[www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)

[www.copmi.net.au](http://www.copmi.net.au)

[www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)

[www.panda.org.au](http://www.panda.org.au)

## Ni Auaunaga e ono maua ai ni fesoasoani mo oe ma lau tama

Vili telefoni ma numera ia ma faailoa  
i ai o lo o e fia maua se fesoasoani.

### **Takanga A Fohe Pacific Mental Health & Addictions Service | Waitematā**

33–37 Paramount Drive, Henderson,  
West Auckland.

Tatala 8.30am to 5.00pm

(09) 822 8777

### **Le Va**

(09) 261 3490

### **Vaka Tutua**

0800 825 286

### **The Fono**

0800 366 648

### **Vaka Pasifika**

(021) 0290 0701

Email: [info@vakapasifika.org.nz](mailto:info@vakapasifika.org.nz)

### **Lalaga Pasifika**

0800 525 242

Email: [Office@lalaga.org.nz](mailto:Office@lalaga.org.nz)

[www.lalaga.org.nz](http://www.lalaga.org.nz)

# Fa'aapefea ona fa'aaoga lelei lenei tusi

## O ni fa'amalosi i loto o matua ma e tausia tamaiti

- O le a matua faigatā i nisi taimi le tausiga o tamaiti, aemaise pe a e ma'i. A ia faamuamua oe. Taumafai ia aua le popole ae e fai ni mea e e te fiafia i ai.
- Afai e te lagona le faanoanoa tele ona ua e lē mafai ona mafuta ma si au tama i taimi uma, o lona uiga o lo'o e mana'o ia faia mea sili mo ia.
- Amanaia ma talia mea e lē lelei o lo o tutupu, ae faamalosi mo lenei taimi
- Talanoa i se tasi, fa'ata'ita'iga, afaigaluega faapitoa soifua maloloina, saili fesoasoani pe a ua lagona le mafatia tele. E faigofie ona e fesoasoani i lau tama pe a mafai ona e pulea ou lagona. Va'ai le lisi o fesoasonai o lo o i tua o le tusi lea.
- Fai i se isi e fesoasoani i lau tama i le faitauina ma le faaogaina o lenei tusi pe afai e te lē mafaia.
- E lē mafai e tagata ona suia le tele o mea e tutupu, ae e mafai ona suia le auala e mafaufau aga' i ai. Fa'ata'ita'iga, e faatupu malosi pe a mafaufau: "E mafai e le ma'i ona faatupu le faanoanoa ma le tiga, ae mafai fo'i ona maua ai le malosi, nai lo le manatu ua pulea e le ma'i le olaga ma faaleaga mea uma. Va'ai le upega tafa'ilagi [www.getselfhelp.co.uk](http://www.getselfhelp.co.uk) mo nisi fesoasoani.

## Lagolago le tamaiti

- Fa'amalosi i lau tama ia faia faatinoga o lo o i le tusi. Fai foi ma malolo, pe a oo ina lēlava lau tama, ona toe faaauau ai lea i se isi aso.
- Faamaulalo lou tino ia tutusa ma le maualuga o lau tama. O lou nofo i tafatafa o lau tama e ave ma ala e faailoa atu ai lou alofa.
- Faailoa lou naunau i lau tama. Tu'uese lau telefoni ma nisi mea, ae faailoa atu lou naunau/faataua o lau tama.
- Filifili muamua pe fa'aapefea ona e fa'amatala le ma'i i lau tama.
- Maufaufau i ni faiga e te manaomia pe a e fa'anoanoa pe popole, o le a fesoasoani lea ia te oe e te malamalama atili ai i mana'oga o lau tama.

## Fa'ailoa i lau tama

- Talanoa aga'i i le iloa ma le malamalama o lau tama i le ma'i. Ona e faamatala lea faatatau i lona matua ma ona tausaga.
- Faataua ona lagona ma fai i ai "Ua ou iloa ua e popole lava..."
- Fa'amalosi ina ia mafai e lau tama ona fesili pea. Fai i ai pe: "E ai nisi mea o e mafaufau ai".
- Taumafai atili ma fesili pe o le a lona manatu, Faailoa lou naunau ina ia talanoa ma faailoa mai nisi mea e ona talanoa mai ai.

## Avatu le avanoa i le tamaititi

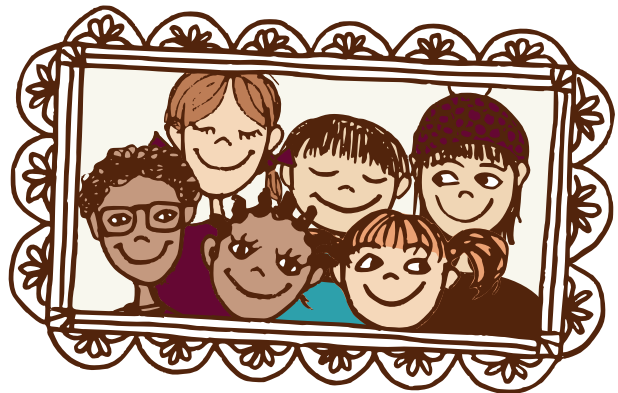
- Tuu le avanoa i lau tama e filifili ai po’o fea lanu e manao e vali ai le ata
- Tuu le tama e taumafai muamua, faatoa e fesoasoani ai. O le tuu avanoa e avea ma ala e a’oa’oina ai e foia faafitauli ma faatupu ai lona talitonu ma lona ma’utinoa i ana mea e fai.
- Fa’alogo i mea o lo’o fai mai ai lau tama faatoa e tali ai.
- Manatu faataitai, o oe o lau tama, ma o lo o e lagonaina ona lagona, ma malamalama pei o lona malamalama
- Filifili po’o le fausia o se nofoaga e mafai ona saoloto ai lau tama e talanoa.

## Fa’amaonia tali ma lagona o le tamaititi

- Talia lagona o lau tama. Taula’i le fesoasoani ia e pulea ona lagona.
- Faamalosi ma faailoa i ai o lo’o lagona e tagata uma i nisi taimi le mau toatasi, fefe, fa’anoanoa po’o le ita.
- Aua le taumafai e taofi lagona, fa’ata’ita’iga: aua ne’i fai I lau tama ‘ E leai se ala e tagi ai, ae fesoasoani ma fai I ai ‘ Ua e faanoanoa lava...’:  
“Ou te va’aia ua e tiga lava. E oso ai foi lou lē fiafia..”
- Fa’afetai ma fa’amalosi i le tamaititi. Aua le naunau i le lelei atoatoa.

## O le ā se mea e fai pe a e popole i tali a le tamaititi

- Fesili atili ina ia malamalama lelei i le mea o lo’o fai mai e le tamaititi.
- Talanoa i lau paaga, se tagata o le aiga, po’o se uō e uiga i ou popolega.
- Faia sootaga ma tagata o le aoga e vaaia ai tamaiti, po’o faia’oga i le aoga ma taumafai e fesootai ma talanoa..
- Vaai se fesoasoani fa’apolofesa pe afai e te popole pea, fa’ata’ita’iga, va’ai lau foma’i faaleaiga po’o le talanoa i se tausii soifua po’o se isi o le soifua mālōlōina o le mafaufau.
- Va’ai i nisi o upega tafa’ilagi ma fesoasoani i le lisi o fa’alapopotoga lagolago ma upega tafa’ilagi i tua o lenei tusi.



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**Te Whatu Ora**