

Kukua na nguvu pamoja

Kitabu cha
shughuli
Miaka 5-12

© 2017 Waitematā District Health Board. All rights now vested in Health New Zealand pursuant to the Pae Ora (Healthy Futures) Act 2022. © 2026 Health New Zealand. All rights reserved.

This publication and all associated materials are the exclusive property of Health New Zealand and are protected under the Copyright Act 1994 (New Zealand) and all applicable international copyright laws. No part of this work may be copied, reproduced, distributed, adapted, translated, sold, licensed, stored, or transmitted in any form or by any means without the prior written permission of Health New Zealand.

Health New Zealand
Te Whatu Ora

Yaliyomo

Kwa watu wazima

Kuhusu mimi

Yote kuhusu...

Familia/whanau yangu

Vitalu vya kujenga kuwa na familia imara

1. Kushughulika na hisia

Utafutaji wa maneno

Mahali pako pa furaha

Weka mviringo kwenye nyuso zinazoonyesha jinsi unavyohisi

Ni nini hufanyika wakati watu hawana furaha au huzuni

Mambo ninayoweza kufanya ili kunifanya niwe na furaha zaidi

Kuhisi hasira

Ni wapi katika mwili wako ambapo kwa kawaida huhisi hasira?

Sheria ya hasira

Rangi kwa wakati

Mambo unayoweza kufanya ukiwa na hasira

Kuhisi wasiwasi

Kuhisi hofu

Ni nini hunifanya nijisikie vizuri ninapoogopa?

Fumbo

Sanaa ya alama za vidole

Tambua tofauti

2. Kukabiliana na ugonjwa

Panga wakati mtu anayenitunza anapokuwa mgonjwa

Unaweza kupata...

Chunguza mbwa...

3. Kukabiliana na nyakati za mfadhaiko

Nini cha kufanya wakati wa mafadhaiko

4. Kufurahi pamoja

Matakwa yangu kwa...

Nani anaweza kunisaidia mimi na familia yangu

Jinsi ya kutumia vyema kijitabu cha shughuli

Je! unaweza kuhesabu mbwa wangapi

3

4

5

6

7

8

9

10

11

12

13

14

15

16

16

17

18

19

20

21

22

24

25

28

29

30

31

34

35

36

39

41

43



Kwa watu wazima

Kitabu hiki cha shughuli kilitayarishwa kwa ajili ya watoto ambao wazazi wao ni wagonjwa wa kimwili au kiakili.

Mifano ya magonjwa ya kimwili inaweza kujumuisha:

- Ugonjwa wa kisukari
- Matatizo ya moyo
- Kupona kutokana na upasuaji
- Uvimbe wa ubongo
- Matatizo ya kiafya ya muda mrefu, k.m. ugonjwa wa tezi
- Ugonjwa wa kinga mwilini

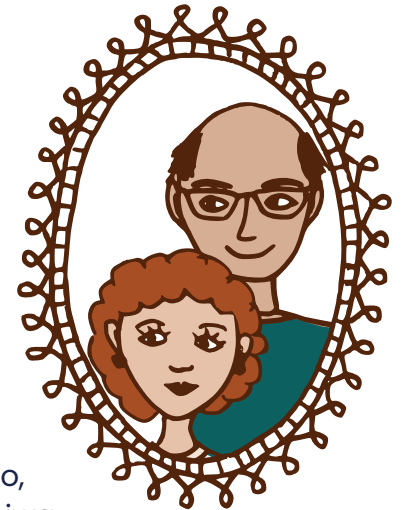


Mifano ya ugonjwa wa akili inaweza kujumuisha:

- Unyogovu, ikiwa ni pamoja na unyogovu baada ya kuzaa
- Wasiwasi
- Ugonjwa wa bipolar
- Ugonjwa wa mkazo wa baada ya kiwewe
- Inaweza kuwa ngumu sana kwa watoto wakati mzazi ni mgonjwa. Watoto wengi hawaelewi mengi kuhusu ugonjwa. Watoto ambao hawaelewi ugonjwa wanaweza kuhisi wasiwasi, hofu, mkazo au hasira. Kitabu hiki cha shughuli kinakusudiwa kushirikiwa na mzazi (au mlezi mwingine) na mtoto wao.

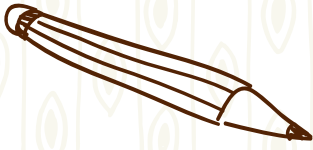
Inalenga kuwasaidia wazazi na watoto wao:

- Zungumza kuhusu kuwa mgonjwa
- Zungumza kuhusu hisia
- Tafuta njia za kupunguza ukubwa wa hisia zisizostarehesha
- Jenga mahusiano yenye nguvu
- Tatua kwa pamoja
- Kuwa na hisia kali za matumaini



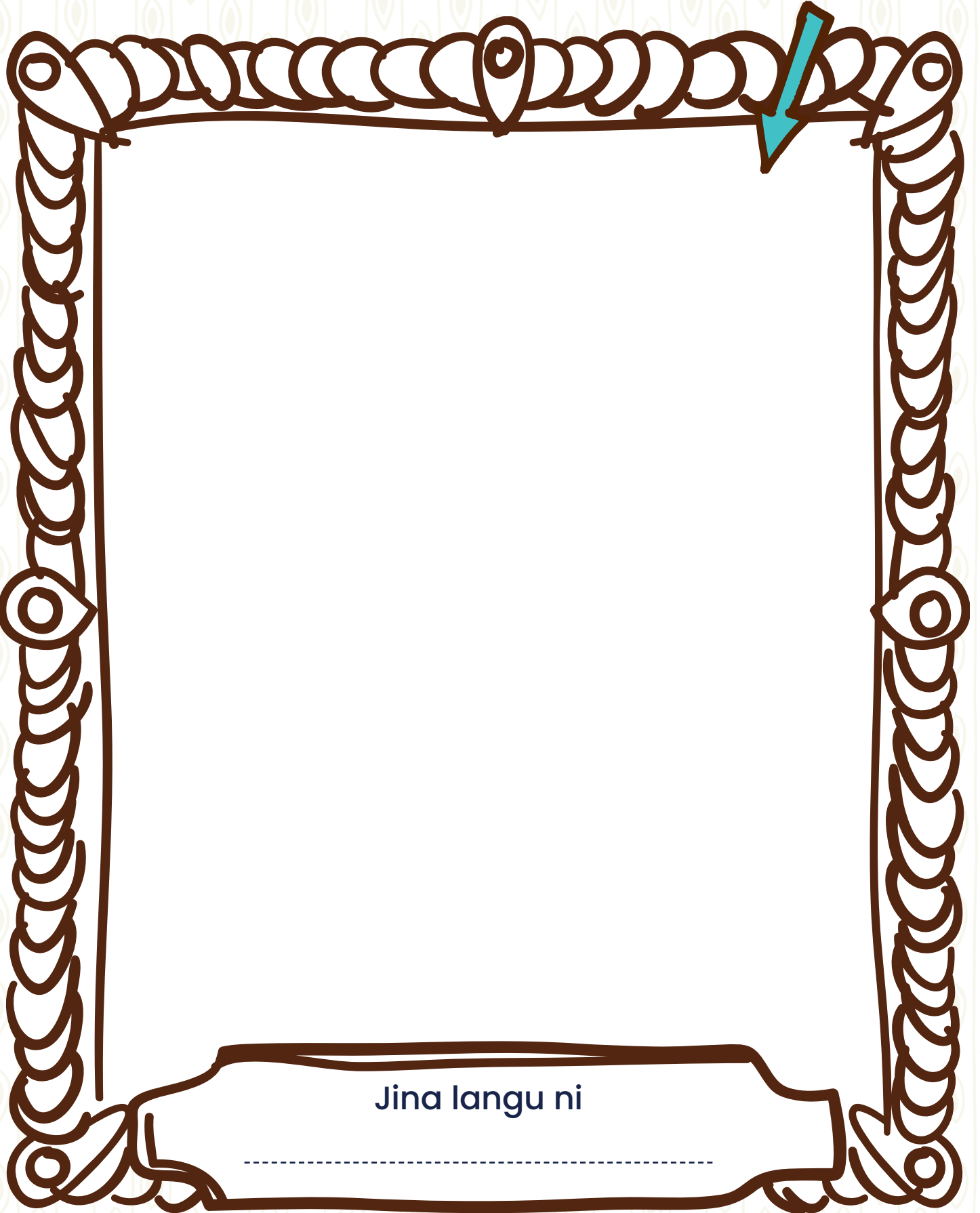
Kitabu cha shughuli kinajumuisha taarifa, maswali ya mwingiliano, shughuli za kufurahisha na zana za kukabiliana na athari za ugonjwa wa mzazi/mlezi kwa watoto wao.

Tafadhali tazama ukurasa wa 41 na 42 kuhusu jinsi ya kutumia vyema kijitabu hiki cha shughuli.



Kuhusu mimi

Chora au ubandike picha yako hapa



Yote kuhusu

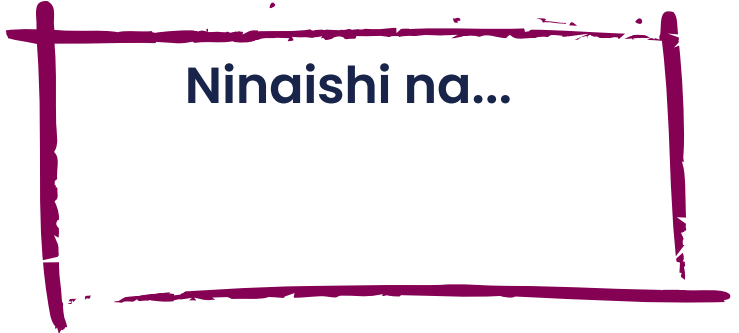


Mimi niko



umri wa miaka

Ninaishi na...



Rafiki zangu ni...



Napenda kutazama...



Kipenzi changu

Rangi:

Chakula:

Kitabu:

Mnyama:



**Mambo
ninayopenda kufanya ni...**



Nikikua natamani...



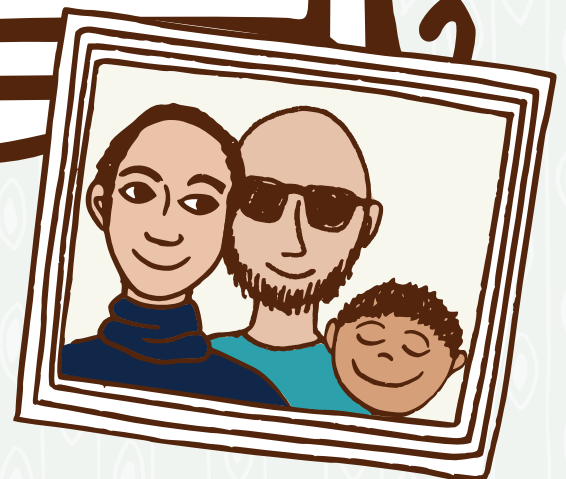
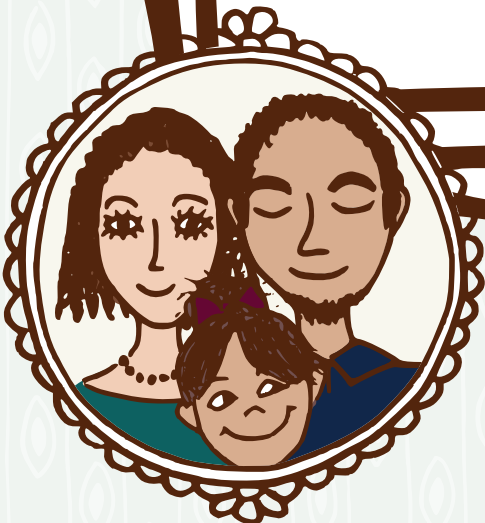
Mimi ni mzuri...



Familia yangu

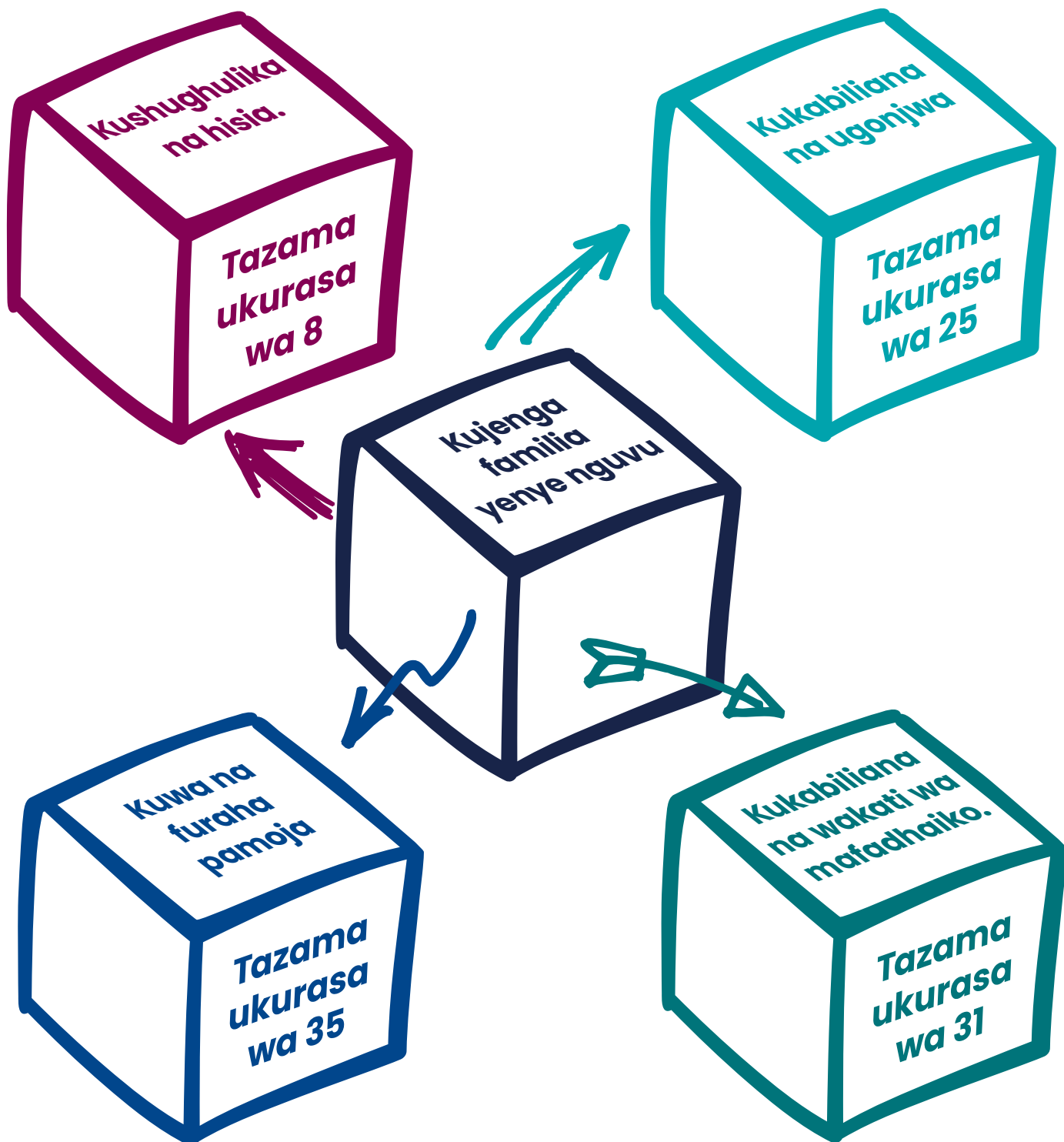
Chora picha ya familia yako

Sifa na uhimize
wazo na shughuli
za mtoto.
Usitarajie
ukamilifu!



Vitalu vya kujenga kuwa na familia yenye nguvu

Kitabu hiki cha shughuli kinajumuisha vizuizi 4 vya kujenga familia yenye nguvu:

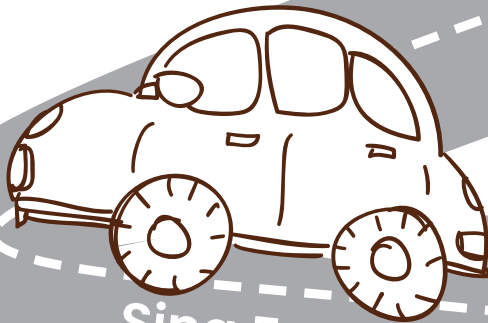


1. Kushughulika na hisia

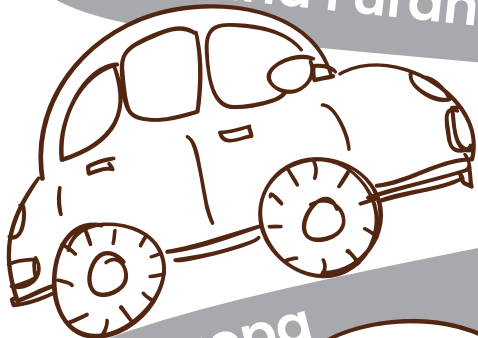
Rangi magari ambayo yanaelezea baadhi ya hisia ulizokuwa nazo katika wiki iliyopita.



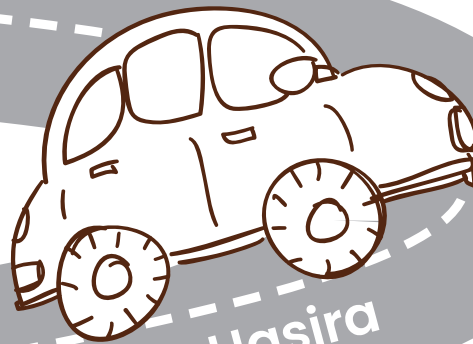
Kusisimua



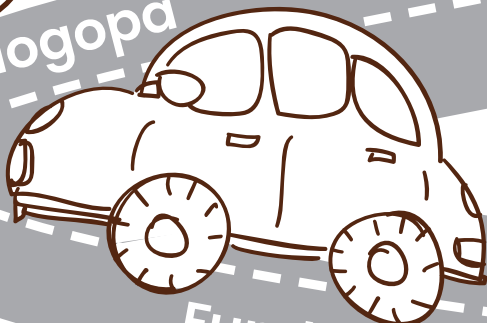
Sina Furaha



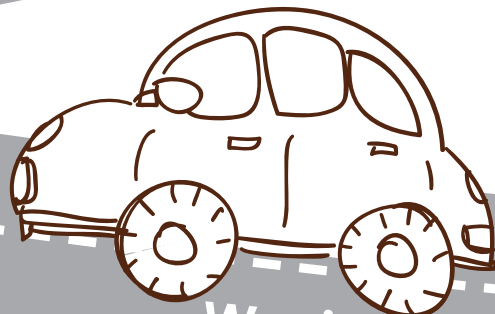
Kuogopa



Hasira



Furaha



Wasiwasi

Utafutaji wa maneno

Tafuta na uzungushe maneno yafuatayo ya 'hisia'
(herufi lazima ziwe kwenye visanduku vinavyogusa):

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

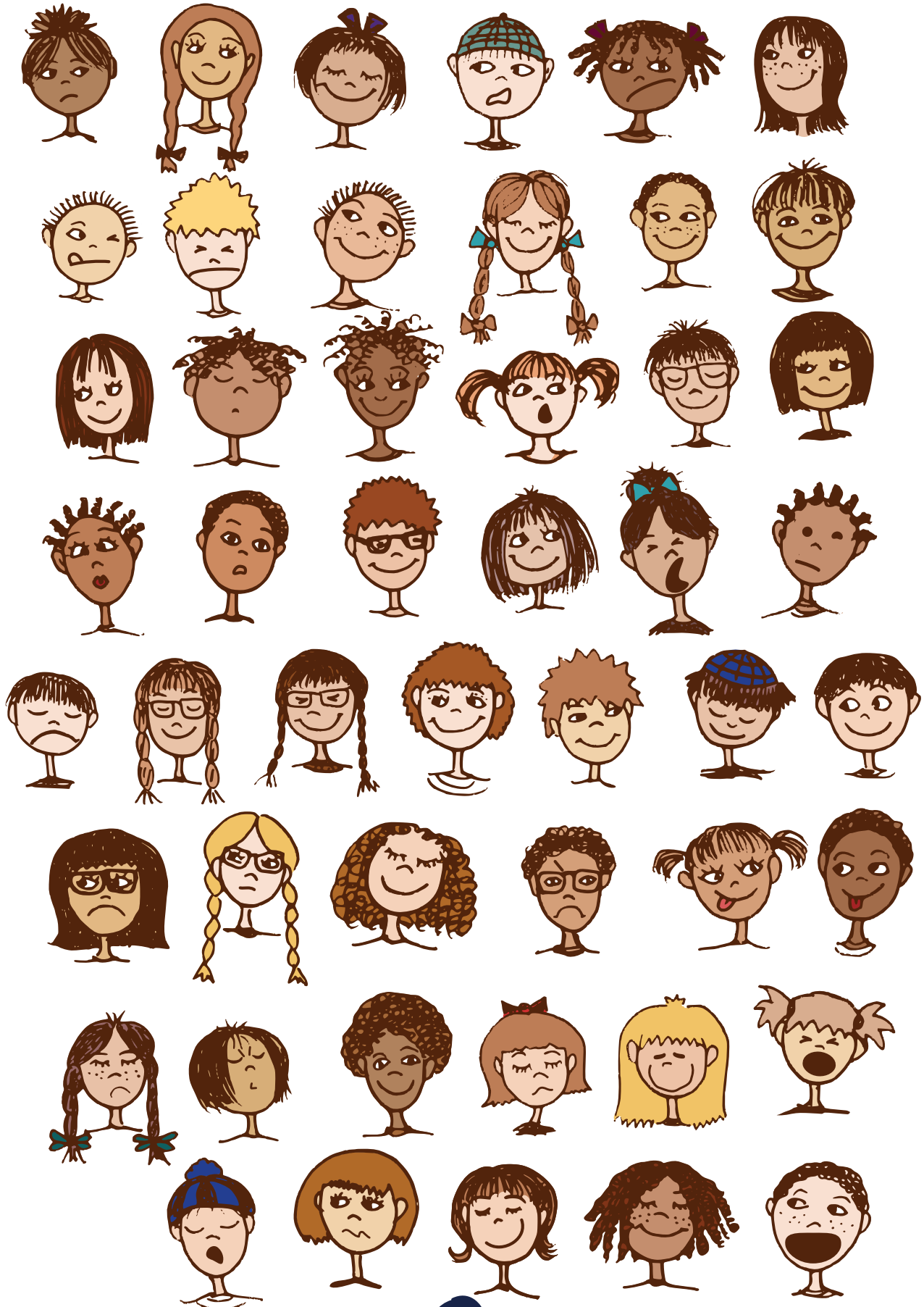


Mahali pako pa furaha

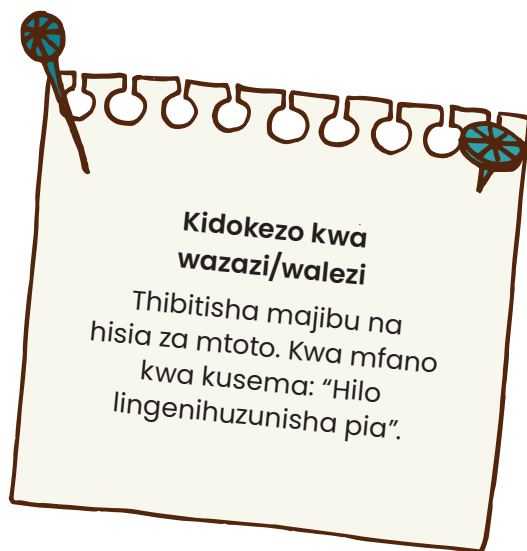
Tengeneza mchoro wa mahali pako pa furaha:

A large, irregularly shaped white area with a thick brown border, intended for drawing a picture of a happy place.

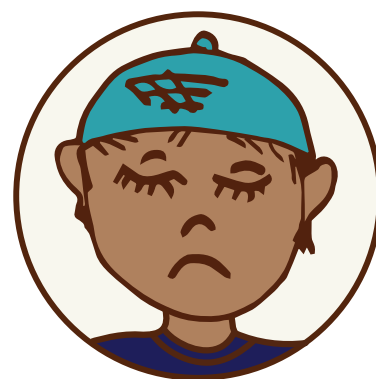
Weka mviringo kwenye nyuso zinazoonyesha jinsi unavyohisi



Ni nini hufanyika wakati watu hawana furaha au huzuni?



**Wanalia hawa cheki,
Wanahisi kutisha ndani**



Mambo ambayo yanafanya nisiwe na furaha au huzuni

1.
2.
3.
4.
5.

Mambo ambayo ninaweza kufanya ili kunifanya niwe na furaha zaidi

1. Cheza na rafiki
2. Fanya fumbo
3. Kuchorea
4. Zungumza na mtu mzima kuhusu kile kinachokuhuzunisha
5. Imba
6. Soma

7.

8.

9.

10.

11.

12.

13.

14.



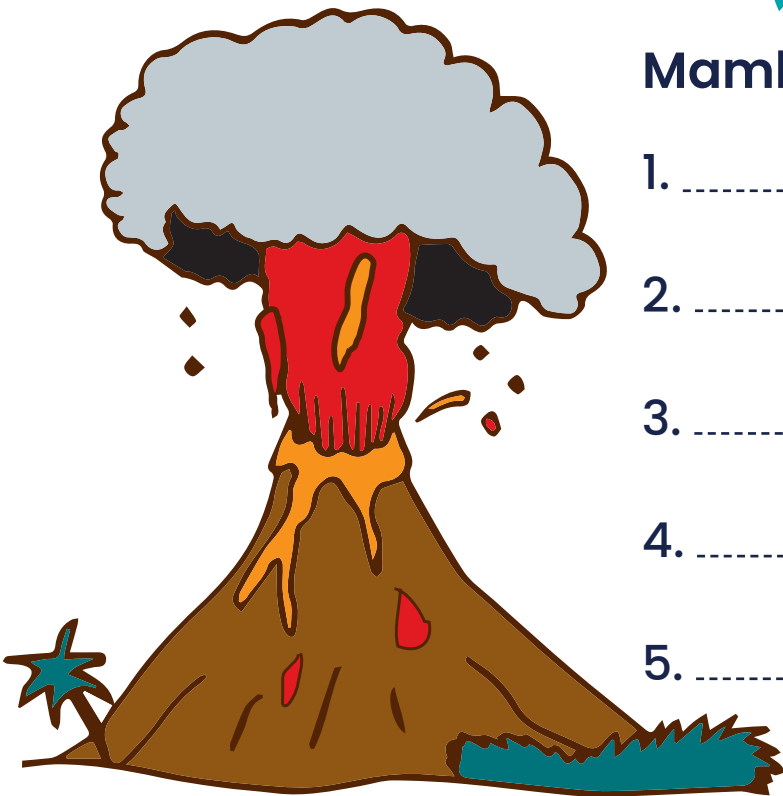
Kuhisi hasira

Kila mtu hukasirika wakati mwingine. Hasira inaweza kuhisi kama volkano ndani yako.

Wakati fulani watoto hukasirika sana hivi kwamba wanafanya mambo ambayo si sawa.

Ndiyo, watoto wengine hupiga kelele, hupiga milango, kuvunja au kutupa vitu na kupiga ukuta au mtu mwingine.

Tunaweza kutumia ubongo wetu kufikiria mambo muhimu ya kufanya na nishati hiyo yote ya hasira badala yake.



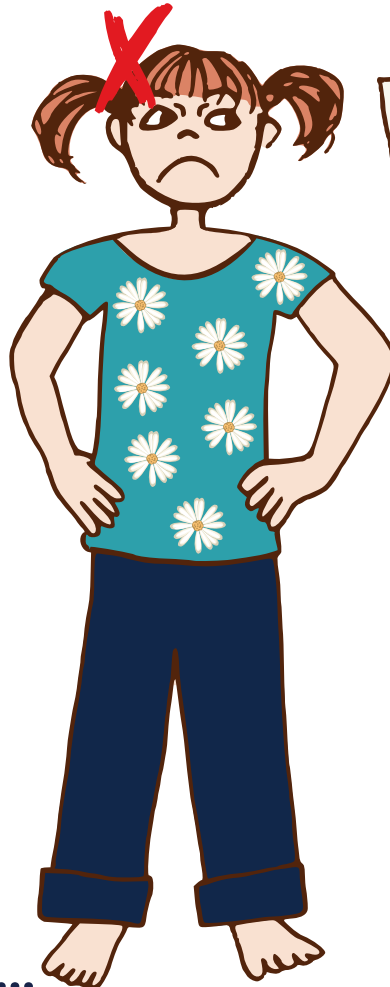
Mambo yanayonikera

1.
2.
3.
4.
5.

Ni wapi katika mwili wako ambapo kwa kawaida huhisi hasira?

Show the area and write down what you feel

Kwa mfano kichwa kinahisi kizunguzungu



Kidokezo kwa wazazi/walezi
Tambua hisia za mtoto, kwa mfano, sema: "umefadhaika sana kwamba huwezi kwenda kwa rafiki yako sasa".

Ninapokasirika mimi...

1.

2.

3.

4.

5.

Sheria za hasira

Nini chakufanya: njiya ya kujituliza salama,

kwa sababu

Zungumza juu yake na ujaribu kutatua shida.

Nini usifanye: Usivunje au kutupa vitu,

kwa sababu

Usijeruhi wengine, wanyama au wewe mwenyewe.

Rangi kwa wakati



Mambo unayoweza kufanya ukiwa na hasira

Piga mstari mambo ambayo unaweza kufanya ukiwa na hasira. Nini kingine inaweza

Fanya shughuli za mwili:

- Cheza nje
- Cheza na mpira
- Fanya michezo
- Ngoma
- Rukia juu na chini



Zungumza na mtu:

- Mwambie mtu kinachokukasirisha.
- Weka hisia zako kwa maneno. Kwa mfano, sema: "Ninahisi hasira ninapohitaji kuacha kutazama TV na kwenda kulala."

Mambo mengine ningeweza kufanya:

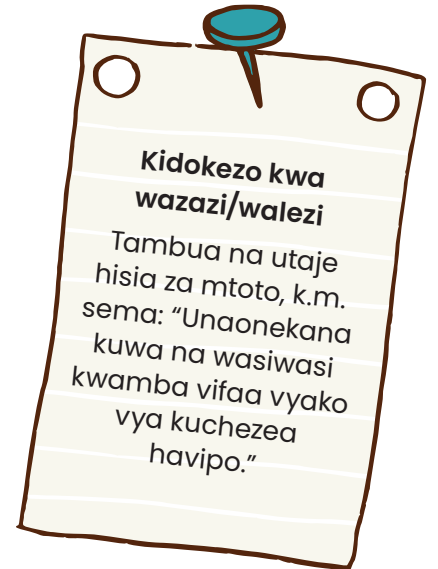
1.
2.
3.
4.

Kuhisi wasiwasi

Watoto wakati mwingine huwa na wasiwasi juu ya mambo.

Wakati watoto wana wasiwasi:

- Wanahisi wasiwasi au woga
- Moyo wao hupiga kwa kasi
- Tumbo lao huhisi ajabu au kidonda

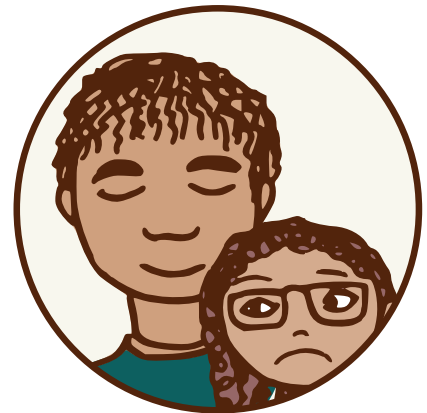


Mambo ambayo nina wasiwasi nayo:

1. _____
2. _____
3. _____

Wakati una wasiwasi:

1. Mjulishe mtu jinsi unavyohisi
2. Omba msaada
3. Pumua ndani na nje polepole
4. Kunywa maji baridi
5. _____
6. _____



Kuhisi hofu

EKila mtu anahisi hofu wakati mwingine.



Wakati watoto wanahisi hofu:

- Mioyo yao hupiga kwa nguvu na kwa kasi
- Mwili wao unatetemeka na kutetemeka
- Wanajisikia kujificha mahali salama
- Wanataka kukimbia

Unaogopa nini?

1.
2.
3.

Wakati ninaogopa, ...

1.
2.
3.

A notepad with a blue pushpin at the top left. The notepad has a scalloped top edge and contains text in Swahili.

Kidokezo kwa wazazi/walezi
Zuia kishawishi cha kufanya mambo kuwa bora zaidi kwa kupunguza hisia, k.m. usiseme: "Hakuna sababu ya kuogopa." Badala yake, msaidie mtoto wako aeleze hisia zake kwa kusema: "Unaogopa sana kwa sababu hujui kitakachotokea."

Ni nini hunifanya nijisikie vizuri ninapoogopa?

- Kumwambia mtu ninaogopa
- Kukumbatia
- Uliza/piga kelele kwa usaidizi

1.

2.

3.



Fumbo

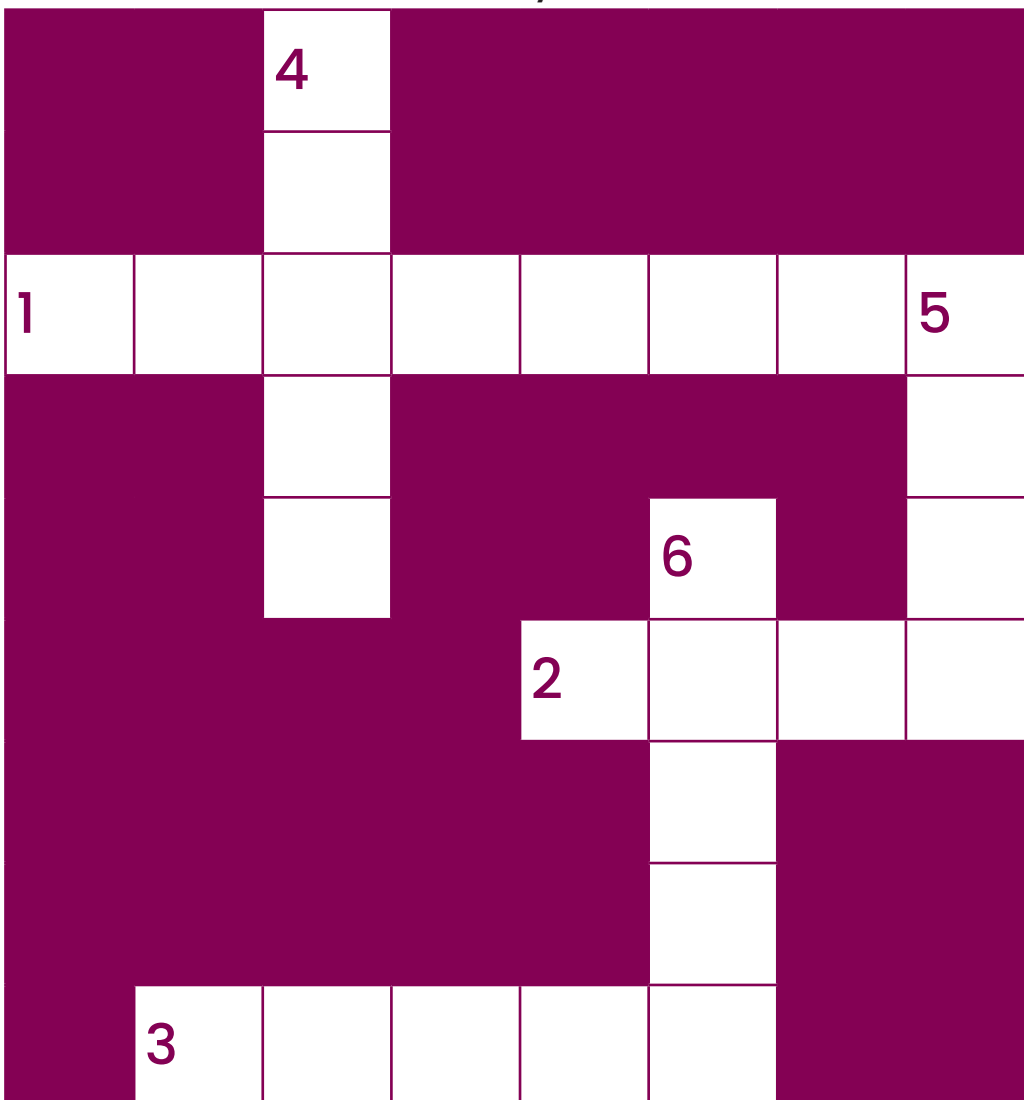
Kamilisha fumbo la maneno.

Kuvuka:

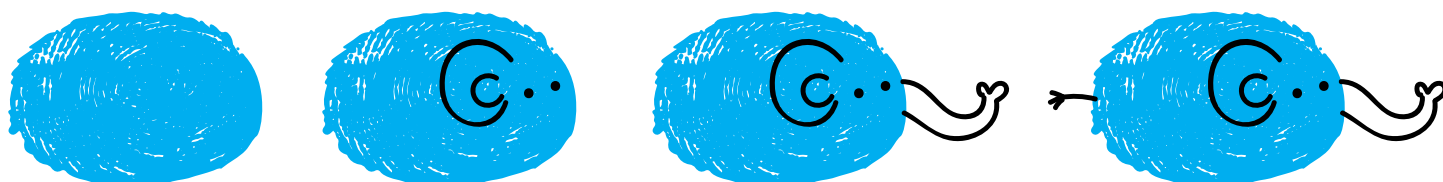
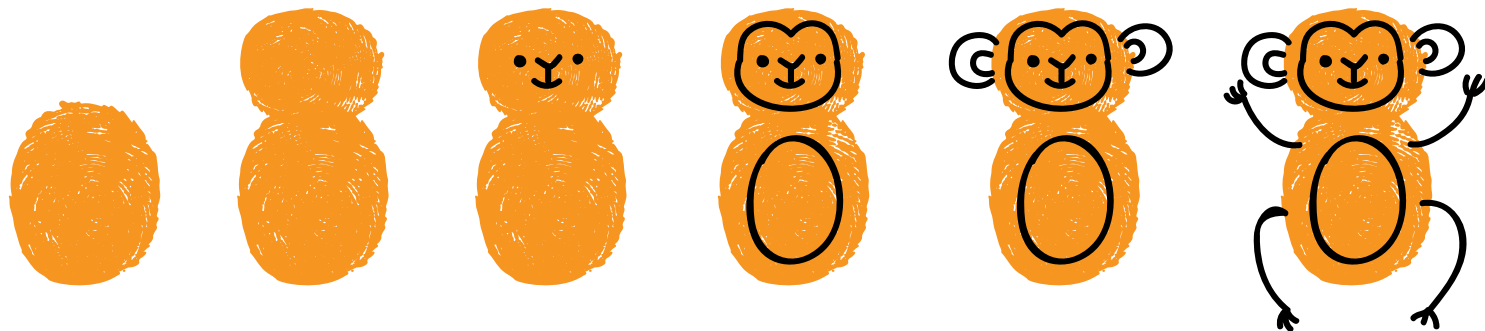
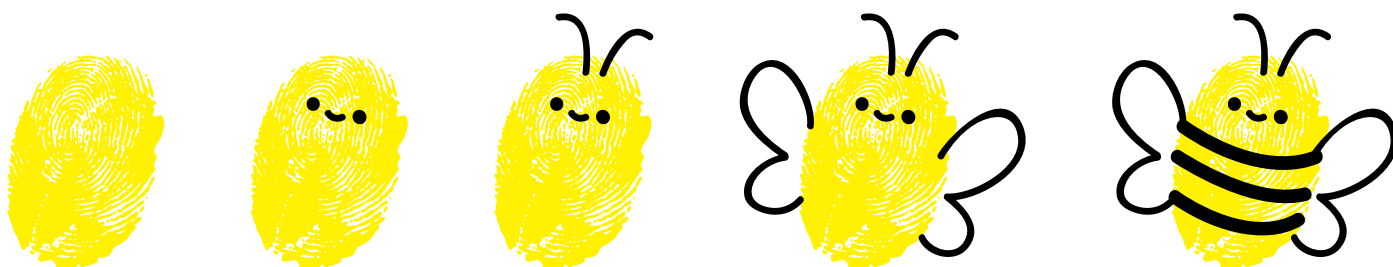
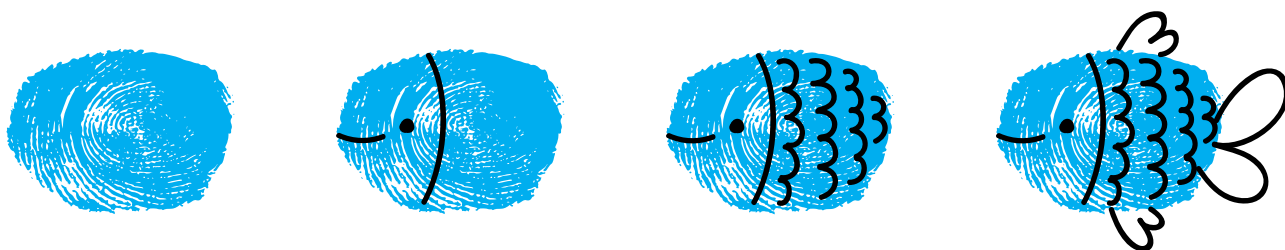
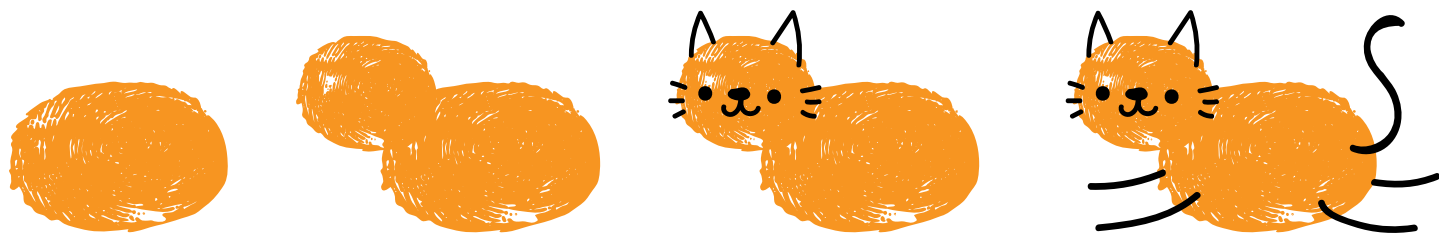
1. It helps to talk about my f_ _ _ _ _ when I am sad.
2. It helps to t_ _ _ to someone when I am scared.
3. I w_ _ _y when the wind blows very strong.

Chini:

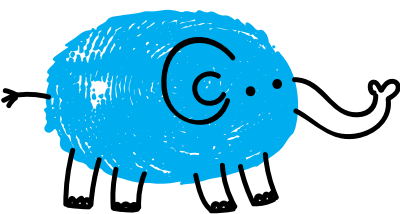
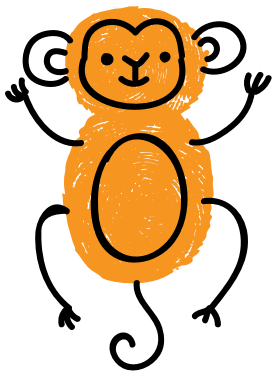
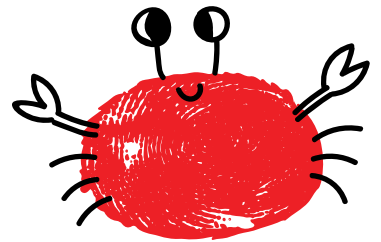
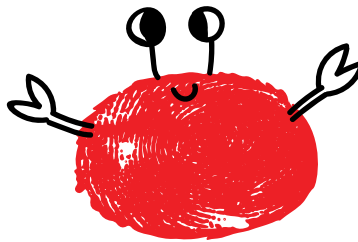
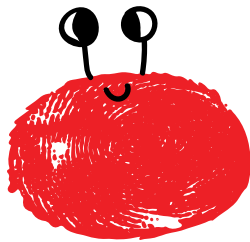
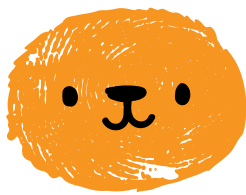
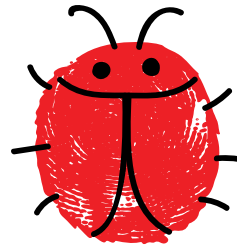
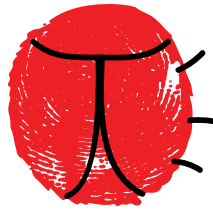
4. I s_ _ _ _ when I feel tired.
5. I feel sad when someone in my family is s_ _ _.
6. I smile when I am h _ _ _y.



Sanaa ya Alama ya vidole

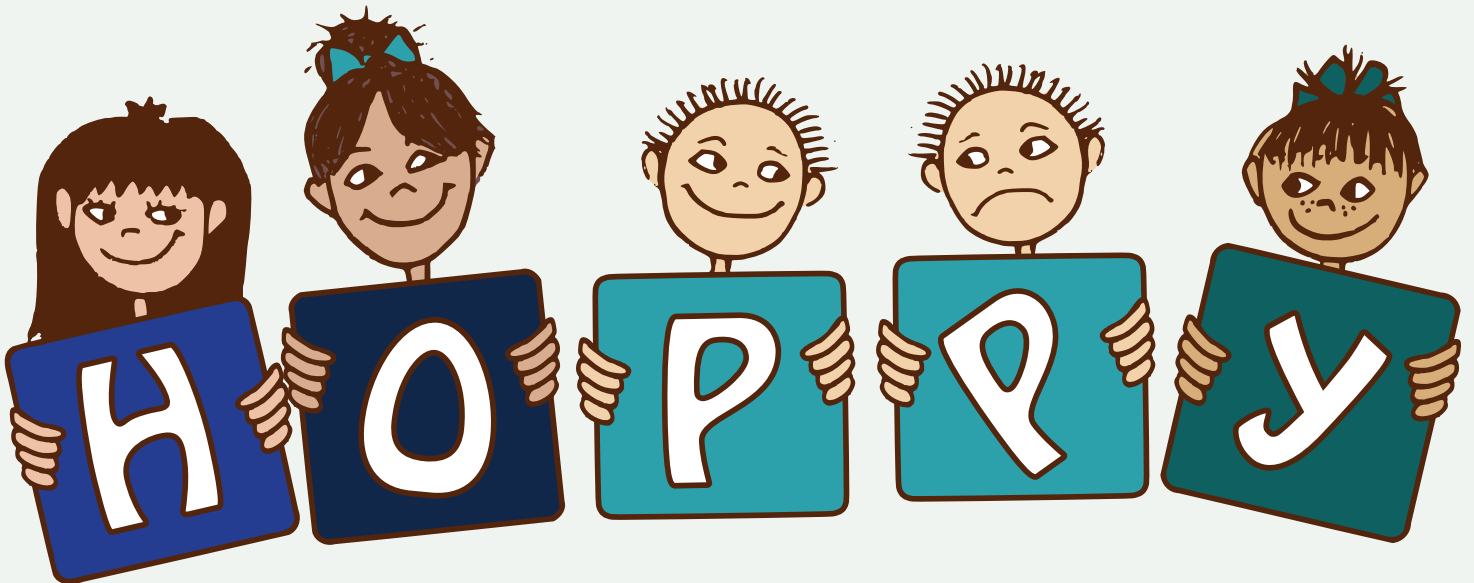
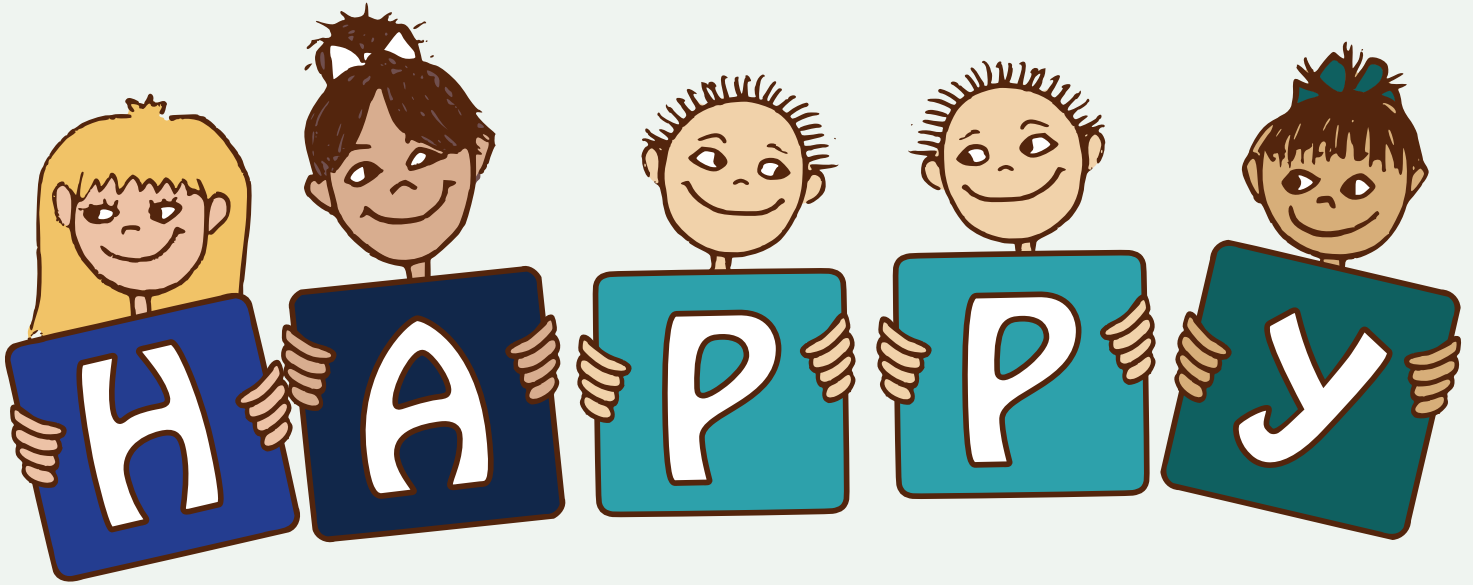


Fuata hatua



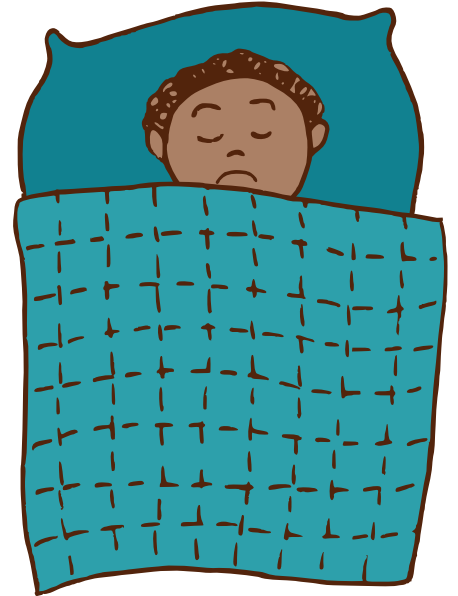
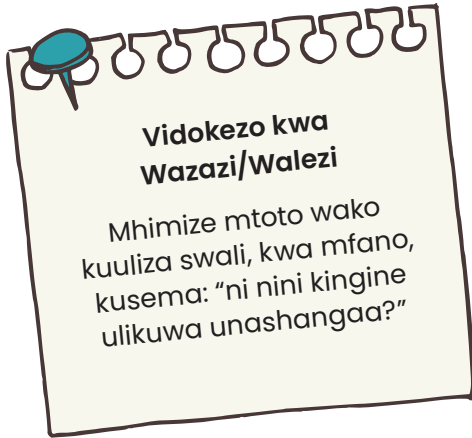
Tambua tofauti

Tofauti za mzunguko wa 7



2. Kukabiliana na ugonjwa

Sio kila mtu anahisi au kutenda sawa wakati anaumwa. Watu wengine hukasirika; wengine wako kimya na wengine wanataka kuachwa tu.



Kamilisha sentensi zifuatazo:

Ninapokuwa mgonjwa, ninahisi

Wakati mtu anayeniangalia ni mgonjwa anahisi

Wakati mtu anayenitunza ni mgonjwa, mimi huhisi

Mtu anayenitunza ana ugonjwa anaitwa

Ninachojua kuhusu ugonjwa:



Ninachotaka kujua kuhusu ugonjwa:

Matibabu wanayopata kwa ugonjwa wao:

Msaada mwingine wanaopata kwa ugonjwa:

Msaada mwingine wanaopata kwa ugonjwa

..... ni mgonjwa:

Je, unaweza kuhesabu paka ngapi?

Kidokezo kwa wazazi/walezi
Usirukie hitimisho. Uliza maswali zaidi ili kupata ufahamu bora wa njia za mtoto.



Panga wakati mtu anayenitunza ni mgonjwa

Nani atanitunza?

Ningezungumza na nani?

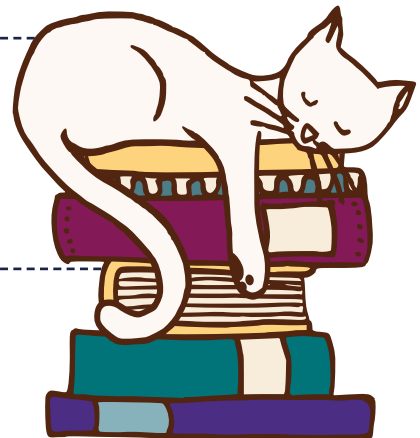
Nani atatayarisha chakula?

Nani atanipeleka kwa kindy, shule au daycare?

Nani atanipeleka kwa daktari nikiwa mgonjwa?

Nani atanisaidia na kazi yangu ya?

Nani atanisomea vitabu usiku?



Chunguza mbwa...



3. Kukabiliana na nyakati zenye mkazo

Mkazo ni nini?

Watu wanaweza kujisikia vibaya sana, kuwa na wasiwasi na huzuni wakati mambo hayaendi sawa katika maisha yao. Hii inaitwa mkazo.

Ninapata mkazo wakati:



Mwili wangu unaweza kuhisi mafadhaiko kwa njia nyingi tofauti. Baadhi zimeorodheshwa hapa chini. **Nini kingine unaweza kufikiria?**

Kizunguzungu

Kuhangaika kulala

Maumivu ya kichwa

Misuli dhaifu

Kuhisi baridi

Kula sana au sio sana

Misuli Mkazo

Moyo wa mbio

Kuhisi joto

Maumivu ya tumbo

Jasho

Uchovu

Kutetemeka

Ifuatayo ni orodha ya hisia unazopata unapokuwa na msongo wa mawazo. Unahisi nini kingine?
Ziandike kwenye masanduku.

Mwenye wasiwasi

kufadhaika

hasira

Upweke

Ninaposisitizwa mawazo yangu hubadilika.
Eleza njia ambazo wakati mwingine huhisi:

Najiona mjinga

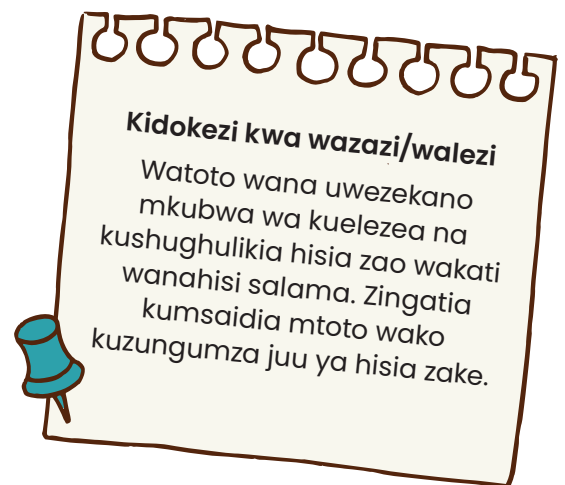
Ni vigumu kuzingatia

Ni vigumu kusikiliza

Sitaki kuzungumza

Siwezi kufikiria vizuri

Nasahau mambo



Nini cha kufanya kuhusu nyakati za mkazo

Hapa kuna mambo ambayo unaweza kufanya wakati wa mafadhaiko. **Nini kingine unaweza kufanya?**

1. Piga Bubbles
2. Imba au cheza
3. Cheza na mpira
4. Cheza na toy yako
5. Cheza na mnyama
6. Usikate tamaa kamwe
7. Kukimbia au kuruka
8. Zungumza na mtu
9. Fanya kuchora au rangi
10. Omba msaada



4. Kuwa na furaha pamoja

Mambo ningeweza kufanya ili kujifurahisha zaidi:

Kuwa mimi mwenyewe:

Nikiwa na familia yangu:

Pamoja na marafiki:



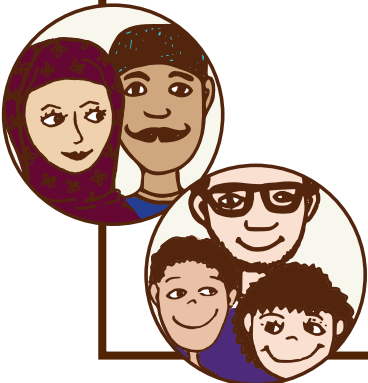
Nia yangu kwako...

Chora au andika kile unachotaka kwako na familia yako/walezi

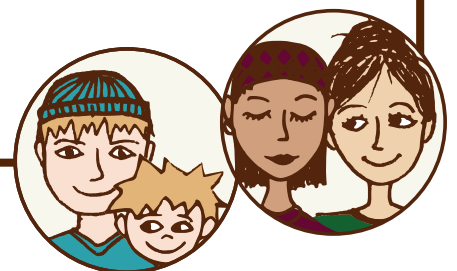
Matakwa yangu mwenyewe:



Matakwa yangu kwa mzazi (wazazi) au walezi wangu:



Matakwa yangu kwa kaka/dada zangu:



Cheti cha mafanikio

Hii ni kuthibitisha hilo

Amekamilisha kitabu cha shughuli

Kukua Nguvu Pamoja

Pamoja

Tarehe: Imetiwa saini:





Nani anaweza kunisaidia mimi na familia yangu

Msaada

Asian and Ethnic Health Services

www.asianhealthservices.co.nz

0800 88 88 30

Asian Family Services (AFS)

www.asianfamilyservices.nz

0800 862 342

Asian Network Inc. (TANI)

www.asiannetwork.org.nz

09 815 2338

Birthright

www.birthright.org.nz

0800 457 146

Brainwave Trust

www.brainwave.org.nz

(09) 528 3981

Email: info@brainwave.org.nz

CNSST Foundation

www.cnsst.org.nz

(09) 570 1188

Ember

www.ember.org.nz

(09) 443 3700 North

(09) 523 2790 South

Family Action

www.familyaction.org.nz

0800 326 327

Family Works

www.familyworks.org.nz

Auckland Central – 09 639 2016

Lower North Island & South

– 0800 337 100

Great Potentials Foundation

www.greatpotentials.org.nz

(09) 377 5384

Kāhui Tū Kaha

www.kahuitukaha.co.nz

(09) 531 4040

Kiwi Families

www.kiwifamilies.co.nz

Lifeline

www.lifeline.org.nz

0800 543 354

Text: HELP (4357)

Mainly Music

www.mainlymusic.org.nz

0800 003 223

Parent Help

www.parenthelp.org.nz

0800 568 856

Problem Gambling Foundation

www.pgf.nz

0800 664 262

Te Puna Hauora o Te Raki Paewhenua

www.tepuna.org.nz

(09) 489 3049

Youthline

www.youthline.co.nz

0800 376 633

Free text: 234

Ushauri/matibabu

Albany Psychology Clinic

– Massey University

Email: massey.clinic.albany@massey.ac.nz

(09) 213 6095

Diversity Counselling New Zealand

www.diversitycounselling.org.nz

0800 143 269

Family Court

www.justice.govt.nz

Grief Centre

www.griefcentre.org.nz

(09) 418 1457

0800 331 333

Hearts & Minds

www.heartsandminds.org.nz

0800 468 288

Strengthening Families

www.strengtheningfamilies.govt.nz

Wingspan

www.wingspan.org.nz

(09) 630 8961

Afya ya Akili

After hours Mental Health Service

North Shore: (09) 486 8900

West Auckland: (09) 839 0000

Anxiety NZ Trust

www.anxiety.org.nz

0800 269 438

Asian Mental Health Service:

Waitematā

www.asianhealthservices.co.nz

(09) 487 1321

(09) 486 8920 ext. 47321

CADS Auckland Community Alcohol and Drug Services

www.cads.org.nz

0800 845 1818

CARE Waitakere Trust

www.carewaitakere.org.nz

(09) 834 6480

Depression.org.nz

www.depression.org.nz

0800 111 757

Marinoto Child and Youth Mental Health Services

(09) 489 0555

Mental Health Foundation

www.mentalhealth.org.nz

Māori Mental Health & Addiction Service (Waitematā)

(09) 822 8557

Self-help resources

www.getselfhelp.co.uk

www.copmi.net.au

www.blackdoginstitute.org.au

Skylight Trust

www.skylight.org.nz

0800 299 100

Vision West Counselling

www.visionwest.org.nz

(09) 818 0700

Vurugu

Are You OK | Family Violence

www.areyouok.org.nz

0800 456 450

Man Alive

www.manalive.org.nz

(09) 835 0509

Oranga Tamariki : Ministry for Children

www.mvcot.govt.nz

0508 326 459

Akina baba

Father and Child Trust

www.fatherandchild.org.nz

(09) 525 1690

Tovuti

www.getselfhelp.co.uk

www.copmi.net.au

www.blackdoginstitute.org.au

www.panda.org.au

Jinsi ya kutumia vyema kijitabu cha shughuli

Kuhimiza wazazi na walezi

- Uzazi wakati mwingine ni changamoto hasa unapokuwa mgonjwa. Kuwa mwema kwako mwenyewe. Jaribu kutengeneza fursa za kupumzika au kufanya jambo ambalo unafurahia.
- Kujihisi kuwa na hatia kwa kutokuwepo kila mara kwa ajili ya mtoto wako kunaweza kumaanisha kwamba unamtakia mema.
- Kubali kukatishwa tamaa, lakini wekeza nguvu na wakati wako katika kufanya vyema zaidi wakati huu.
- Zungumza na mtu fulani, k.m. mtaalamu wako wa afya, au pata usaidizi wa ziada wakati hisia zako ni nyingi sana. Ni rahisi kumuunga mkono mtoto wako unapohisi kudhibiti hisia zako. Pia tazama orodha ya nyenzo nyuma ya kijitabu cha shughuli.
- Uliza mtu mwingine kupitia kijitabu cha shughuli na mtoto wako ikiwa huwezi kufanya hivyo.
- Watu hawawezi daima kubadili hali zao, lakini wanaweza kubadilisha jinsi wanavyofikiri juu ya hali hiyo, kwa mfano, ni uwezo zaidi wa kufikiri: “Ugonjwa unaweza kusababisha hasara na huzuni, lakini pia unaweza kujenga nguvu” kuliko kufikiri: “Ugonjwa ulichukua maisha yangu na unaharibu kila kitu”. Pia tazama getselfhelp.co.uk kwa mawazo kuhusu jinsi ya kuzingatia mawazo muhimu zaidi.

Msaidie mtoto

- Mhimize mtoto wako kufanya shughuli katika kijitabu. Pumzika au uendelee siku nyingine mtoto wako anapochoka.
- Shuka hadi urefu wa mtoto wako ukiweza. Kuketi karibu na mtoto wako kunaweza kuonyesha kwamba unajali.
- Mpe mtoto umakini wako kamili. Kuweka simu yako ya mkononi au kompyuta kibao mbali huwasiliana kuwa unamthamini mtoto wako.
- Amua mapema jinsi utakavyomweleza mtoto ugonjwa huo.
- Kufikiria jinsi unavyopenda kutendewa unapokuwa na huzuni au wasiwasi kutakusaidia kuelewa mahitaji ya mtoto wako vyema.

Mwambie mtoto

- Alika majadiliano kuhusu mtazamo wa mtoto kuhusu ugonjwa huo. Kisha toa kulingana na umri maelezo.
- Thibitisha hisia za mtoto, kwa mfano: “Umefadhaika sana kwamba...”
- Mtie moyo mtoto wako aulize maswali, kwa mfano, aseme: “Ni nini kingine ulikuwa unajiuliza?”
- Jaribu kuchimba zaidi kidogo, kwa mfano, uliza: “Unaonaje?” au kusema: “Hiyo inapendeza.” “Niambie zaidi juu yake.”

Mpe mtoto nafasi

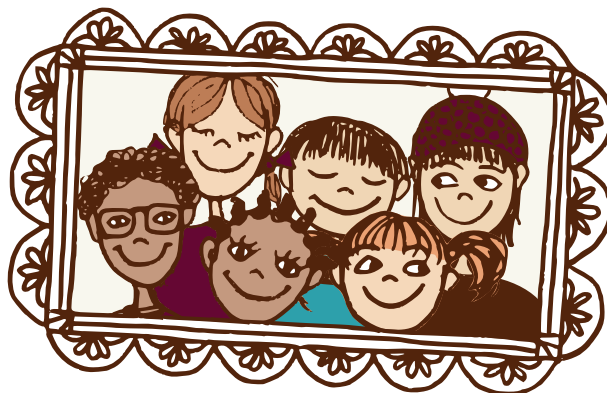
- Acha mtoto wako aamue rangi anazotaka kutumia wakati wa kupaka picha.
- Ruhusu mtoto wako ajaribu kwanza kabla ya kutoa msaada. Kujifunza kutatua matatizo kutajenga kujiamini kwa mtoto.
- Sikiliza mtoto wako anasema nini kabla hujatoa taarifa au masuluhisho.
- Jiweke katika viatu vya mtoto wako na ufikirie juu ya hali hiyo kutoka kwa mtazamo wao.
- Chagua mahali au unda nafasi ambapo mtoto wako atajisikia huru kuzungumza.

Thibitisha majibu na hisia za mtoto

- Kubali hisia za mtoto wako. Zingatia kumsaidia mtoto wako kudhibiti hisia zake.
- Kubali ukweli kwamba kila mtu wakati mwingine huhisi upweke, hofu, huzuni au hasira.
- Zuia kishawishi cha kufanya mambo kuwa bora zaidi kwa kupunguza hisia, k.m. usiseme: "Hakuna sababu ya kulia." Badala yake msaidie mtoto wako kutaja hisia kwa kusema: "Una huzuni sana kwamba ..." "Naona hilo liliumiza sana hisia zako." "Hiyo itanifanya nivuke pia".
- Sifa na kuhimiza mawazo na ubunifu wa mtoto. Usitarajie ukamilifu!

Nini cha kufanya wakati una wasiwasi juu ya majibu ya mtoto

- Uliza maswali zaidi ili kupata ufahamu bora wa kile mtoto anachomaaanisha.
- Zungumza na mwenzi, mwanafamilia au rafiki kuhusu mahangaiko yako.
- Jenga ushirikiano na mlezi wa mtoto au walimu wa shule na ujitahidi kudumisha mawasiliano ya mara kwa mara na yenye ufanisi.
- Pata usaidizi wa kitaalamu ikiwa utaendelea kuwa na wasiwasi, k.m. ona daktari wako au zungumza na muuguzi au mtaalamu mwingine wa afya au afya ya akili.
- Tazama baadhi ya tovuti za kujisaidia katika orodha ya mashirika ya usaidizi na tovuti zilizo nyuma ya kijitabu cha shughuli.



This publication and all associated materials are the exclusive property of Health New Zealand and are protected under the Copyright Act 1994 (New Zealand) and all applicable international copyright laws. No part of this work may be copied, reproduced, distributed, adapted, translated, sold, licensed, stored, or transmitted in any form or by any means without the prior written permission of Health New Zealand. All requests for permission must be submitted to Asian and Ethnic Health Services, Health New Zealand via Asianethnichealth@tewhatauora.govt.nz. Health New Zealand may not accept or consider any request for permission that is not strictly intended for community, educational and non-commercial purposes.

Je! unaweza kuhesabu mbwa wangapi?





© 2017 Waitematā District Health Board. All rights now vested in Health New Zealand pursuant to the Pae Ora (Healthy Futures) Act 2022. © 2026 Health New Zealand. All rights reserved.

This publication and all associated materials are the exclusive property of Health New Zealand and are protected under the Copyright Act 1994 (New Zealand) and all applicable international copyright laws. No part of this work may be copied, reproduced, distributed, adapted, translated, sold, licensed, stored, or transmitted in any form or by any means without the prior written permission of Health New Zealand.

Health New Zealand
Te Whatu Ora