



**MOE I TE TAHA I TE WĀ  
KEI RŌ PUKU A PĒPI  
MAI I TE WIKI 28 O TE HAPŪTANGA**

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



E whakaatu ana ngā rangahau ki te moe koe i tō taha mai i te wiki 28 o te hapūtanga ka hāwhe i te tūpono pā mai o te mate kahu tēnā i te moe i tō tuarā.

### **He aha te take me moe ahau i tōku taha?**

Ki te moe i tō tuarā i ngā marama whakamutunga e toru (mai i te wiki 28) ka pēhi i ngā iaia toto, ā, ka iti ake te rere o te toto ki tō kōpū me te hāora ki tō pēpi.

### **He pai ake te moe i te tōku taha mauī, matau rānei?**

He pai noa iho te moe i te taha mauī, matau rānei – he pai ngā taha e rua mai i te wiki 28 o te hapūtanga.

### **Engari ka aha mēnā he pai ake te parangia e te moe i tōku tuarā?**

Ehara te moe i tō tuarā te mea pai rawa mō te pēpi i muri i te wiki 28 o te hapūtanga. Ki te nuinga o ngā wāhine he pai ake te moe i te taha, otirā i ngā marama e toru e whai ake.

### **Ka aha mēnā ka oho ake ahau i tōku tuarā?**

He ritenga noa te neke i a koe e moe ana, ā, he maha ngā wāhine hapū ka oho ake i ō rātau tuarā. Ko te mea hira rawa ko te tīmata i **ia** moe ki tō taha (ko ngā moe i te awatea me ngā moe i te pō) me te hoki anō ki tō taha ki te oho ake koe.

### **He aha te tūponotanga o te mate kahu mēnā ka moe au i tōku tuarā?**

Tata ki te kotahi o ia 500 pēpi ka whānau kahu mai i ngā marama whakamutunga e toru o te hapūtanga. Engari, kua whakaūhia e ngā rangahau ki te moe koe i tō taha ka hāwhe i te tūpono pā mai o te mate kahu tēnā i te moe i tō tuarā.

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**Mō ētahi atu kōrero, me whakapā atu ki tō tapuhi, nēhi, rata rānei.**

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