

Te inu waipiro me tō pēpē



TE INU WAIPIRO ME TŌ PĒPĒ

Ko te tūmanako o ngā mātua katoa, kia ora, kia kaha hoki te pēpē.

Mēnā kei te hapū te māmā, mā te kore inu waipiro e āwhina tēnei āhuatanga.

HE AHA AI?

Ki te inu te māmā, ka inu hoki te pēpē.

Ka haere te waipiro ki te toto, kātahi ka haere te waipiro ki te whenua o tō pēpē.

Mēnā kei te hapū te māmā ā, ka inu ia i te waipiro, tērā pea ka pāngia te pēpē e te mate roro ukiuki. Ko te mate roro o te pēpē, he mate mutunga kore. Kāore e taea tēnei mate te whakaora.

Ko te ingoa o tēnei mate – Ko “Fetal Alcohol Syndrome” (“FAS”).

Mēnā kei te pāngia te pēpē e te FAS, ka tipu ake ia, ā e mau tonu ia i te FAS ahakoa ōna tau. Ka whiwhi hoki te tangata i ngā raruraru e pā ana ki te akoranga me te whanonga.

Me tiaki te whānau i a ia mō ake tonu atu.

Kei ētahi pēpē ngā tohumate katoa o FAS, ētahi tohumate o FAS (“partial-FAS”) rānei. Ahakoa te FAS te partial-FAS rānei, he mate tino nui tēnei, he rite tonu ngā papa kino o FAS ki ngā papa kino o partial-FAS.

KA TAEA TONU E AU TE INU WAIPIRO?

Ahakoa te iti inu waipiro, ka whakaawe te waipiro i tō pēpē me tōna akoranga. Ka nui ake te inu waipiro ka nui ake te tūpono me te tukituki.

Ahakoa hoki te pia, wāina, te waipiro rānei (“RTDs”) – he waipiro tonu. Ka inu waipiro ētahi wāhine, ā he pēpē hauora tonu tōna. He waimarie ēnei momo wāhine, kāore e taea e tātou te waitohu tēnei mate me ōna patunga.

Nō reira, ki te kore koe e inu waipiro, ka mōhio tūturu koe, kua patu koe i te FAS.

ME PĒHEA TE KAI U?

Mēnā kua whānau mai te pēpē ā, kei te inu waipiro te māmā, mā tāna wai ū te waipiro e kawea atu ki te pēpē.

Mā tēnei, ka mukākā, ka whakaroiro te pēpē. Mēnā e kai ū ana koe, kua e inu waipiro.

ME PEHEA ĀKU MAHI INĀIANEI?

Mēnā kei te hapū koe, kua e inu waipiro tae atu ki te whānau mai o te pēpē. Mēnā kātahi anō koe ka inu waipiro - pai te mutu ināianei tonu. Hei aha te taima, ki te mutu koe ināianei tonu ka piki ake te oranga o te pēpē. He pai ake te kore inu waipiro ki te pēpē māuiui.

Mēnā he uaua te mutu inu waipiro, tērā pea ka taea e koe te kōrero ki tō hoa pūmau. Waea mai ki a: 0800 787 797 rānei (Alcohol Help Line). He pai rātou ki te whakarongo me te whakaaro tautoko.

Mēnā e hiahia ana ētahi kōrero e pā ana ki te inu waipiro - tirohia ki www.waipiro.org.nz

Tērā pea ka āhei hoki tō whānau me ō hoa te tautoko ō whakaaro e pā ana ki te inu waipiro arā, mēnā kei te hapū koe – waihotia te waipiro.

WHAKAPĀ MAI KI A

0800 787 797

Drinking and your baby



DRINKING AND YOUR BABY

Everyone wants a healthy, normal baby. One way you can increase the chances is by not drinking alcohol when you are pregnant.

WHY?

When you drink, so does your baby.

Alcohol is carried through the placenta by your blood stream.

Drinking alcohol during pregnancy can cause brain damage to your baby and that damage is permanent.

This damage is called Fetal Alcohol Syndrome or FAS for short.

FAS babies grow into FAS children and adults who have learning disabilities and behaviour problems, and most need to be looked after, forever.

Some babies have a number, but not all of the symptoms and that is called partial-FAS. The consequences can be as severe as if they had full FAS.

CAN I DRINK AT ALL?

Even 1 or 2 drinks can affect your baby's learning. Drinking more than that increases the risks of greater damage.

It does not matter whether it is beer, wine, spirits or RTDs – all contain alcohol.

Although this damage does not always happen when a mother drinks (which explains why some pregnant women have had the odd drink without apparent harm to their baby) it is impossible to know when harm will occur.

Therefore, if you don't drink you can be certain your baby will not have FAS.

WHAT ABOUT BREASTFEEDING?

Plunket advises that it is best not to drink at all when breastfeeding. Alcohol passes to your baby in your breast milk and their brain cells are still forming. When you drink, less milk is produced and the alcohol can also make your baby irritable and unsettled.

WHAT CAN I DO?

If you think or know you are pregnant, do not drink alcohol until after your baby is born. If you have been drinking during your pregnancy, then stop drinking now. It is never too late and stopping now will help your baby be healthy. It is worth it to go without alcohol for a few months to have a healthy baby.

If it is hard to stop drinking, it might help to talk to someone you trust. Look at our website www.alcohol.org.nz or call our Alcohol Helpline on 0800 787 797. They are good listeners and will have some helpful ideas.

Family and friends could also support you in your decision not to drink alcohol while you are pregnant.

FOR MORE INFORMATION CALL

0800 787 797

This leaflet is also available in the following languages:

- Tongan
- Samoan
- Fijian
- Tokelaun
- Cook Island
- Nuiean

Please phone the alcohol helpline for copies.
Ph: 0800 787 797