

Inu kava mo e tama haau

**Ka fia manako falu a fakailoaaga
fakalaulahi hea atu ke he faahi
lagomatai he Inu kava;**

0800 787 797

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AL611 August 2011 | Niuean

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Tokologa he tau mamatua fifine ne lali fakalahi ke leveki atu ke he tino malolo he ha lautolu a tau tama muke. Taha fakailoaga mahuaiga ke ua inu kava he magahala fakafuatama.

Ko e ha?

Kaeke ke inu kava a koe ti haofia foki e tama muke haau ke he kona he kava. To maeke he kona he kava ke hu atu ke he hala toto haau ti hoko atu ke he tama muke he nofoagatama.

Kaeke ke inu kava a koe he magahala ne fakafua ai e tama haau maeke he kona he kava ke fakalavelave mo e moumou ai e tama haau. Maeke foki he tama muke ke moua falu a matematekelea ke he moui he tau mafegahala he haana a moui.

Ko e tau matematekelea nai ne fakahigoa ai koe FASD.

Maeke foki he kona he kava ke fakalagalaga e tama ke fanau tuai ka e ai la hoko ia e tau magaaho. Nakai gahuahua e manamanatuaga, poke nakai mau maopoopo e tau alaga he tama muke (birth defects). Maeke he tau matemate kelea nai ke tupu hake mai falu a kafokia foki kehe tino he tama he haana a moui. Tau matemate kelea tuga e fakatuai ke au mena aoga, kafokia ai ke he faahi fakaakoaga, faahi fiafia mo e faahi agaaga.

Ai kia maeke ia au ke inu kava?

Pete ni he ai inu kava lahi a ko e he magaaho ne fakafua ai, maeke agaia he tama haau ke moua falu a lekua ke he haana uhoulou. Maeke foki ke fakatuai e tau fakaakoaga mo e mahani fakaagaaga. Kaeke ke lahi mahaki e inu kava haau to mua atu e matematekelea ka moua he haau a tama. Pete ke inu a ko e he tau kava kehekehe tuga e pia, uaina, kava mao, poke falu kava kona foki.

Pete ni he falu a magaaho kua nakai moua he tama falu a matematekelea ka inu kava e matua fifine (fa fakakite ai falu he tau fifine fatu ne inu kava kae ai haofia e tama haana). Uka lahi ke iloa poke moua nakai, e tama muke ha matematekelea poke nakai ato kitia ia. Ko e mena ia, kaeke ke ai inu kava a koe to iloa tonuhia moe nakai moua he tama haau ke he tau matematekelea (FASD).

Ka e kua ke he magaaho fakahuu tama?

Ko e faahi malolo tino he fakatufono mamafa e tau tofatofaaga, ua inu kava a koe kaeke koe fakahuu tama a koe. Maeke he kona he kava ke aofia e huahua he puke huhu haau, ti maeke he kona he kava ke fakamatematekelea e manamanatuaga he tama haau. Kaeke foki kua inu kava a ko e, maeke he kona he kava ke fakalavelave e puke huhua he huhu, to ai fiafia e tama muke haau mo e fakafii tumau.

Ko e heigoa haaku ka taute?

Maeke agaia a ko e ke fakaoti e inu kava haau ke puipui e moui malolo tino he haau a tama.

Kua fita ni a koe he taute falu a mena kua mitaki ke lata ia mo e haau tama muke. Taha mena kua lata tonu ia koe ke taute ke puipuiaki e malolo tino he tama muke haau, ke fakaoti e inu kava.

Kaeke kua amamanaki a koe ke fakafua tama ti ua inu kava. Kaeke kua fita a koe he fatu ti ua inu kava ato fanau e tama haau. Koe mena tonu kua lata ia ko e ke taute, fakaoti e inu kava he magaaho nai. Koe mena mitaki lahi ke ua inu kava a koe kaeke kua fagai huhu poke fakahuu tama.

Kaeke ka uka ia koe ke fakaoti e inu kava haau, mitaki ke fakatutala ke he taha tagata ne matutaki a koe ki ai. Tutatala ke he noti ne leveki a koe, poke toketa poke hea atu ke he faahi gahua inu kava he numela foni; 0800 787 797. Maeke ia lautolu ke fanogonogo kia koe mo e foaki atu falu a lagomataiaga.

Falu a fifine maeke ia lautolu ke moua falu a lagomatai mai he tau magafaoa poke tau kapitiga ke ua inu kava kaeke kua fakafua tama.