

Kei te hiahia āwhina koe?

Me matawai i te waehe QR ka haere ki [growingup.co.nz/ beyourownscientist](https://growingup.co.nz/beyourownscientist) kei reira ngā whakautu ki ngā pātai, ngā ataata me ētahi pikitia anō e whakaatu ana me pēhea te tango tīpako.



Ko Koe Tōu Ake Tohunga Pūtaiao

Tēnā rawa atu koe mōu i whai wāhi mai ki te mahi 'Ko Koe Tōu Ake Tohunga Putaiao' o te kaupapa *Growing Up in New Zealand*. Kei te āwhina koe i a mātau ki te whiwhi mōhio anō mō ngā mate e whai pānga ki te tamariki o Aotearoa.

He aha tā mātau ki a koe?

E tono ana kia tangohia mai e koe kia toru ngā tīpako kiri mai i te tamaiti i roto i te rangahau ka āwhina i a mātau kia mārama ake ki ētahi mate anō e pāngia ana e ngā tamariki o Aotearoa. Kei te tono kia tangohia he tīpako mai i te;

1. Kiri kei te **TUKE O ROTO**
2. Kiri i roto tonu i te **IHU**
3. I rō **KOROKORO**

Kaua e māharahara mēnā kāore e taea e koe ngā tīpako katoa e toru, me whakamōhio mai i roto i te Pepa Whakamārama Tāpiri i tukuna ki a koe me tō kete ka whakahoki mai me ō tīpako i roto i te kete karere kua utua kētia.

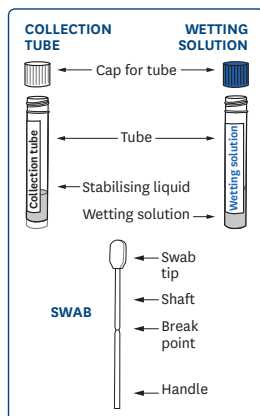
Anei ngā mea kei roto i tō kete tīpako

- Ngā kete pani e 3
- Ngā whakapiri waehe tae mō te tapa i ngā ipuipu taurira me te pepa aratohu whakapiri
- Pēke pūmatekoiora
- Pēke karere aupuru whai wāhi noho kua utua kētia
- Pepa Whakamārama Tāpiri
- Mōki rauangiangi paku
- Pene
- Pēke para maukati

Te whakarite ki te tiki i ō tīpako

Me pānu i ngā tohutohu kei raro ka huri i te whārangi mō ngā tohutohu tauwhāiti mō te tango i ngā tīpako mai i ia wāhi:

1. Me mātua whakarite kei te mā te papa hei waiho i ngā kete.
2. Horoia ō ringaringa.
3. Me tango mai ō kete tīpako e toru ka whakareri.
4. Tuhia te rā ki te Pepa Whakamārama Tāpiri.
5. Me mātua whakarite kei te pai te noho a tō tamaiti i runga tūru.
6. Mēnā kei te purukati tōna ihu, kei te rere te hūpē rānei, me tono kia whengua tōna inu mā ngā rauangiangi.



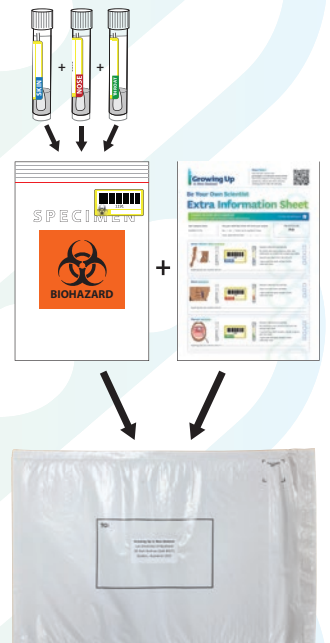
Pepa Whakamārama Tāpiri

Me tuhi ki te Pepa Whakamārama Tāpiri mēnā:

- Kua horoia e tō tamaiti, kua pāngia ki ngā panipani, rongoā rānei te wāhi o te kiri i roto i te 5 haora kua hipa, i whakamahi rānei i tētahi wē horoi waha patuero.
- Kāore e tīkina te tīpako ihu e ai ki ā mātau tohutohu (arā, kāore e pania ngā pūtāihu e rua)
- Kei te mamae tōna korokoro
- Mēnā kua pāngia tō tamaiti e te KOWHEORI-19 (*Kōwhiringa*)

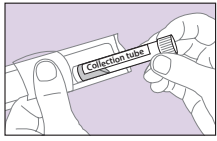
Te tākai me te tuku mai i ō tīpako

1. Me whakamau te whakapiri pūmatekoiora kōwhai mai i tō pepa whakapiri ki te pēke pūmatekoiora (tirohia te pikitia).
2. Me mātua whakarite kei oto ngā ipuipu tīpako e toru (3) katoa i roto i te pēke pūmatekoiora ka katia.
3. Me rau he tākai ki te pēke para kirihou i tukuna atu ka maka ki tō raupara.
4. Me whakaoti ngā wāhanga hāngai o te Pepa Whakamārama Tāpiri ka rau atu i te taha o te pēke pūmatekoiora ki roto i te pēke karere aupuru. Ko ngā pani, ngā whakapiri rānei kāore e whakamahia me rau atu anō ki te pēke karere.
5. Me waiho te pēke karere me ō tīpako i roto ki tētahi wāhi pai kia heria rā anō e koe tō pēke karere ki te NZ PostShop tūtata, haere rānei ki [https://www.nzpost.co.nz/tools/ bookapickup/](https://www.nzpost.co.nz/tools/bookapickup/) address ki te whakarite kia tikina mai.
6. He pai noa iho te waiho i ngā tīpako ki te pāmahana rūma engari kaua e waiho kia whitikia e te rā. Me tuku ō tīpako i roto i te 10 rā o te tangohanga kia pai ai te whakarite mō te rokiroki me te whakamahi ā muri ake.

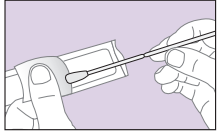


Hei whakarite mō ia tīpako pani me whai i ngā mahi 1-3 i raro

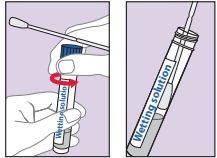
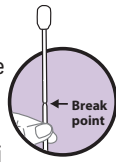
Pānuitia ngā tohutohu i raro mō te tiki i ia tīpako kei tēnei pepa.



1. Tangohia te mehanga whakamākū (taupoki kikorangi) me te ipuipu (taupoki mā) mai i te tākai ka waiho ki runga i tō papa mā kia whakamahia ā kō ake nei.



2. Kimihia te pani ka tangohia te tākai mai i te kakau
HIRA: KAUA RAWA e pā ki te moka o te pani, e puritia rānei te pani ki runga ake o te wāhi whawhati.

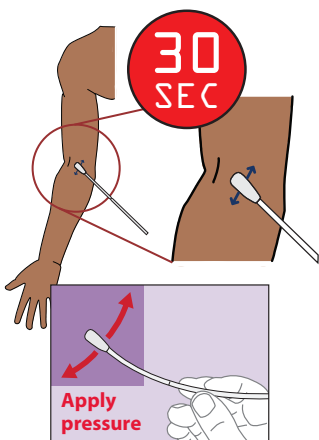


3. Me tiki tō ipuipu mehanga whakamākū (taupoki kikorangi) ka āta tango i te taupoki. Me tou i te katoa o te moka pani ki te mehanga whakamākū. Me maka te toenga o te mehanga whakamākū me te ipuipu. Me wawe tonu te whai i ngā tohutohu i raro hei tiki i tō tīpako kia kore ai e maroke te pani.

Ngā āwhina:

- Kia kotahi te tīpako i te wā
- Hei whakarite ka tutuki te tiki tīpako, me kaha tonu te pēhi ki te moka o te pani. Ka tino piko pea te pani engari KĀORE e pakaru.
- KAUA e pā i te moka o te pani ki tētahi atu mea hāunga te wāhi o te kiri ka pania.

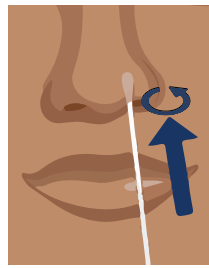
PANI 1 - Tīpako Kiri Tuke o Roto



1. Mā te ringa kotahi, me āta kukume mai i te kiri kia whena (me pani ko te ringa matau anake – mēnā kāore e taea, me pani ko te ringa mauī, engari me tuhi tēnei ki te Pepa Whakamārama Tāpiri).
2. Mā tērā atu ringa, puritia te pani kia whakarara te kakau o te pani ki te kiri ka panipani i te moka o te pani ki te kiri mō te 30 hēkona, neke atu rānei.
3. Raua atu te pani ki te ipuipu ka whakamau i te taupoki mā.
4. Kia maumahara, whatia atu te pani i ō kōrua kanohi ko tō tamaiti.
5. Me whita te kati i te ipuipu mā te taupoki mā.
6. Me whāroa te whakamau i te tapanga KIRI kikorangi kei te ipuipu (tirohia te pikitia).
7. Me whakakī te Pepa Whakamārama Tāpiri.

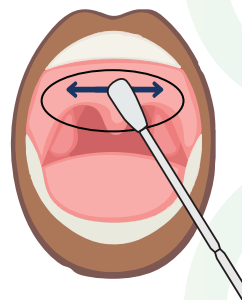


PANI 2 - Tīpako Ihu



1. Mea atu ki tō tamaiti kia hikina ake tōna kauae ka titiro whakarunga.
2. Me kōkuhu te pani kia tata ki te 1cm ki te pūtāihu matau (tirohia te pikitia).
3. Mā te wiriwiri me āta hurihuri i te pani ki ngā taha o te pūtāihu mō te **toru (3) hēkona**, neke atu rānei.
4. Mā te whakamahi i taua pani anō, me mahi anō ki tērā atu pūtāihu.
5. Raua atu te pani ki te ipuipu ka whakamau i te taupoki mā.
6. Kia maumahara, whatia atu te pani i ō kōrua kanohi ko tō tamaiti.
7. Me whita te kati i te ipuipu mā te taupoki mā.
8. Me whāroa te whakamau i te tapanga IHU karaka kei te ipuipu (tirohia te pikitia).
9. Me whakakī te Pepa Whakamārama Tāpiri.

PANI 3 - Tīpako Korokoro



1. Mea atu ki tō tamaiti kia hongā whakamuritia tōna mähunga, ā, kia whānui tonu te huaki i tōna waha.
2. Me tere, me ngāwari te pani i muri o te korokoro kia tata atu ki ngā pūreke korokoro (tirohia te pikitia). Me hoki panipani haere i te wāhi **kia toru ngā wā, neke atu rānei** mai i tētahi taha ki tētahi ka whakarite kia rōrahia te pani kia whakamahia ngā taha katoa. Kaua e pania ngā pūreke korokoro, e pā rānei ki ngā pāpāringa me ngā pūniho (mēnā he paku noa te pā- arā, mēnā ka neke tō tamaiti- me haere tonu).
3. Me wawe te tango i te pani ka raua ki te ipuipu ka whakamau te taupoki mā.
4. Kia maumahara, whatia atu te pani i ō kōrua kanohi ko tō tamaiti.
5. Me whita te kati i te ipuipu mā te taupoki mā
6. Me whāroa te whakamau i te tapanga KOROKORO kākāriki kei te ipuipu (tirohia te pikitia).
7. Me whakakī te Pepa Whakamārama Tāpiri.

Mēnā he pātai tāu mō tētahi wāhanga o tēnei tango tīpako, tēnei wāhanga rānei o te rangahau me waea mai ki 0508 476 946 (0508 GROWINGUP), imēra mai rānei ki: contact@growingup.co.nz, me haere RĀNEI ki tā mātau paetukutuku i www.growingup.co.nz/beyourownscentist