

ACTION NUTRITION AGENCY CONFERENCE 22nd Haratua/May 2019



Ngā Korero Breastfeeding stories shared by Māori

Jane Cartwright &
Carmen Timu-Parata
nō New Zealand Breastfeeding Alliance





Te Timatanga o Te Reo Kei nga wai u o te whaea Ko tou kahuwai a-rangi Hei whakaruruhau Ko koe hoki te hua O te kakano I whakatohia He tapu te tinana O te wahine Na te mea He whare tangata he mea tika me whangai u Ki a koe, e Pēpi Hokia ki te Ukaipo Ki te whaea Ki te wai ora O mama ki te wai ū





The beginning of language is at the breast of a Māma Your Māma's positive caring influences and provides shelter for you, the sacred seed that was nurtured within her.

That is why her body is sacred, for it is in the womb within where you were nurtured It is only right that you get the life giving sustenance from your Māma's breastmilk Therefore return to the Nurturer Embrace Māma, drink Māma's milk for it is life-giving water.

KO TE NGAKAU O TE WHAEA HE WA TONU ME ANA TAMARIKI



"....if health promotion messages were based on Māori realities then yes, I would have taken more notice"

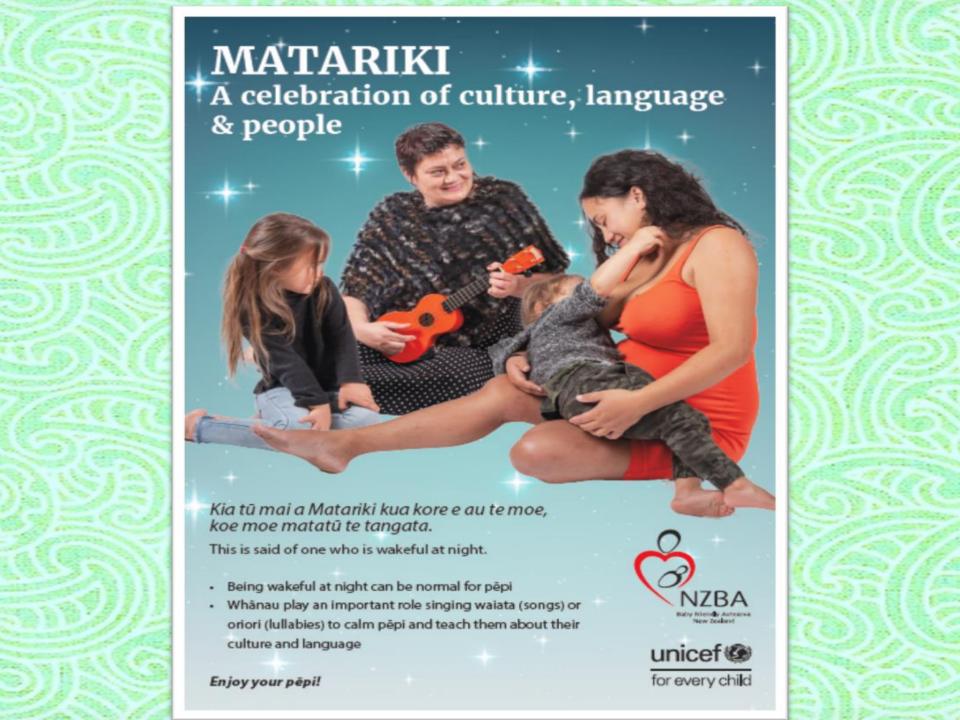
"The use of pūrakau (Māori traditional stories) in breastfeeding promotion would make me sit up and listen"



'...I felt like such a bad mother'.(Foase, 2018 p 21)

whanau are the first point of contact for women experiencing breastfeeding difficulties, therefore women strongly suggested that breastfeeding education and information needs to extend to the wider whānau" (Foase, 2018, p21)





https://www.babyfriendly.org.nz/resource/responsiveness-to-maori



Responsiveness to Māori

Te Whāriki

In response to requests for resources, education materials and advice on education on breastfeeding for Māori, NZBA provides a kete of resources, **Te Whāriki**, to support health professionals, consumers and others. Scroll down to find them at the end of this section.

Mauri ora ki a tatau katoa.

Te Rōpu Whakaruruhau, te rōpu Māori tohutohu i a NZBA mo ngā take Māori. I te wā tuatahi nei, i panuitia ana, ko ngā rauemi kua whakawātea mai ā "Te Whāriki".

References



Foaese A. (2019). Māori and Pasifika women's experiences of breastfeeding across the South Island. Consumer stories: quality improvement project. South Island Alliance.

Hirini Moko Mead (2003) Tikanga Māori: Living by Māori values. Wellington: Huia Publishers.