



Kua eke ki te 4 tau

**Kia whakamātauria ki tō
Whakamātau B4 School koreutu!**

**He pārongo mā ngā
ratonga whare
kōhungahunga**

He aha te B4 School Check?

Ko te B4 School Check tētahi kaupapa utukore e tirohia ai te hauora me te whanaketanga o ia tamaiti 4 ki te 5 ngā tau i Aotearoa. Ka 4 tau te tamaiti, ka tirohia tana hauora, otirā, ko te tiro tiro whakamutunga tēnei i raro i te kaupapa o Tamariki Ora.

Mā te B4 School Check ka mahi ngātahi ngā kaiako, whare kōhungahunga, koutou ko ngā kaimahi hauora, ki te tiaki i te hauora, i te whanaketanga, waihoki, ko te oranga tonu o te tamaiti mā te tautohu me te whakatikatika i ngā take hauora a te tamaiti, i mua tonu i tana haere ki te kura.



He aha ngā mahi i te B4 School Check?

Ka 4 tau te tamaiti, kua tae te wā mō te B4 School Check. Mēnā kāore anō ngā mātua, ngā kaitiaki rānei kia rongo kōrero i a mātou, me whakapā atu rātou ki te ratonga hauora e tika ana i tō rātou nā rohe.

Mā te nēhi rēhita e whakahaere te B4 School Check. Ka 45 meneti te nēhi e tiro tiro ana i ēnei āhuatanga o te tamaiti:

- te hauora me te whanaketanga
- te tāroaroa me te taumaha
- ngā niho
- te noho ā-pāpori me ōna kare ā-roto
- te tatau o ngā awhikiri.

Ka whakamātauria ngā taringa me ngā karu e tētahi kaiwhakamātau whatu, taringa hoki. Ka whakaritea pea tētahi wā motuhake hei hakatutuki i taua mahi.



Ka tonoa tētahi o ngā kaimahi e whai rēhita ana i tō whare kōhungahunga ki te whakakī i te rārangi pātai e kīia ana ko te *Strengths and Difficulties Questionnaire (SDQ-T)*. Mā te kaimahi B4 School Check tēnei e whakarite, e whakamārama atu hoki ki a koutou. (Tērā te wā ka tonoa koe e ngā mātua, e te kaitiaki rānei ki te whakakī te *SDQ-T*.)

Ko te *SDQ-T* tētahi tikanga e kitea ai ngā wāhi me whai āwhina te tamaiti i mua i tana haere ki te kura. Ko te aronga nui ko ngā pūkenga e hāpai ana i te tamaiti. Kei reira hoki tētahi wāhi ki ngā ngoikoretanga a te tamaiti, hei tauira noa, ko te poto o te hihiwatanga, ko tōna whanonga me te whanaungatanga i waenganui i a ia me ētahi atu.

E kimi ana te *SDQ-T* i ngā kitenga me ngā whakataua a te kaiako mō ngā āhuatanga o te tamaiti i roto i ngā nekeneke o te whare kōhungahunga i ia rā.

Mā te B4 School Check e mahi ngātahi ai ngā kaimahi hauora, ngā kaimahi i roto i ngā ratonga whare kōhungahunga rātou ko ngā mātua me ngā kaitiaki tamariki kia eke ai te tamaiti ki te taumata e tika ana i tōna anō ao.

Ko ngā pārongo katoa ka puta mai i te B4 School Check ka noho muna ki ngā tāngata e āta whakaaetia ana, arā, ko te hunga e mahi ana ki te taha o te tamaiti, ko te hunga e whakahaere ana i te B4 School Check, i āna punaha pārongo rānei.

Te kaupapa matua o te B4 School Check

Mā te tirohanga hauora nei ka **whai wāhi mai ngā mātua me ngā kaitiaki o te tamaiti mā te tuku pātai**, mā te whiwhi pārongo mō te hauora o tā rātou tamaiti me te mōhio kua rite tā rātou tamaiti ki te haere ki te kura.

Mā te kaupapa nei hoki **e tūhonohono ngā whānau ki ngā ratonga hauora**, kia ea ai ngā take hauora a te tamaiti.

Mā te āta tiro tiro i te hauora me te whanaketanga o ngā tamariki e 4 ki te 5 tau te pakeke e kitea wawe ai ngā take hauora me te whanaketanga, ka mātua kitea atu anake i te wā ka pakeke ake a ia. He mea nui kia tirohia te tamaiti i mua i tana haere ki te kura me tana ekenga ki te taumata ako hou.

Te wāhi nui ki ngā whare kōhungahunga

He wāhi nui tō te ao mātauranga me te ao hauora i tēnei tino kaupapa tiro tiro hauora.

He mea nui tō hononga ki ngā tamariki me tō mōhio tangā ki a rātou i te B4 School Check.

He mea nui ngā pārongo mō ngā akoranga me te whakanaketanga o te tamaiti ka tukuna atu e koe i te B4 School Check ki ngā mātua, ki ngā kaitiaki, ki te Manatū Hauora me Te Tāhuhu o te Mātauranga.

Āwhinatia mai

He tono āwhina tēnei:

- **ki te mahitahi** ki ngā nēhi ki te whakaoti i te rārangi pātai mā ngā whare kōhungahunga e pā ana ki ngā pūkenga me ngā ngoikoretanga a te tamaiti (te pepa *SDQ-T*)
- **ki te whakatairanga** i te B4 School Check mā te whakamārama atu ki ngā mātua he tirotiro hauora UTUKORE tēnei, me te akiaki i a rātou ki te whakaae mai ki te kaupapa
- **ki te tautoko me te akiaki** i ngā mātua, i ngā kaitiaki hoki ki te haere ki ngā ratonga hauora e tika ana mēnā ka puta mai ētahi take hauora ki tā rātou tamaiti.

Kia whiwhi mōhiohio anō

- **Whakapā**
- **Haere** ki health.govt.nz/b4schoolcheck
- **Tāmaki Makaurau:** waea ki 0800 104 105
- **I waho o Tāmaki Makaurau:** waea ki 0800 933 922

ki te kite i tō kaiwhakarato pātata.



**Te Kāwanatanga
o Aotearoa**
New Zealand Government

Te Whatu Ora
Health New Zealand