

Me pēhea mōhio ai te Tākuta, Mātanga Mōhiti (Optometrist) rānei i te hiahia mōhiti a taku tamaiti?

I te wā ka hiahia tō tamaiti i tētahi whakamātautau mau mōhiti, ka whakaritea tētahi toronga ki tō Tākuta, Mātanga Mōhiti rānei. Mō tēnei toronga ka ringihia he pata karu hei whakawhākana i ngā whatu. Mā tēnei e mārama ai te kite a te Tākuta/Mātanga i te wāhanga whakamuri o te karu (mata tuaroa). Mā te whakaata i tētahi aho tūrama ki te mata tuaroa o te karu me te whakamahi i ngā arotahi rerekē te kaha, ka taea e te Tākuta/Mātanga te whiriwhiri i te kaha o te mōhiti e hiahia ana.

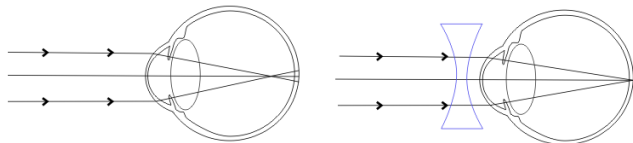
Ki te hiahia mōhiti tō tamaiti, ka tukuna tētahi puka ki a koe hei kawē ki te Mātanga Mōhiti tata. Kei runga e mau ana ngā mōhiohio mā te Mātanga Mōhiti hei hanga i ngā mōhiti o tō tamaiti.

He aha i tūtohua ai ngā mōhiti tamariki?

E tūtohua ana ngā mōhiti tamariki hei whakapai ake i te kitenga, te ārai atu me te maimoa i te amblyopia, ki te whakatika rānei i ngā raru uaua karu. Tērā pea ka hiahia ngā mōhiti mō te:

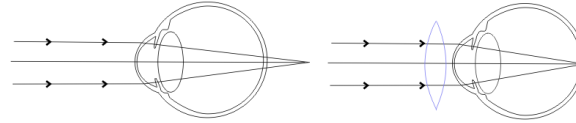
Kahurua (kitenga tata)

Ka arotahi te aho i mua, kaua i runga, i te mata tuaroa. Ka āwhina ngā mōhiti ki te whakaarotahi i ngā hihi aho ki runga i te mata tuaroa. Ka rehurehuria te kitenga tawhiti.



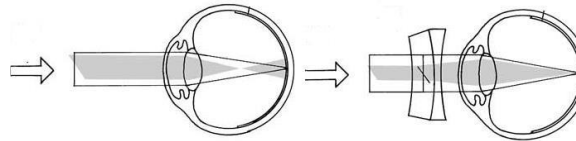
Kahurau (kitenga tawhiti)

Ka arotahi te aho i muri, kaua i runga i te tuaroa. Ka āwhina ngā mōhiti ki te whakaarotahi i ngā hihi aho ki runga i te mata tuaroa. Ka rehurehuria pea te kitenga tata, tawhiti rānei.



Arotahi Takarepa (Astigmatism)

He rerekē te hanga o te wāhanga whakamua o te karu (kiriwhatu); he rite te āhua ki te "whutupōro". Ko te tikanga o tēnei e kore e arotahi tika te hihi aho ki runga i te mata tuaroa. Ka pāngia te kitenga tawhiti, tata hoki.



Anisometropia

He kahurua, kahurau rānei te kitenga o tētahi karu; he rerekē te arotahitanga o ia karu. Nō reira ka kaha ake tētahi arotahi i tētahi, ā, ka mātatoru ake te āhua o tētahi.

Refractive Esotropia

He hononga ki ngā uaua arotahi, e whakahāngai ana i ngā karu i te wā e tiro ana ki ngā mea tata. Ko ētahi tamariki whai Hypermetropia he nui rawa te arotahi, ā, ka huri whakaroto ngā karu. Ka taea te whakatika mārika i te refractive esotropia mā te mau mōhiti.

Me mau mōhiti taku tamaiti i te roanga o te rā?

I te nuinga o te wā, me mau mōhiti ia rā, e taunga ai te roro kia mārama ki ngā whakaatatanga mārama, ā, me te whai hua nui ai. Ka pātai ētahi kura kia tangohia ngā mōhiti e ngā tamariki mō te tākaro me te wā kori. Matapakitia tēnei me tō Mātanga Karu he aha te whiringa pai rawa mō tō tamaiti. Ki te whakahau tonu tō kura, tēnā whakaritea kia whakamauhia anō ngā mōhiti mō te roanga atu o te rā e ngā kaiako.

E kī ana taku tamaiti he pai ake tana tirohanga kore mōhiti.

He amuamu auau tēnei, tatū noa ki ngā rā atinga o te mau mōhiti. He whaitake tonu kia ākina e koe tō tamaiti kia manawaroa, i te mea he roa tonu te wā e taunga ai ngā karu me te roro ki ngā arotahi hou. Ina hiahia tō tamaiti i te tūtohunga mō te karu kotahi anake, e kore pea rātou e kite i ngā hua ina mau mōhiti.

Me mau mōhiti rawa taku tamaiti mō ake tonu?

Kei te āhua tēnei o te kaha o ngā mōhiti, te whanaketanga o ngā karu, ā, mēnā e hiahia ana ngā mōhiti hei wāhanga maimoatanga karepa, karu māngere rānei. I ētahi wā hei muri rā anō ka mōhio.

Ka whirinaki taku tamaiti ki ngā mōhiti?

He nui te hunga e whakaaro ana ka kino ake te tirohanga nā te mōhiti, ā, ka whirinaki te tamaiti ki ngā mōhiti. Kāore tēnei i te tika, kāore ngā karu i te kino ake, engari e

whakatoihara haere ana ia ki te atarua ina kore mau.

Me pēhea taku whakarite kia mau mōhiti tonu taku tamaiti?

Whiria tētahi tāpare e rata nei kōrua ko tō tamaiti. Mēnā ka taea, me whai wāhi tō tamaiti i roto i te whiringa, i te mea ko ia te mea e mau ana i ngā mōhiti. Me hāneanea te tāpare, me haumarua, me pakari, me tau hoki te āhua. Tono āwhina mai i tō mātanga mōhiti ko ēhea ngā mea e hāngai nui ana ki tō tamaiti.

He mea nui tonu kia hīkaka tonu ngā mātua, ngā kaiako me ngā mema o te whānau ki ngā mōhiti. Kaua e whakamaniorotia. Ākina tō tamaiti ki te pai o te āhua o ōna mōhiti. Tohua haere ētahi atu tamariki, pakeke rānei e mau mōhiti ana me te pai o te āhua.

Mēnā he pēpī, he kōhungahunga rānei tō tamaiti, me ngana ki te whakaware i a ia i muri tata o te whakamaunga. Ina tangohia ngā mōhiti, whakamaua anō. Ina tangohia tonu, whakatahatia, ka whakamātauria anō i muri iho. Kei tukuna kia noho hei whakataetae, taututetute rānei i waenganui i a kōrua.

Me pēhea taku rapu kōrero anō mō te āhua o ngā karu o taku tamaiti?

He motuhake tō tamaiti me ōna mōhiti; kaua e whakatauritehia ngā mōhiti e rua. Mēnā he pātai āu, he raruraru rānei me ngā karu o tō tamaiti me te maimoatanga, kaua e tawhitawhi ki te pātai ki tō Mātanga Karu, Tākuta Karu rānei mō ētahi tohutohu. Nā te mau ki ngā rekoata a tō tamaiti, ka māmā ake te whakautu i ngā pātai motuhake.

Mēnā he kāri hāpori tāu, tā tō tamaiti rānei, tērā pea e wātea ana ētahi tautokotanga pūtea mō ngā mōhiti. Ka kitea ētahi atu mōhiohio i runga i te pae tukutuku ko enable te ingoa:

<https://www.enable.co.nz/services/spectacles-subsidy>

Pukapuka tamariki mō te mōhiti:

Arlo Nees glasses – Barney Saltzberg
Peppa Pig: Peppa’s first glasses
Luna and the Big Blur – Shirley Day
Princess Peepers – Pam Calvert
Ii can see just fine – Eric Barclay
Douglas you need glasses – Ged Adamson
Fancy Nancy and the Spectacular Spectacles - Jane O’Connor :

Ingoa Mātanga Karu:
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Taipitopito Whakapā:
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New Zealand Orthoptic Society Inc.



Ngā Mōhiti me ngā Tamariki

Puka Mōhiohio Tūroro