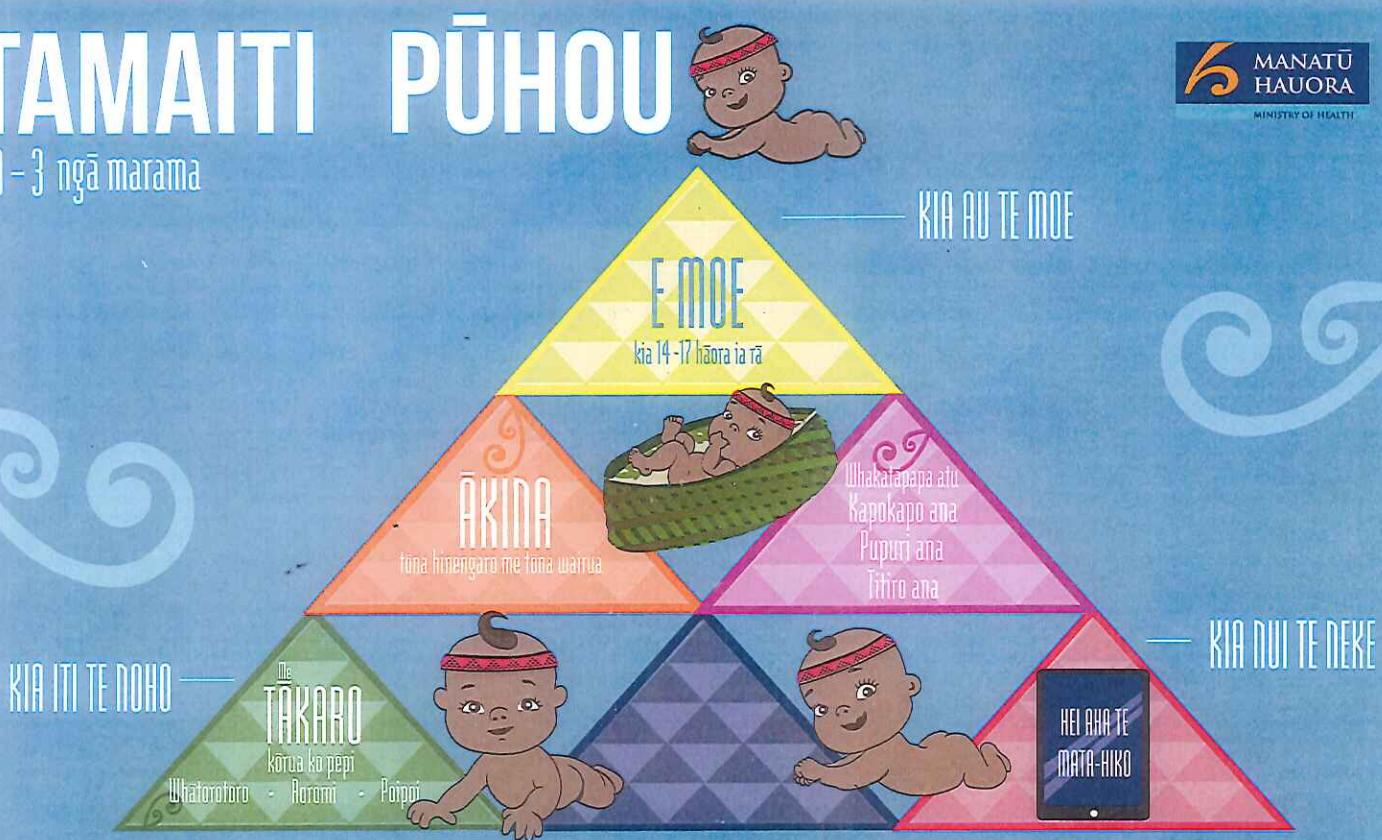


TAMAITI PŪHOU

0 - 3 ngā marama



Ko te tukutuku nei he tohu mō te tangata me ūna tini āhua. Ko te 'maunga' he tohu mō te tamaiti, ko ngā 'muka' o roto he tohu mō te whakapapa, whatumanawa, tinana, wairua, wheako anō hoki o te tamaiti. Nō tātou tonu nei - nō ngā mātua, katiaki, tūpuna, whaea, pāpā anō hoki te haepapa nui ki te whatu i aua muka.

May 2018 HP 6859

TAMAITI PŪHOU

Babies 0-3 months

KIA ITI TE NOHO
Sit less

PLAY
with your baby
reach - grasp - hold

SLEEP
14 - 17 hour per day
centred around their physical and emotional needs

FORM
an emotional & spiritual connection

KIA RU TE MOE
Sleep well

Tummy time
Grasping/Handling
Observing/Holding

KIA DUI TE REKE
Move more

No
screen time

Tapapa atu
Ratau ana
Pupuri ana
Titiro ana

A child is represented by the tukutuku pattern 'maunga' or mountain. The pattern demonstrates that all people are made up of many different strands. Strands represent whakapapa (genealogy), whatumanawa (emotional), tinana (biological), wairua (spiritual), wheako (experiences), all of which (and more) represent the very tapestry of who we are. As parents, caregivers, grandparents, aunties and uncles, we have the privilege of influencing the many strands that make up a child.

December 2017 HP 6743