

TAMAITI PŪHOU

Babies 0-3 months



SLEEP

14 - 17 hour per day

centred around their physical and emotional needs

KIA AU TE MOE
Sleep well

FORM

an emotional & spiritual connection

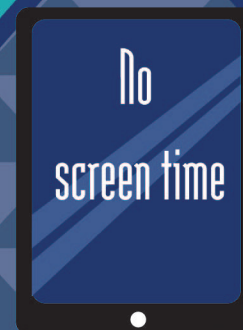


Tummy time
Grasping/Handling
Observing/Holding

KIA ITI TE NOHO
Sit less

PLAY

with your baby
reach • grasp • hold



Tāpapa atu
Rarau ana
Pūpuri ana
Tītiro ana

KIA NUI TE NEKE
Move more

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), whēako (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.