

# OWHAOWHA

Infants 3-12 months



KIA AU TE MOE  
Sleep well

SLEEP

12 - 15 hours per day  
including at least one daytime sleep

Connecting  
Amuses self  
And plays with family members

Crawling  
Standing  
Walking unsteadily  
Exploring



KIA ITI TE NOHO  
Sit less

Encourage  
Move, Explore  
assisted standing and walking



No  
screen time



KIA NUI TE NEKE  
Move more

Ngaoki  
Tū ana  
e ruriruri ana  
Hōrapa kau 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), whēako (experiences), all of which (and more) represent the very tapestry of who we are. As parents, caregivers, grandparents, aunts and uncles, we have the privilege of influencing the many strands that make up a child.