

OWHAOWHA

Infants 3–12 months



SLEEP

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

KIA AU TE MOE
Sleep well

Connecting
Amuses self
And plays with family members



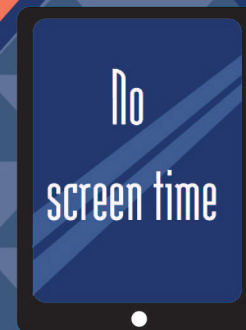
Crawling
Standing
Walking unsteadily
Exploring

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.