

te pihinga

BOOKLET

2 From 7 to
12 months



tākai





As descendants of their tīpuna, mokopuna are born into this world with immense potential. They are a living link between the past, present and future.

Te Pihinga 2 is a guide for the journey of whānau and their growing pēpi from 7 to 12 months. This is a time for parents, caregivers and kaitiaki to nurture, care for and keep pēpi safe in their world through individual attention. Te Pihinga offers simple whānau tikanga for this stage of rapid growth.

Each section of this pukapuka contains simple and practical ideas to support early brain development. Mātauranga Māori can guide our parenting and provide what pēpi needs for healthy development.

Nō reira kia kaha, kia māia!

What's happening at 7 to 9 months

He iti tangata, e tipu.
He iti toki, he iti tonu iho.

A little child will grow. A little adze will
always remain small.



Pēpi says

I'm learning to make lots of different sounds. I can use my lips to make patero sounds. That makes us all laugh.

I notice small details more now, like my uncle's big nose. Hongi matua?

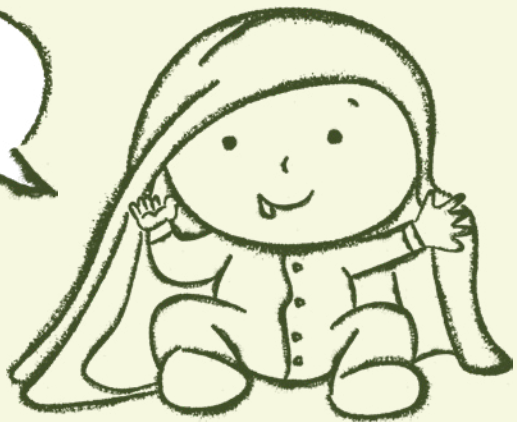
When there are new faces around me, I might cling to people I know until I get used to the others.

I understand lots of words my whānau use when we play and kōrero, like: pakipaki, ka kite, moemoe, kai, māmā and koro.

I can get hōhā sometimes if I see something I want and I'm not allowed it.

I'm crying a lot. I might be feeling really tired or maybe I'm getting sick.

When I see or hear people I know, I get excited.





Every time I repeat movements or activities, the connections in my brain for these actions become stronger.

I need all my kaitiaki nearby as I'm still learning about this big world and who I can trust.

I make lots of babbling sounds and I can use facial expressions to let my whānau know what I want.

I like to go outside. There's heaps to see, smell and touch.

I use my strong muscles to pull myself up to sit and I might begin to move about by crawling.

I like to copy you and it's fun when you copy me!

I use my hands, eyes and mouth all together to explore with.

Board books are interesting. I like to put them in my mouth, chew on the covers and flip the pages.

I like playing games with my whānau. I like games where I look for things that they've hidden. "Kei hea te pukapuka pēpi?"



Whānau say

We always talk and play with our pēpi, especially when we're changing kope or giving them a bath.

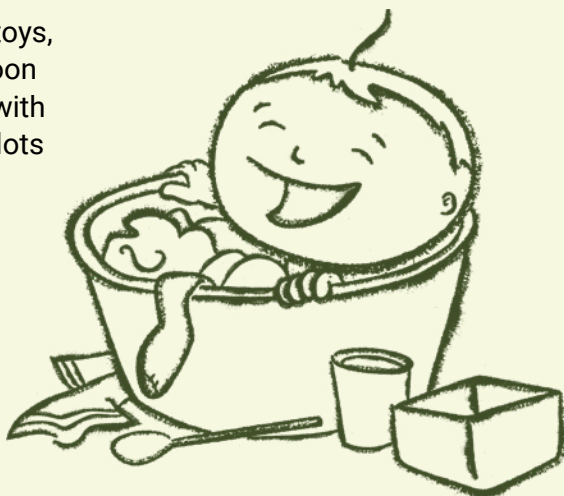
Pēpi likes to move around whenever they get the chance. And all that action can really tire them out.

We are always alert to possible dangers especially when they're on the move. It doesn't hurt to put a cushion behind them when they're sitting because they still lose their balance sometimes.

We notice the types of taonga tākaro that pēpi is interested in. Lids that open and shut, and things to bang, shake and make noises with are lots of fun.

Their little fingers love to explore, poking and pulling, and that waha still loves to taste test everything.

No need to buy lots of toys, exploring a pot and spoon or an empty container with a pop up lid gives pēpi lots of learning.

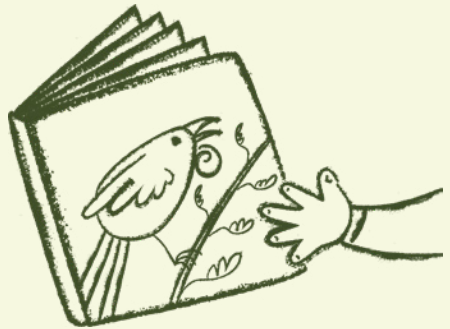




Pēpi is using information from all their senses at once: reach, poke, mouth, grab, listen and look.

We know pēpi understands a lot more kupu than they can say. When we ask, “Kei hea tō ihu?”, pēpi points to their nose.

We share small chunky books with hard pages and brightly coloured pictures. Adding lots of sounds or making up stories helps to keep pēpi interested.



We know that their attention span can be quite short and that's okay.

We love it when pēpi tries to interact with us and we always respond with excitement.

Pēpi has started to stand while holding onto things, sit without support, explore objects in a variety of different ways, and pick up, bang, drop, shake and throw things.

We notice and love to record all the new things pēpi is doing. Nana and the whānau love to hear all about these too.

Kaitiaki pēpi

Pepeha

Everyone has a pepeha that connects them to their ancestors – it helps to make links to the regions and important landmarks in the places we've come from. Pepeha identify the maunga, awa and marae that are linked to hapū and iwi.

By learning the names of these places, you can also start to learn the stories that come with them.

Pēpi may have several pepeha that link them to their different whānau. Teaching pēpi their pepeha through stories, photos, pictures or even singing, helps them grow up feeling connected and familiar with who they are and where they're from.



Repeating whakapapa and pepeha to pēpi is great for growing their hinengaro mīharo, their amazing brain.



Example of a simple pepeha:

Ko _____ tōku waka

Ko _____ tōku maunga

Ko _____ tōku awa

Ko _____ tōku hapū

Ko _____ tōku marae

Ko _____ tōku iwi

Ko _____ tōku ingoa

Karakia

Karakia are prayers or chants used in many formal and informal daily rituals. There are karakia for all occasions such as birth, death, sickness, warfare, waka building, the growing and harvesting of kai, and to give thanks or ask for protection.

Whether you pray to a specific atua (god) or just out to te ao tukupū (the universe) it is up to you.

Karakia can help with settling emotions when you're upset or to set a positive tone for the day. For many whānau karakia is part of a daily routine.

Here is a karakia for all the whānau to learn that speaks of the promise of a good day.

Whakataka te hau ki te uru
Whakataka te hau ki te tonga
Kia mākinakina ki uta
Kia mātaratara ki tai
E hī ake ana te atakura
He tio, he huka, he hauhū
Tihei mauri ora!





Ngā taonga tākaro

Play is learning

When your pēpi is playing, your pēpi is learning. Remember, pēpi is at a stage where they may only play for a few minutes and then lose interest.

Hold pēpi in front of a mirror so they can see you and themselves. Play talk and touch. “Kei hea tō ihu? Where is your nose?”, “Kei hea tō waha? Where is your mouth?”

Try calling out their name from different places in the room, or use things with different sounds like a pot and spoon to attract their attention. It’s fun and a way to test their hearing.

Try hiding behind a piece of furniture, call pēpi and peep out a little to try to get them to come and find you. Act really excited when you’re found.

Pēpi is interested in ways to manipulate objects. Try small containers, boxes, pots and pans with lids, or toys that nest or fit together.



Think about ways to let pēpi explore freely and safely in your kāinga. Try to put things you don't want pēpi touching out of sight or out of reach – breakable items, pot plants, electrical cords and plugs. Put the things pēpi can touch in easy reach.

Explore outdoors. Visit the ngahere, the moana, or a whare tipuna and let pēpi touch, hear, see, smell and taste all there is around you.

Waiata kōhungahunga

Singing is a great natural high for pēpi and you. Did you know that when you sing together, it releases endorphins, the happy hormones, which brings a sense of pure joy.

Here's a little waiata you can share.

Ngā wira o te pahi
Ka hurihuri huri
Hurihuri huri
Hurihuri huri
Ngā wira o te pahi,
Ka hurihuri huri
I ngā wā katoa

(Tune: Hush little baby, don't say a word)



Visit [takai.nz/waiata](https://www.takai.nz/waiata) for more.

Ngā tohu whānau

There are 6 things that promote a strong relationship between parents, whānau and their tamariki. In these months they might look like this.

Love and warmth

- Take pēpi to the places we enjoy.
- Have fun playing games with pēpi, especially their favourites.
- Comfort pēpi if they're a bit whakamā near people they don't know well.



Talking and listening

- Reply to the sounds pēpi makes to show we understand their cues.
- Say the names of things pēpi is interested in.
- Play turn-taking games and talk about what's happening, "It's your turn, now it's my turn."

Guidance and understanding

- Remember we're the most important people to pēpi so they might be unhappy if they can't see us.
- Introduce pēpi to kupu that describe what they're doing.
- Pēpi may have their preferred way of doing things. If it's safe, try and tautoko them.



Pēpi is really interested in the people in their life and curious about the world around them. Their world of relationships is getting bigger and they're beginning to move and explore using all their senses. Pēpi relies on their kaitiaki to keep them safe.

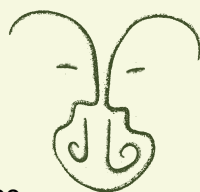


Limits and boundaries

- Move stuff we don't want pēpi to touch – so we can say āe more than kō.
- Make our kāinga safe inside and out for pēpi to explore.
- Give pēpi safe things to play with.

Consistency and consequences

- Remember pēpi will copy what we do and say.
- If pēpi goes to touch something dangerous or not allowed, say “Kāti!” and calmly move them away.
- Try to keep some routines and spaces familiar, such as sleeping spaces and eating places.

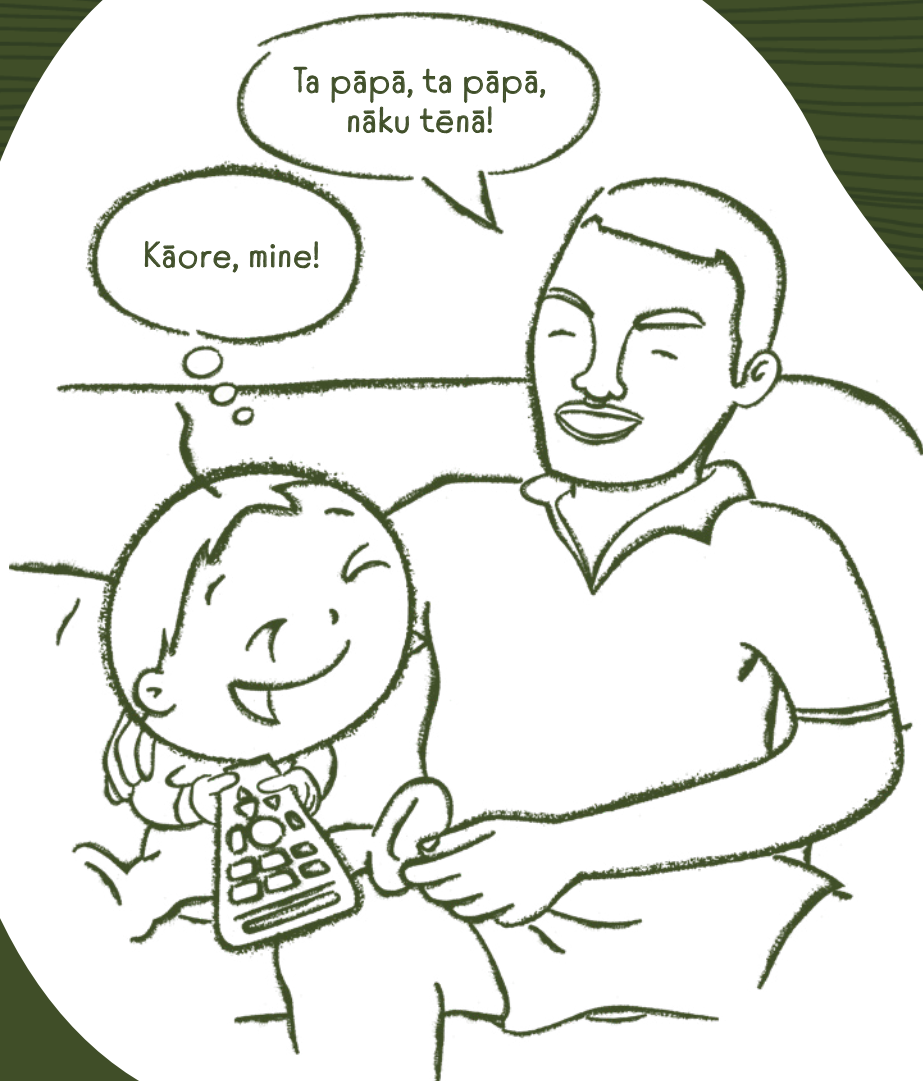


A structured and secure world

- Remember that our relationship with pēpi is the key to their future learning and relationships.
- Share the world with pēpi – explore and kōrero about everything we see and hear.
- Introduce changes gradually.

Look and learn







What's happening at

10 to 12 months

Tohea ki te tohe i te kai.

Persist and persevere.



Pēpi says

I'm learning lots through my daily exploring.

I'm physically stronger, and able to reach higher and move faster.

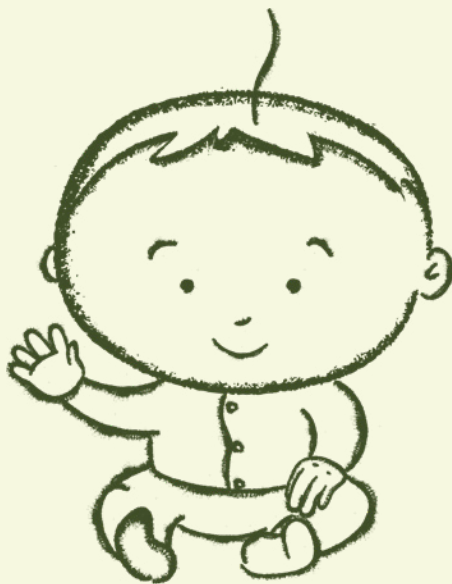
I can do more things easily – kōrero, mouthing, banging, pushing, dropping, throwing, shaking, reaching, seeking and finding.

I understand and respond to more kōrero.

I can express myself using sounds and gestures. I'll hold my arms up when I want to be picked up or hold my hand out when I want something.

I like to wave and try to say, "ka kite".

I can get hōhā when I can't do what I want or have what I see.





My job is to play, this is all learning for me.

Keep an eye on me if I'm feeling hot or unsettled.
I might be getting sick.

I feel happy when I see and feel aroha from my
kaitiaki.

I love to hear all the kōrero ā-whānau even
though I'm little.

I still like having my whānau close by and might
get upset if I'm away from those familiar faces
for too long.



My hinengaro mīharo receives
information best when I see, hear
and touch at the same time.



Whānau say

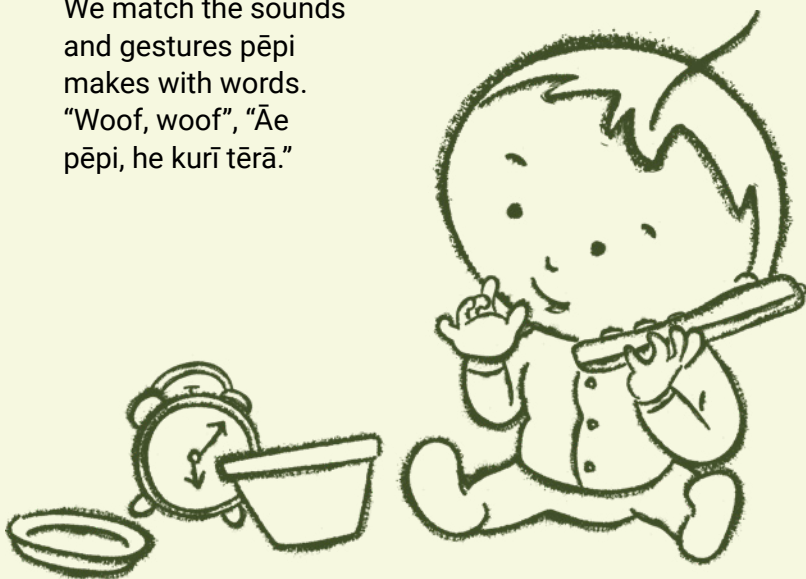
Well, what an adventure we've had with our pēpi. We are still all learning a year on. Some ups and some downs but we are still here. Thanks to everyone around us.

We have ways to keep the kāinga safe but interesting, having spaces just for pēpi – a kitchen drawer, cupboard or low shelf.

Pēpi learns so much by just watching us – like picking up the phone and starting to kōrero. This always makes us laugh.

We have to decide what is okay for pēpi to explore. We try hiding or putting what's not okay out of sight.

We match the sounds and gestures pēpi makes with words. "Woof, woof", "Āe pēpi, he kurī tērā."





The best way to make language connections in their brain is to kōrero, kanohi ki te kanohi.

We help pēpi to learn the kupu that match what they're doing, it's called parallel talk. "You're looking for the little button on the phone that makes the bleep sound."

We have a collection of objects around the whare that pēpi can explore safely. There are bits to spin, holes to poke, buttons to press and lids to open and close.

A simple walk along the awa gives pēpi so much to experience, and strengthens the connections in their hinengaro.

If we go to parties where there's lots going on, we agree beforehand on our whānau tikanga to keep pēpi safe.

We mihi mihi and praise pēpi in te reo Māori. "Ka pai ō mahi", "Tau kē koe". We also give instructions – haere mai, haere atu, e noho, e tū, kia tūpato, waihotia, tohatoha, homai.

Kaitiaki pēpi

Waiata ā-ringa

Waiata ā-ringa (action songs) bring singing and actions together. They are usually sung not chanted, but chants are sometimes incorporated into them.

There are different types of waiata ā-ringa. Performing them can be fun or serious. There's playful ones especially for tamariki, for example, doing driving the bus actions while singing Ngā Wira o te Pahi (The Wheels on the Bus).



Maramataka

The maramataka is the traditional Māori lunar calendar. Maramataka literally means the moon turning. This is the traditional way in which time was marked.

The supply of kai was always organised using the maramataka. It was the guide for planting and harvesting crops, and knowing when other food sources would be plentiful.

The maramataka also marked significant events and celebrations, the time of Matariki and Puanga and other seasonal events and activities.



Curious explorers





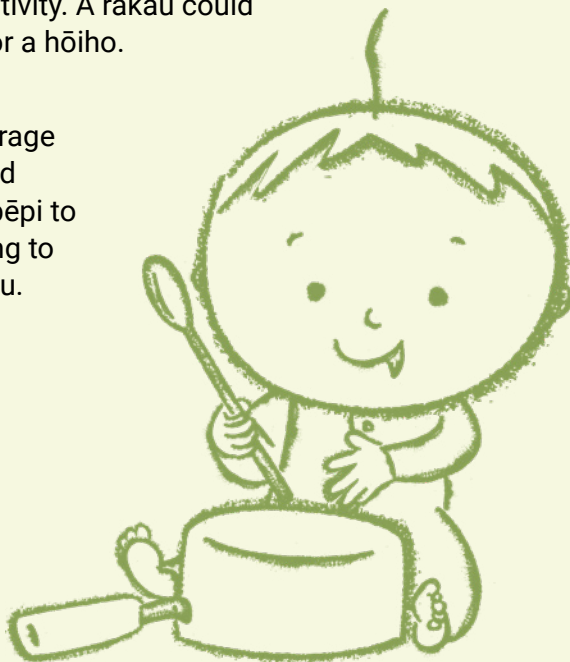
Ngā taonga tākaro

Sit under a rākau with pēpi.

- What can we see? Look up at the branches and leaves and talk about shapes, textures and colours.
- What can we hear? Tāwhirimātea shaking the leaves, manu squawking or chirping.
- What can we find? He kōhanga? He āporo?

Pretend play is a great way to develop imagination and creativity. A rākau could be a waka, a whare, or a hōiho.

When whānau encourage and join in the pretend play, they're helping pēpi to be creative and adding to their pool of new kupu.





Waiata kōhungahunga

Singing together releases endorphins and brings a sense of pure happiness.

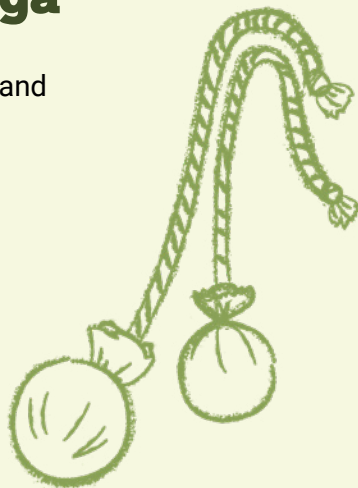
Try singing happy birthday to pēpi.

Rā whānau ki a koe

Rā whānau ki a koe

Rā whānau ki a pēpi

Rā whānau ki a koe



Visit [takai.nz/waiata](https://www.takai.nz/waiata) for more.



Te Whare Tapa Whā

Taking care of our hauora helps us take care of pēpi and their hauora.

Te Whare Tapa Whā is a way of thinking about hauora developed by Tā Mason Durie. It describes hauora as the walls and foundations of a wharenui. These all need to be strong – if one side is weak the whole whare is affected. When someone is unwell, think about which pou may need some attention and care.

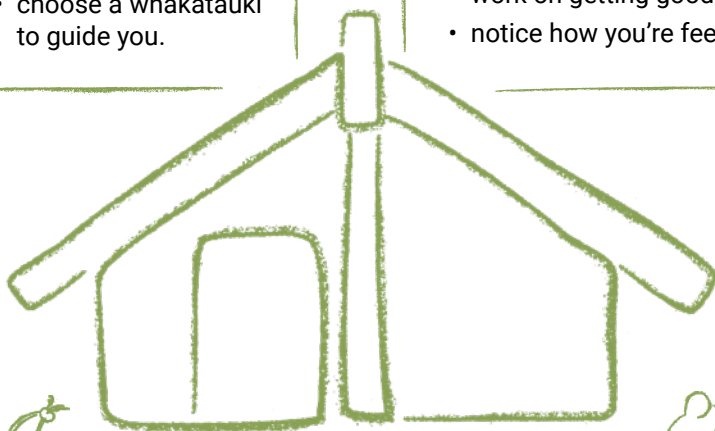
Here are some ways we might nurture our hauora.

Taha wairua

- meditate or pray
- play with pēpi
- choose a whakataukī to guide you.

Taha hinengaro

- do things you enjoy like kapa haka
- work on getting good moe
- notice how you're feeling.



Taha tinana

- run or bike
- grow and eat kai
- kanikani.

Taha whānau

- spend time with whānau
- kōrero about your whānau memories
- gather and share kai.

Whenua

- spend time in te taiao
- visit urupā where your ancestors are
- clean up te taiao.

Pakiwaitara

Kia mahara ki te hē o Rona

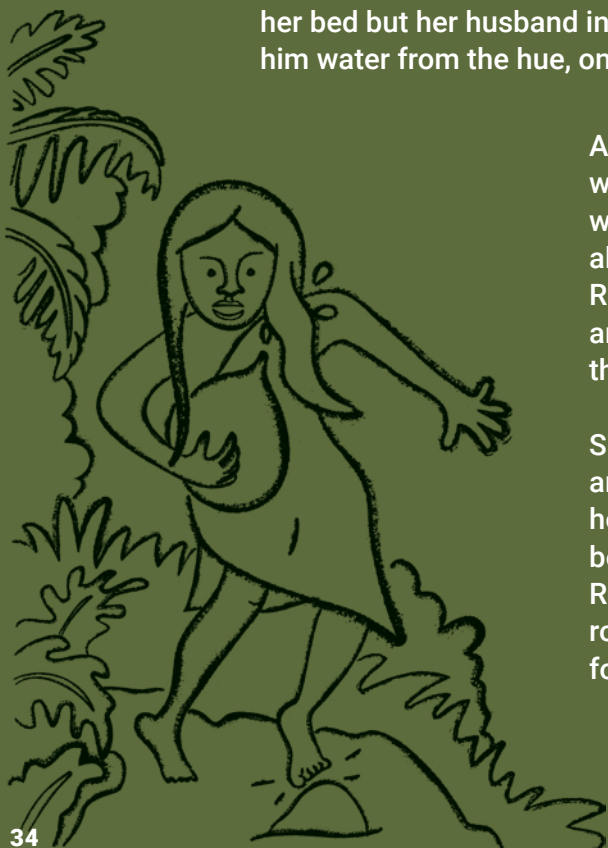


Rona lived many many generations ago
with her husband in a hut next to a river.

One night her husband was thirsty and asked Rona to get
him a drink of water. Rona was warm and comfortable in
her bed but her husband insisted. So she got up to get
him water from the hue, only to find it empty.

Although Rona didn't want to
walk to the river to get more
water, her husband kept on
about how thirsty he was, so
Rona stormed out of the hut,
angry that she had to walk to
the river in the darkness.

She filled her hue at the river
and as she was coming back
home the moon disappeared
behind a cloud. In the darkness,
Rona stubbed her toe on a big
rock. She swore at the moon
for hiding its light from her.





“Rona, it is not my fault that you’re walking out at night,” the moon said to her.

Rona was angry and she was in pain. She yelled at the moon again for making her fall. The moon became angry and decided to punish Rona by capturing her and bringing her up into the sky.

Rona felt the moon pulling her and she held tightly to her hue and then to a tree, fighting to stay on earth. But the moon was too strong and it ripped the tree up by its roots and pulled Rona, her hue and the tree up. If you look up at the moon today, you can see Rona clutching her hue and her tree.

What might this pakiwaitara remind us of?

- Planning ahead means you’re better prepared and life can run more smoothly.
- Work as a team in your whānau and share the mahi.
- Be careful with your words, especially around pēpi.



Tōku reo, tōku ohoo

My voice, my awakening

Pēpi says... Tell me a little bit about myself.

What do I like to do?

Who are the special people in my life?

What's one of the cool things about me?

Pēpi says... Now I want to know how you're doing.

It's been a year now since I arrived, how has it been?

What challenges have you faced during this first year?

What's something new you've learned from being my kaitiaki?







The Whakatipu series supports whānau with parenting.

It follows the journey of plant growth – from a seed, to a seedling, to a sapling and then a young tree. The booklets cover pregnancy, birth and child development up to the age of five years. They provide information, activities and tikanga-based learning for all parents and whānau involved in nurturing the growth and development of the next generation.

Order free resources at takai.nz

te 
kākano

From conception
to birth

te 
pihinga

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From birth
to 6 months

Booklet 2
From 7 to
12 months

Booklet 3
From 13 to
18 months

te 
kōhuri

Booklet 1
From 19 months
to 2 years

Booklet 2
From 2 years
to 2 and a half

Booklet 3
From 2 and a half
to 3 years

te 
māhuri

From 3 to
5 years

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