

te pihinga

BOOKLET

3 From 13 to
18 months



whakatipu

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 3 is a guide for the journey of whānau and their growing pēpi from 13 to 18 months old. This is a time for parents, caregivers and kaitiaki to nurture, care for and keep pēpi safe in their world through individual attention and supervision. 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

13 to 15 months

He taonga te tamaiti.

A child is a precious treasure.



Pēpi says

I'm showing my feelings very clearly now. When I'm happy, I like to awhi and kihi my whānau.

When I'm hōhā, I might cry or grizzle and use my body to show you I'm not happy. I might arch my back, hit, fling my arms and legs around and shake my head.

I am moving freely, maybe crawling, pulling myself to stand, walking by holding onto things – furniture and people. Or I might be walking without any help.

I like to get in and around things. Crawling under tables and chairs, getting into boxes or anywhere I see an opening.





My favourite thing to do is play outside.
This is my mahi everyday.

I'm great at picking up little items using my thumb
and index finger – kai, small toys, bits of fluff, stones.
Yep, I'm a little vacuum cleaner!

When I want something, I let my whānau know by
pointing to it. They watch me and work out what I want.

I'm starting to understand and
respond to more kupu. I'm
even saying some too.

I copy what
people say and
words I hear.
So, kia tūpato e
te whānau! I'm
a little sponge.





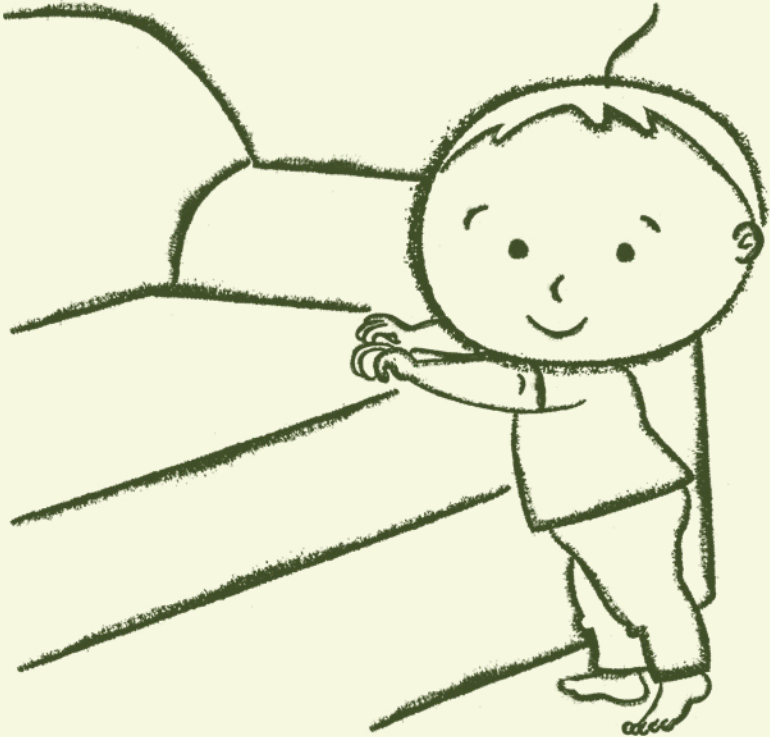
Whānau say

We notice how pēpi is feeling and try to respond positively to their needs. Distracting them works if we're quick with it.

We try to name everything pēpi sees because they understand lots more kupu than they can say.

We have started to give pēpi finger foods. Pēpi loves the chance to eat without our help.

Pēpi likes to practise new motor skills over and over again.





We make sure there are sturdy and safe surfaces for pēpi to use to pull themselves up to stand, and we help them walk or 'cruise' along them.

We are keeping a close eye on pēpi and the possible dangers in and around our kāinga. Life is full on!



We know that positive experiences will become happy memories for pēpi, and the experiences pēpi has are building new connections in their brain.

Kaitiaki pēpi

Gifting taonga

Whānau are often given special taonga for their children. These can link them to their wider whānau, hapū, iwi and to the person who gifted the taonga to pēpi.

Pounamu taonga like kapeu, manaia or tiki were sometimes used when tamariki were teething. They were used because their large size meant there was no risk of pēpi choking. The hard and cool stone is just right for soothing sore gums and helping teeth push through.

It's becoming more common to give taonga to mark significant milestones for pēpi and whānau.

Think about who you can approach to make taonga and what significance it will hold for your whānau. You could store taonga in waka huia and pass them on as whānau heirlooms in the future.



Tama ariki

Tama ariki refers to tamariki with disabilities as children of the gods – tamariki with superpowers. Tama ariki reaffirms that every person has mana and gifts to value and share.

Here are some tips from whānau for kaitiaki of tama ariki:

- Me āta titiro, me āta whakarongo. Observe without judgement, and listen with an open heart.
- Me āta kōrero tō katoa kia mārama. Speak with all of your being, sometimes words aren't enough or they're way too much. Try hand gestures, body language and expressions.
- Waiho au ki ahau anō. Let our tama ariki be, wherever they may be. It's up to us to change, not them.
- He taonga te whakaaro nui ki te tama ariki, ki tōna kaitiaki hoki. Our tama ariki come first, always. So, a kind thought to their parents or guardians, or support for their wellbeing is precious.



Ngā taonga tākaro

Let pēpi take the lead when you read pukapuka together.

Pēpi may:

- want to share the same pukapuka over and over again
- want to go straight to a certain page
- choose a book themselves and give it to you to read.

Learn kupu Māori, write them on stickers and put them in familiar places to help everyone use them regularly.

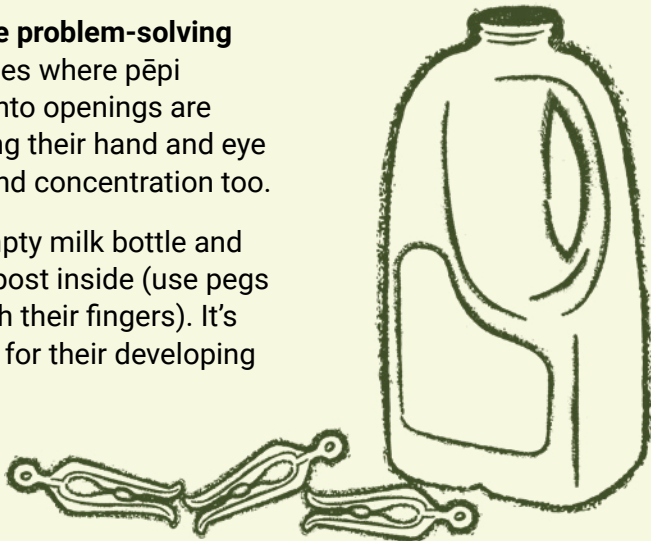
moenga – bed

tūru – chair

kākahu – clothes

Give pēpi some problem-solving games. Activities where pēpi 'posts' things into openings are great for helping their hand and eye coordination and concentration too.

Try a clean, empty milk bottle and some pegs to post inside (use pegs that won't pinch their fingers). It's a great activity for their developing hinengaro.



Simple learning games can be made up on the spot with things from around the house. Folding the clean washing could turn into a matching or sorting game.



Tōkena (sock) fun for example:

- Nā wai tēnei tōkena? Whose sock is this?
- Kei hea tētahi atu tōkena whero? Where's the other red sock?
- Whiua ēnei tōkena ki roto i te rourou. Toss these socks in the basket.

Remember to whakanui as much as you can. Ka rawe! Clever!
Tino pukumahi! Ka pai tō mahi awhina pēpi.

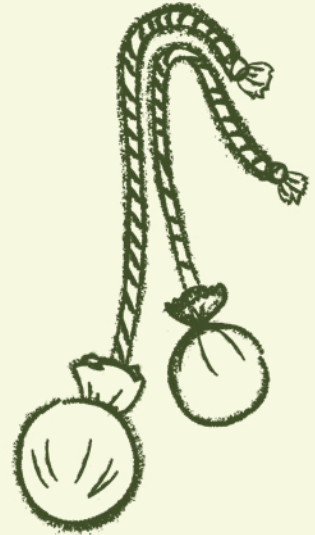
Waiata kōhungahunga

Pēpi enjoy all waiata, and especially waiata with actions. Come and join in this waiata ā-ringa.

Tō ringa ki roto
Tō ringa ki waho
Tō ringa ki roto
Ka ruiruihia
Kei te hope hope au
Kei te hurihuri au
Kei te pakipaki au e!

You can change 'ringa' to 'waewae', 'māhunga' and 'tinana', if you want to add more kupu.

Pēpi loves to hear familiar songs over and over again. They don't even care if you're in tune or not!



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

- Pēpi will want to make some decisions now. Let pēpi practise choosing between two things.
- Spend time with pēpi, playing, talking, reading, singing and having fun together.
- Encourage pēpi when they try to do things on their own, like wash their face or feed themselves.

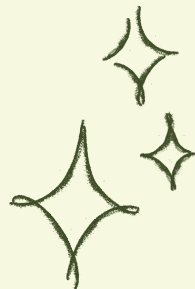


Talking and listening

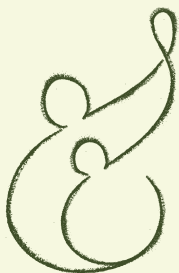
- Remember that pēpi understands much more than they can say.
- Get down on the same level as pēpi, speak face to face and use clear language.
- Talk to pēpi about what they are doing.

Guidance and understanding

- Remember pēpi hasn't got the words to express strong feelings yet. Tantrums happen.
- Remember that pēpi does not understand other people's needs or feelings yet.
- Allow time, when we can, for pēpi to make their own decisions and do things their way.



Pēpi is becoming aware of their place in the world and in their whānau. They're able to communicate their needs and wants clearly, and want to try things by themselves.

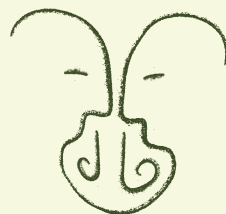


Limits and boundaries

- Have a few whānau rules that all kaiaki in the whare agree with and follow.
- Stay calm and firm when pēpi is testing boundaries.
- Go shopping when pēpi is fed, rested and well.

Consistency and consequences

- Model the behaviour we want pēpi to copy.
- If it was kāo yesterday, it's still kāo today.
- Praise pēpi when they cooperate, "Thank you for letting me change your kope."
- Try to ignore negative behaviours – choose your battles.



A structured and secure world

- Remember a loving and trusting relationship is the best foundation we can give pēpi.
- Give simple choices and be patient – pēpi is learning and we're all their kaiako.
- Balance daily activities so there's a mixture of quiet and active times.





Copy cat



I don't know where he gets that swearing from!

#%*#\$\$%!!

#%*#\$\$%!!





What's happening at

16 to 18 months

He aha te mea nui o te ao?
He tangata, he tangata, he tangata.

What is the most important thing in the world?

It is people, it is people, it is people.



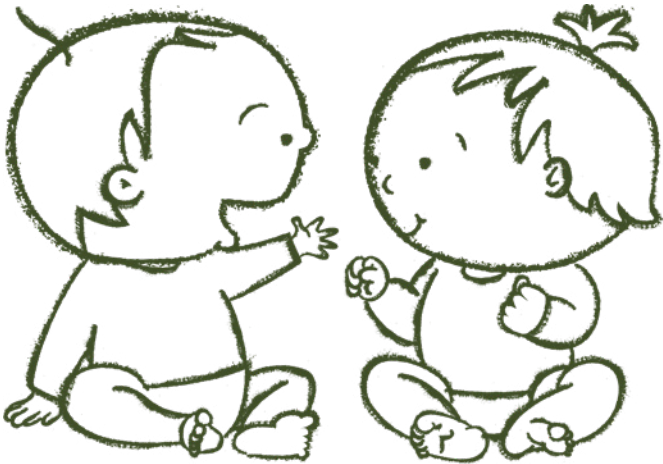
Pēpi says

I'm amazed at what my tongue can do. I like to practise different sounds and I'm starting to use more words.

I love playing in my own home. I feel safe.

I have my favourite pukapuka and recognise the pictures.

I'm beginning to have tantrums – that's me struggling with my emotions.




I like to do things myself, just like Māui Tikitiki.

I'm interested in other tamariki. I'm starting to learn about getting along with others.

I always get told to share, "Tohatoha, pēpi, tohatoha".

I can be full on sometimes, from the minute I wake up, to the time my head hits the pillow, I'm on the go.

I think my kaitiaki get a bit tired some days especially if I'm sick and need extra awhiawhi.



I love my waiata, especially ones with actions. Pūkana! Takahia!



Whānau say

Pēpi understands a lot and is starting to use more kupu to tell us what they want, need and are interested in.

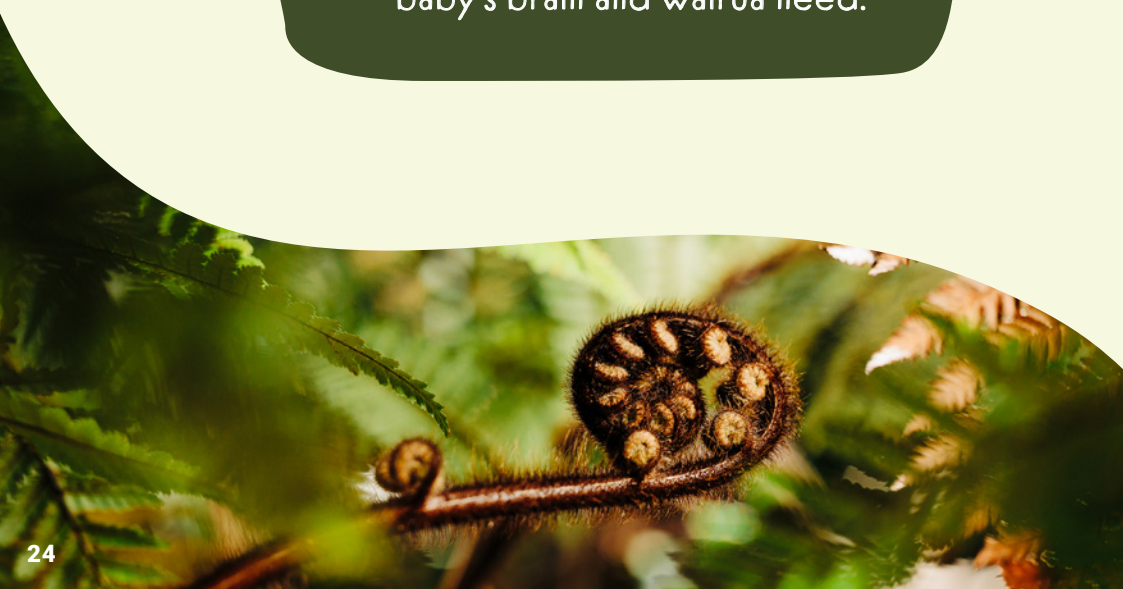
We're giving pēpi a world rich in language every day by describing, responding, confirming, adding and modelling – to bathe them in te reo.

We try to make playing together a regular part of every day.

We see pēpi use trial and error to solve simple problems. If something doesn't work, pēpi tries another way. They can be really determined some days.



We know that playing and lots of love are exactly what baby's brain and wairua need.



We've noticed that pēpi enjoys being around other tamariki, but is still learning how to interact, play and communicate with them.

Pēpi is just beginning to learn about taking turns – pēpi thinks things won't come back if they give them away!

We have started introducing words like tohatoha (share) and playing games with pēpi where we all take turns.

We always kōrero with pēpi about being caring and gentle to others, especially if pēpi is trying to communicate by hitting, scratching, biting or pushing. We use words like mirimiri, awhi and kihi.

We know we're role models, so we need to be gentle too when we talk and interact with others. When we've had a bad day, we try not to show it around pēpi.



Kaitiaki pēpi

Ngā mahi a te rēhia

Ngā mahi a te rēhia is a term used for games and pastimes, including the arts of storytelling, singing, dancing and kapa haka.

According to Māori legend, ngā mahi a te rēhia originated from the atua Hineraukatauri, the atua of taonga puoro, and Tānerore, the atua of haka and performing arts, who was the son of Tamanuiterā.

Ngā mahi a te rēhia were common during harvesting when hapū would gather together to help each other.

They'd celebrate with hākari, waiata, haka and games. These activities often passed on knowledge as well as providing entertainment and exercise.



Kapa haka

Kapa haka is a great way to build relationships, keep active, and be immersed in waiata, mōteatea and te reo Māori.

Today our tamariki have many opportunities to learn and perform kapa haka at kōhanga and kura. They may join in with other whānau members who are involved in kapa haka.

Kapa haka has evolved to become well known globally and includes national festivals such as Te Matatini and many regional festivals. Joining or supporting a kapa haka team is good for the whole whānau, including pēpi.

Try and learn a haka with your pēpi. It's amazing what they already know. Pēpi learns to sing, copy movements, keep a beat, use te reo Māori and listen to others.

What a great workout for their brain and body!



Haka time





Hi!

Kai pai...
pakipaki!

Ngā taonga tākaro

Let pēpi explore patterns, textures and shapes.

- Look for them in te taiao – rākau, pumice, shells, rimurimu, stones.
- Find some in whare tipuna like whakairo and tukutuku.

Extend their problem-solving 'posting' activities by using an ice cream container with a circle cut in the lid and a variety of objects – or to make it more challenging, cut a narrow slot and use lids or discs cut from plastic.

Kia maumahara – Remember, only use items of safe sizes because pēpi might still want to test them in their waha!



Waiata kōhungahunga

Pēpi will enjoy watching and copying waiata ā-ringa, poi and haka. Encourage pēpi to join in.

Ka mate! ka mate! Ka ora! Ka ora!

Ka mate! ka mate! Ka ora! Ka ora!

Tēnei te tangata pūhuru

Nāna nei i tiki mai

Whakawhiti te rā

Ka upane! Ka upane

Ka upane! Kaupane

Whiti te rā

Hi

Kia kaha, haka mai.



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

Staying calm with our tamariki

Keeping ourselves calm during frustrating times is hard. Sometimes we just have to step away and take a quick break.

Try:

- noticing your early warning signs
- moving away till you're calm
- distracting yourself by counting, singing and jumping
- breathing slow and deep – hā ki roto, hā ki waho – oxygen to the brain helps lessen stress
- going back to your child – “I’m calmer now, let’s try again”.

If you are feeling upset or worried, talk with whānau, friends, health workers or **PlunketLine, 0800 933 922**.

To get your free 3 Ways to Keep Cool fridge magnet, visit resources.tākai.nz



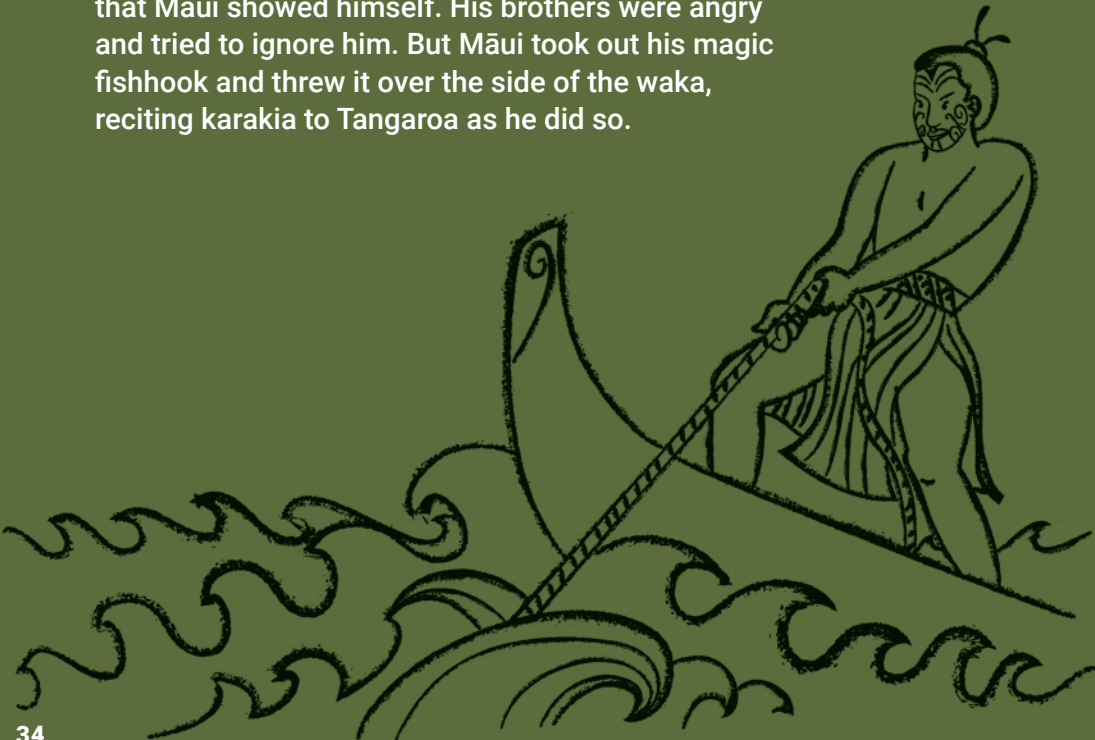



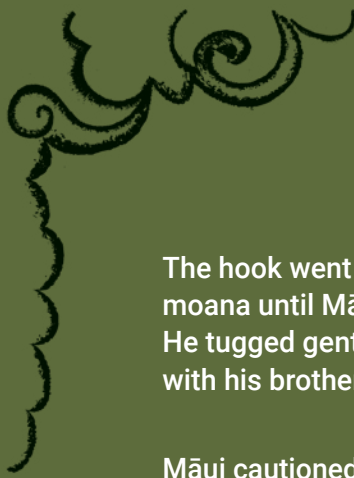
Pakiwaitara

Te Ika-a-Māui

Māui longed to go fishing but was never allowed to join his brothers, as they left early each day. One day Māui decided he would hide in the bottom of his brothers' waka so he could go out fishing with them. He secretly made a matau from a magical jawbone and crept into his brothers' waka and hid.

It wasn't until the brothers had paddled far out to sea that Māui showed himself. His brothers were angry and tried to ignore him. But Māui took out his magic fishhook and threw it over the side of the waka, reciting karakia to Tangaroa as he did so.





The hook went deeper and deeper into the moana until Māui felt the hook touch something. He tugged gently, and the hook caught fast. Together with his brothers he brought a huge fish to the surface.

Māui cautioned his brothers to wait until he had given thanks to Tangaroa before they cut into the fish. But they were impatient and began to carve out pieces for themselves.

This fish is the North Island, known as Te Ika-a-Māui, and the pieces the brothers cut out became its many valleys, mountains and lakes.

What might this pakiwaitara remind us of?

- Being inquisitive can lead to new understanding.
- Tuakana and teina each have their own gifts to share with each other.
- Give thanks to those who guide and support us.

Tōku reo, tōku ohooho

My voice, my awakening

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

What were my first words?

What waiata do I love to sing and dance to?

How do you see our whānau reflected in me?

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

How are you doing with parenting a 1½ year old?

How do you make time for yourself?

What's one thing you love about me and our whānau?







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

Booklet 1
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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