

# te kōhuri

BOOKLET

1

From 19 months  
to 2 years



whakatipu

tākai





Te Kōhuri 1 is a guide for the journey of whānau and their growing tamaiti from 19 months to 2 years old. This is a time for parents, caregivers and kaitiaki to encourage the new learning their curious tamaiti is discovering. Te Kōhuri offers simple whānau tikanga for this stage.

Each section of this pukapuka contains simple and practical ideas to support early brain development. Mātauranga Māori can guide our parenting and provide what tamariki need for healthy development. With whānau alongside them, nurturing their curiosity and creativity through everyday experiences and playful activities, tamariki will blossom.

Poipoia te kākano kia puāwai!



What's happening at

# 19 to 21 months

Mā te tuakana ka tōtika te teina,  
mā te teina ka tōtika te tuakana.

From the older sibling the younger one learns the right way to do things, and from the younger sibling the older one learns to be tolerant.



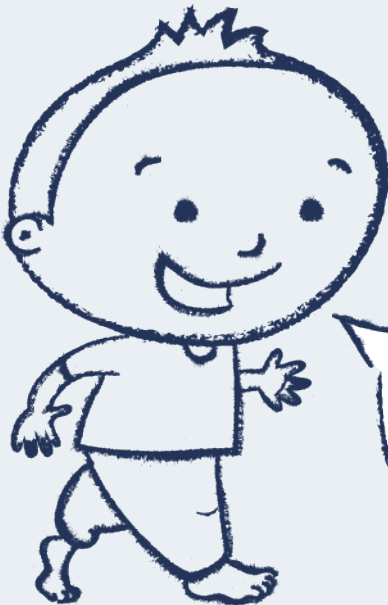
# Tamaiti says

I like hearing you describe what I'm looking at and playing with. It helps me learn words for actions.

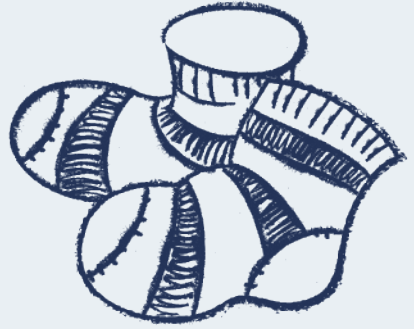
I can kōrero just like you now. Well, it sounds like that to me, even if the words might be muddled up – I know what I mean!

When I do something you've asked me to do and you mihi to me, it makes me feel really good. "He tino pai tō mahi."

If I'm tired and there's too much going on I can get a bit grumpy. Sometimes I just need some quiet time.



When I hear music it makes me want to kanikani. I can't stop myself from moving. Look at me! I can haka too.



I'm so interested in everything around me that I sometimes find it hard to focus on just one thing. Sometimes I only need a couple of things to play with.

I love it when we read. I can even point to pictures when you ask me questions. "Kei hea te āporo?"

I like pulling my socks and my pōtae off, because I can. I can't quite put them back on again yet though, mā te wā.

Somedays I like to help look after my teina but everyday I want to do everything my tuakana does.



My brain thrives when I have lots of positive experiences with my whānau.



# Whānau say

Our tamaiti learns best when we talk slowly and clearly. We help them to understand and learn new kupu by describing what they are doing, when they are doing it. This is called parallel talk.

When we want to make sure our tamaiti is listening we get down on their level, kanohi ki te kanohi, and get their attention first before we kōrero. This is because sometimes they're just too busy playing to hear us.

When we introduce our tamaiti to new experiences we always kōrero with them about what's happening. Feeling safe is important for new learning.

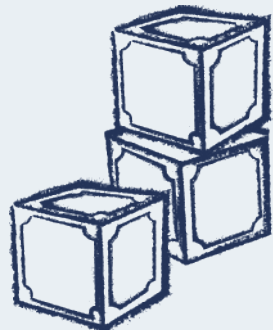


Our tamaiti loves playing rough and tumble games on the floor with us and this helps them start to learn about limits and boundaries.

We help them learn about emotions too by talking about how we're feeling, and the feelings they might be experiencing.

**"Look at you, you've taken your kope off all by yourself, kino kē koe!"**

**We love it when we can see they feel good about what they've done.**







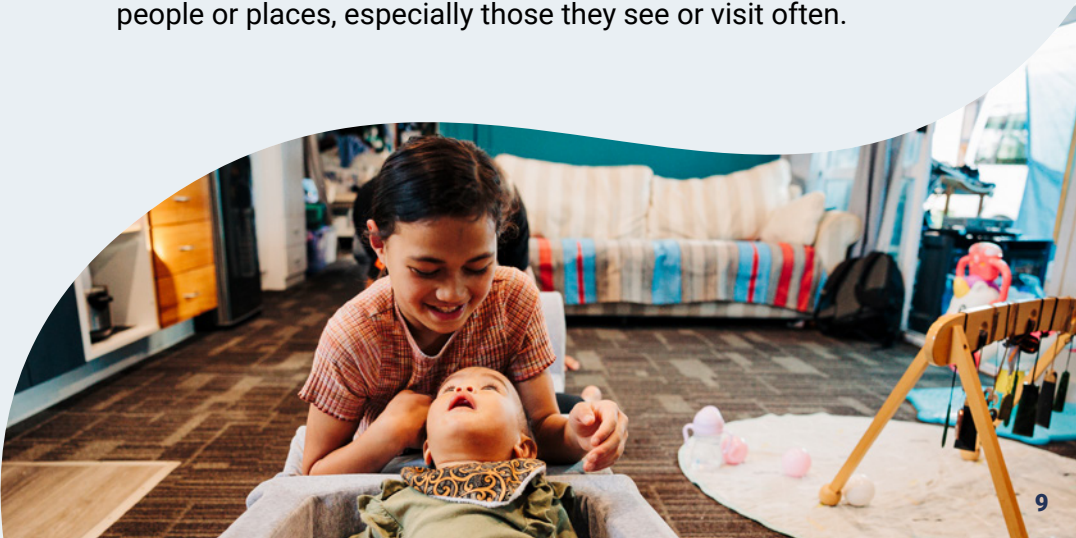
If we speak te reo Māori, especially now when their brain is so open to learning languages, they'll understand and learn to speak it too.

We know that tamariki can learn more than one language at a time, it just needs us to consistently use it with them.

We take our tamaiti to have their ears checked regularly, because hearing well is so important for language development. Sometimes we'll play listening games just to make sure their brain is receiving all the messages from their taringa.

**Did you know that your taringa, ihu and korokoro are all connected? So when tamariki learn to blow their ihu, it helps keep them all clean and clear.**

Repeating names strengthens the connections in their brain. Tamariki then learn which names are associated with which people or places, especially those they see or visit often.



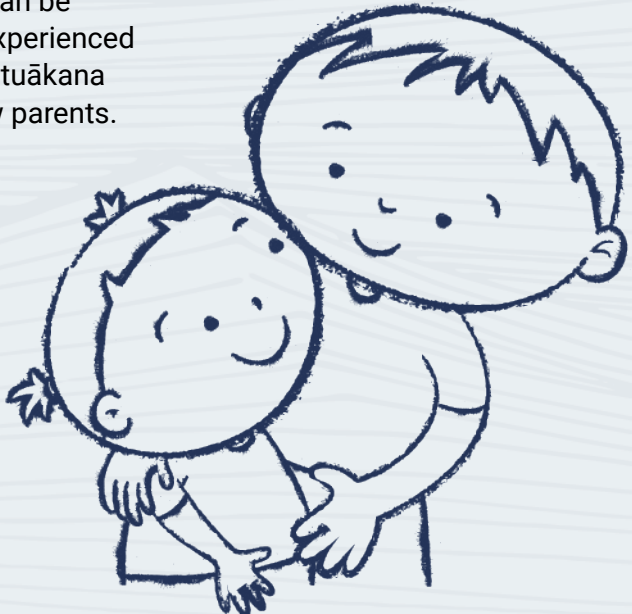
# Kaitiaki tamaiti

## Tuakana teina

Tuakana, teina, and their plural forms tuākana and tēina, are Māori terms describing relationships between siblings and cousins, and wider whānau relationships – tuākana being the elder and tēina the younger. Tuākana can have a powerful impact as role models and often they will guide, support and look out for their tēina.

Traditional roles on the marae, such as whaikōrero and karanga, are tuākana responsibilities. In some cases, it's not just about being the elder. It can also be about who holds skills and expertise in an area.

This concept also can be seen where more experienced parents may act as tuākana to help support new parents.





## Te reo Māori

Tōku reo, tōku ohooho  
My language, my awakening.

Te reo Māori is important for our tamariki. Tamariki who live in bilingual homes can distinguish between two languages by watching lips and facial movements from as young as four months. Pēpi will be familiar with the language their whānau spoke during hapūtanga.

Kia kaha tātou ki te kōrero Māori  
– ahakoa he iti, he pounamu.



# Ngā taonga tākaro

Playdough is a great way for tamariki to practise their fine motor skills. They can poke, pound, roll and squash it or use some sticks, shells or plastic cutlery to cut and shape the dough.

Kōrero with them about all of the things they see in and around your whare. Look for different shapes, sizes, colours and textures. Use kupu like rahi, iti, āhuahanga, koi, porowhita, tapatoru, huarākau, huawhenua, kōhatu and rau. This is all early maths learning.

Fill an old bag with a variety of toys and safe household items for them to investigate – nothing smaller than a credit card. Lids to turn, bits that pop up or can be taken apart and joined back together, Velcro™ and zips.





Pretend play is an easy way to have fun together. Use it to teach whānau values and routines – you can tunu kai, have picnics, or bath and settle toys down for a moe. Or add in some kākahu, pōtae and kete and pretend away.

Notice what tamaiti is interested in and teach the words that go with it by describing out loud what's happening. You can pretend you're talking to someone on the phone as you share in detail what they are up to.

## Waiata kōhungahunga

Any age or stage is a good time for waiata. Here's a fun song to sing about the big whale. It will get everyone up and active and has great actions for tamariki to copy.

Tohorā nui

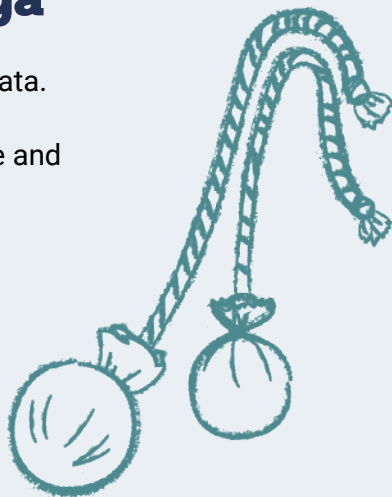
Tohorā roa

Tohorā tino mōmona

Tohorā puhapuha

Whiore piupiu

Tohorā kau ana te moana e



It's fun to vary the speed in this waiata too – slowing it down or speeding it up!



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

- Enjoy doing things with tamaiti and invite them to join in with jobs around the whare.
- Encourage them to do things for themselves.
- Notice when they try new things and let them know we're proud of them for having a go.

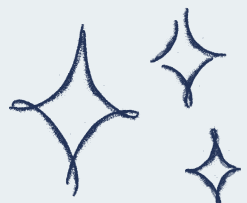


## Talking and listening

- Listen to what tamaiti is saying and repeat it back, so they know we understand and they hear the right way to say things without feeling corrected.
- Share stories, songs and games, sometimes over and over.
- Kōrero with them about how we're feeling, so they learn to connect our words and expressions. Remember to talk about positive feelings too.

## Guidance and understanding

- Explain why we have a whānau rule.  
"Hitting hurts. We don't hit in our whānau".
- Notice when they behave well and praise them.  
"Kia ora e tama, thanks for giving that toy back".
- Talk about the feelings and emotions we see them experiencing.



Tamariki now want to make their own choices. Their growing independence can sometimes end in tears. Compromise and negotiation are key. Tamaiti might need extra reassurance as they learn to deal with frustration and big emotions with limited language.

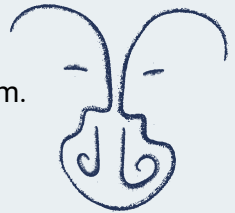


## Limits and boundaries

- Make a few whānau rules that are reasonable for their age.
- Clearly explain to all the whānau what the whānau rules are.
- Remember that tamariki watch what we do and say, and copy.

## Consistency and consequences

- Help tamariki to follow whānau rules by explaining them.
- Make sure we 'kiss and make up' with our tamaiti after a raruraru over breaking a whānau rule.
- If they've broken a whānau rule, help them to work out what to do next time instead, so they feel good.



## A structured and secure world

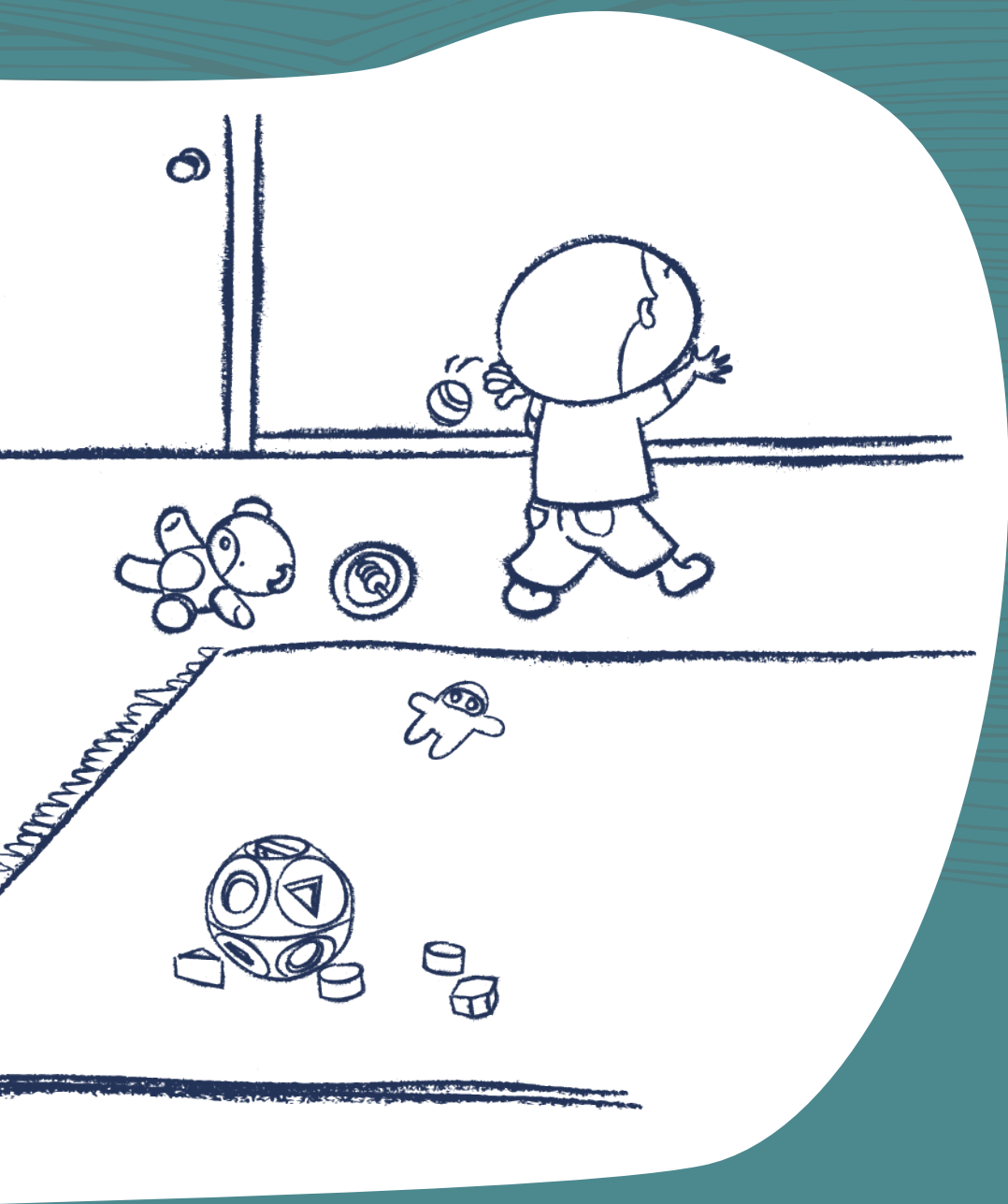


- Understand they need time to let off steam with plenty of noisy, messy and outside play.
- Make our kāinga a yes-home by putting breakable and precious things out of reach.
- Encourage tamariki to do things for themselves and others – get into the car, choose their clothes, help sort washing.

# The 'pēpi trail'









What's happening at

# 22 months to 2 years

Nā tō rourou, nā tōku rourou,  
ka ora ai te iwi.

With your knowledge and my knowledge we will thrive.



# Tamaiti says

I'm nearly two now. I don't feel like a pēpi anymore! I'm a tamaiti nui.

I like helping my whānau with little jobs like packing up my toys or putting things away.

I'm starting to solve my own problems too. I'll drag a tūru around the whare so I can climb up and reach all the things that somebody put up too high!

All this activity makes me hungry and tired. My whānau give me lots of little healthy snacks during the day, because sometimes I'm too busy to eat a big kai.

I think I'm pretty clever but I don't know a lot about safety. So I still need pakeke to keep a close eye on me.





Sometimes I need a moe or some down time during the day. Sometimes I don't. But I can get pretty pukukino (grumpy) by the end of the day if I don't have some rest.

I'm like Kupe, the great navigator, always looking for new things to discover. The more I explore, the more I find out about things in my world and how they work, and the more interested I become in learning.

I still need lots of hugs and kisses, especially if I'm tired or upset.





# Whānau say

Our tamaiti is a copycat, so we're careful what we say and do in front of them.

It can be scary letting them try things out on their own, but we know they learn best by doing, so we let them give things a go but stay close by.

We often involve them in clean-up time by turning it into a game. We want them to learn that this is the tikanga after we've played with their taonga tākarō.

We talk about hauora with our whānau a lot so everyone understands what's best for our tamaiti at this stage and how we all have a role to nurture and awahi them.

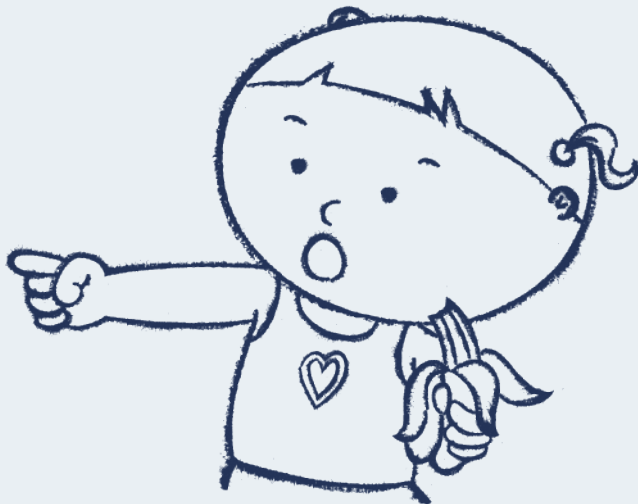


At kai time, we give them small amounts of the same kai we're eating. If they refuse it, we stay calm and just put the kai in the fridge and offer it again later.

We don't get into the habit of offering lots of other choices, and we especially avoid offering sweet things.

Some days they aren't interested in having three full meals. So we give them small amounts of a range of good kai throughout the day. We try to give them all the nutrients they need to stay healthy.

We help our tamaiti to know their whakapapa by making books with photos of important people and places. We kōrero about their whānau, maunga, awa, and marae as often as we can.



# Kaitiaki tamaiti

## Haututū – Inquisitive child

Haututū is a term used to describe someone who is very inquisitive and sometimes annoying. Tamariki at this stage are always discovering new things to touch, taste, throw and break! Sometimes we might call them haututū.

A haututū tamaiti is a playful explorer and loves to test everything, including their parents' patience. But it's through all this touching and pulling things apart that they learn.

Whānau need to keep a close eye on their tamaiti during this stage – to keep them safe and to keep things in the whare safe from them!

Positive attention and encouragement, and setting realistic expectations and routines help to teach and guide tamariki.





## Whakanuia

It's time, once again, to look back at the past year and celebrate the wonderful learning, growth and development that has been achieved together. Tūmeke whānau!

## Taonga puoro

Taonga puoro (musical instruments) express emotions, communicate with and soothe young tamariki. Music and waiata are part of the awakening that occurs as pēpi becomes more aware of the world around them.

It's said taonga puoro come from the children of the atua Māori. Their tunes are called rangi after Ranginui and their rhythms come from the heartbeats of Papatūānuku. From Tāwhirimātea, atua of the winds, we get the family of wind instruments. From Tangaroa, atua of the seas, we get instruments made from shells. Tāne Mahuta, atua of the forest, and his daughters, Hinepūtehue and Hineraukatauri, gave us a wide range of Māori musical instruments.

# I'm big now!







# Ngā taonga tākaro

## Pāngarau

Simple maths is everywhere. It's finding things that go together and organising things into groups using ideas about shape, colour, size, number and patterns.

You can play games around the house where tamariki try and group things together. It can be as simple as matching socks or shoes, or sorting forks and spoons or types of toys.

You can go for walks in te taiao and gather items that are good for matching and sorting – shells, leaves, twigs, stones or driftwood.



# Whakapai whare

Tamariki feel good when they are involved in things that pakeke are doing. It grows their sense of belonging, builds skills and is the beginning of creativity and imaginative play.

Make it easy and fun.

They could:

- help stir things while you hold the bowl
- stand by you at the bench to wash the rīwai
- put spoons and other things on the table
- go outside with you for the mail and carry it in
- pass you the pegs when you're hanging out washing
- put things in the rubbish bin.

# Waiata kōhungahunga

Here's a fun action song to enjoy singing with tamariki. It helps them learn the names of their body parts.

Upoko pakihwi, turi, waewae  
Upoko pakihwi, turi, waewae  
Upoko pakihwi, turi, waewae  
Taringa, karu, ihu waha e.

*(Tune: Head, shoulders, knees and toes)*



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





## In tough times for whānau

- **Make your space for your tamaiti as calm and safe as possible.** Keep to your routines. Try and have regular kai and moe times.
- **Sometimes you might feel negative.** To help turn those feelings around, try to focus on what you're grateful for instead.
- **Stay as calm as possible around tamariki.** It's okay for them to see adults showing emotion, but it frightens them when their pakeke lose control.
- **During times of crisis turn off the TV and radio when tamariki are around.** You control the information they're aware of and how it's shared. What your tamariki need to hear is that the pakeke around them will take care of them.

Tamariki can be very resilient if they feel listened to and cared for by parents, whānau and caregivers.

Don't be afraid to seek help for yourself, your tamariki or your whānau. When circumstances are unusual it's normal to not have all the answers.

Need some help? Call a friend, whānau, someone you trust, or:

Healthline 0800 611 116

PlunketLine 0800 933 922



Pakiwaitara

# The legend of Rata and his waka

There once lived a rangatira named Rata who decided one day to build a waka to help his people sail across the seas. They had become hōhā with their village being constantly battered by storms.

Rata went into the ngahere and looked for a suitable tree to build his waka. He searched high and low until he finally found his rākau. He quickly began to chop the tree, forgetting first to karakia to Tāne Mahuta to ask for his blessing and approval to cut the tree down.

Rata returned to his village that night proud of all the work he'd done. But the patupaiarehe (fairies), the insects and birds were not happy with Rata and decided to teach him a lesson.








When Rata returned for the tree the next day, he was surprised to find it standing upright! He was puzzled at how this could happen. So, once again, he chopped down the tree – only to be shocked once more when he returned the next day to find his tree upright again!

Rata cut down the tree for a third time and this time hid in the grass until nightfall to see what could be happening. It wasn't long before the patupaiarehe, the insects and birds arrived and set about putting the tree back together.







Rata shouted at them, “Kei te aha koutou? What are you doing?” They explained that he hadn’t asked Tāne Mahuta for his approval before cutting the tree down.

Rata felt extremely whakamā by his hasty actions and asked for forgiveness. Tāne Mahuta accepted this apology, so the others agreed not to punish Rata any longer.





What might this pakiwaitara remind us of?

- Even when you're in a hurry, don't forget basic values.
- When things aren't going to plan, step back and think about why.
- When you make mistakes, don't be scared to admit them.



# Tōku reo, tōku ohooho

## My voice, my awakening

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

What are my favourite things to wear?

What games do I enjoy playing?

Who are my favourite people to be around?

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

**What's one new thing you've learned from being my kaitiaki?**

**What do you do when you're stressed?**

**Who are the people you can ask for help?**









## 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](http://takai.nz)

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From conception  
to birth

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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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