

te kōhuri

BOOKLET

2 From 2 years
to 2 and a half



whakatipu

tākai



www



Te Kōhuri 2 is a guide for the journey of whānau and their growing tamaiti from 2 to 2 and a half 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

25 to 27 months

Mā te huruhuru, te manu ka rere.

Adorn the bird with feathers so it can fly.



Tamaiti says

I'm getting better at running and jumping. I sometimes fall over when I try to run too fast, so you have to remind me to slow down. "Āta haere."

I still put my shoes on the wrong feet. Keep teaching me about taha mauī, taha matau.

I love watching kapa haka. I like to sing loud too. My whānau join in when I sing and do actions. Wow, my hands, eyes and feet are all working together!



When I practise something over and over, I get better at doing it and remember what to do next time.

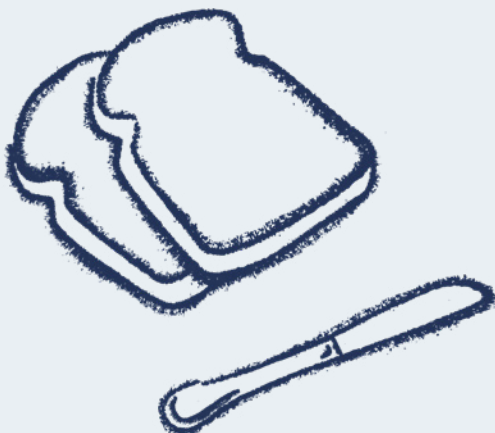


I see lots of new people when I'm out with my whānau. Sometimes it can be fun to meet new people, sometimes I'm a bit unsure. If I'm unsure, it helps knowing my whānau are there to help me.



I get to make some of my own decisions. My whānau put some of my kākahu on my bed and I can choose which ones I want to wear. At breakfast time I have jam or Marmite™ to choose for my toast.

Don't give me too many things to choose from though, or I won't know which one to pick.





Whānau say

Our tamaiti needs lots of practice to develop their movement skills. We give them safe opportunities for running, jumping and climbing, or they might look for their own!

We take them along to kapa haka practice and they line up with the other tamariki. They're learning the words and starting to know the actions that go with them too.

Sometimes singing the words comes easier than saying them. The rhythm helps them learn what comes next, and the actions are helping them to follow directions. Our tamaiti learns so much and has a lot of fun too.



Music and waiata help the brain develop higher level thinking skills, the same ones needed for maths and problem solving.

Now that our tamaiti is getting older, the circle of people they know is getting wider. Sometimes they still feel shy when people talk to them at sports games or the supermarket. We don't pressure them because trust takes time to learn. Sometimes we'll model a response for them like, "Kia ora whaea."

Our tamaiti is showing signs of their own mana motuhake, wanting to make little decisions and do things for themselves. They let us know if they want help and we remember to praise them for trying hard.



Kaitiaki tamaiti

Tatau pounamu

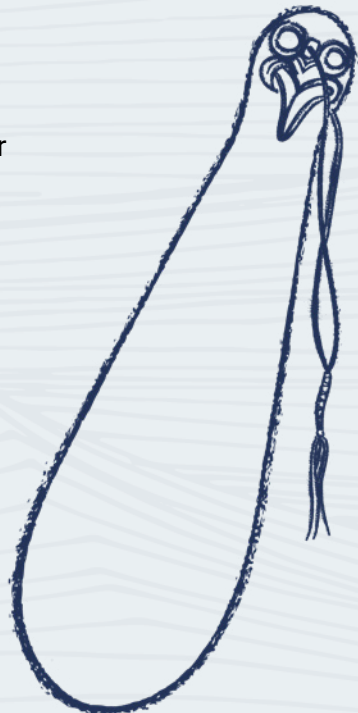
Traditionally, tatau pounamu was a peace agreement between warring hapū and iwi.

Rangatira would hui and negotiate with the warring parties to try and close the door on past troubles and restore their relationships. Some tatau pounamu involved the gifting of taonga, perhaps a mere pounamu to bring about lasting peace.

In today's context, the idea of tatau pounamu might be a way for us to think about how we support and guide tamariki, especially at times when their behaviour is challenging us.

If you have whānau who can support you through challenging times, lean on them if you feel overwhelmed or anxious. Especially if you are worried about how you might respond to the challenging behaviour of your tamaiti.

It works best to negotiate whānau limits and boundaries when everyone is calm.





Hohou te rongo

The aim of tatau pounamu is to negotiate a peace agreement, which is known as hohou te rongo.

Just like our tīpuna, we want our relationships to be peaceful and well balanced. Not just with our tamariki but with our partner and other whānau members. If there has been raruraru or relationships have become strained, it's important to restore the calm and the mana of the relationship through hohou te rongo.

This practice can help us as mātua to recognise when we may need a break or to apologise for our actions or words. Remember to awhi and give tamariki a hug after a disagreement or challenging situation.

Remember, love, warmth and gentle guidance helps keep everyone's mana intact.



Āta kōrero – give clear instructions.
Āta whakarongo – listen carefully.

Ngā taonga tākaro

Make a book with your tamaiti of their favourite kai. Use old magazines or junk mail. Let them choose what pictures to put into their pukapuka. Encourage them to kōrero about the pictures and point to things they recognise.

Sand play is a great learning activity. Tamariki can explore texture, wet and dry, quantity and construction. If you can't get to the beach, you can have a sandbox at home. It doesn't have to be big. It's fun to cover items with sand and ask your tamaiti to try find them.

Tamariki enjoy being included and doing things alongside pakeke. Learning happens easily through simple hands-on mahi at home. Ask them to help with things outside or inside. They can help horoi motukā, get the kai ready, or maybe they can set the table. Have fun tasting and talking about kai with them.





Make ice cubes – add flowers, leaves, bits of fruit – and show them the next day. Watch as the ice cubes melt and turn back into water to help reinforce their learning.

Feelings game

Make faces to show feelings. This is a good way to give them the kupu they need to talk about their feelings. This is creative learning and also fun.

What face or actions might show you are feeling...

Harikoa?

Sad?

Hīnana?

Tired?

Hōhā?

Scared?



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



Waiata kōhungahunga

Waiata is a great way for tamariki to learn about lots of different things and when whānau join in too it's even more fun.

Here's one about learning colours.

Mā is white, whero is red

Kākāriki green

Pango is black, mangu is too

A,E,I,O,U

Kōwhai yellow, parauri brown

Kikorangi blue

Pārakaraka is our orange

A,E,I,O,U



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

- Spend time with them, join in their play and follow their lead.
- Encourage and enjoy their new skills and independence.
- Give them opportunities to be creative, through music, movement and art activities.



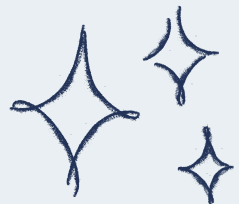
Talking and listening



- Have conversations with them taking turns to whakarongo and kōrero – this lets them practise new words and sentences.
- Listen to questions and give simple and honest answers.
- Wait – give them time to respond to requests or questions.
- Give tamariki words for their feelings so they learn to express them rather than act them out.

Guidance and understanding

- Let tamariki know what's happening next to help avoid frustration and challenging behaviour.
- Make a calm space at home for tamariki to use when they're feeling frustrated or need a break.
- Practise taking turns with tamariki so they learn how to take turns when they play with their friends.



Tamariki are developing their movement skills and remembering how to do more things. They're starting to learn about processes and change. They learn best when we connect what they already know with what they are learning.

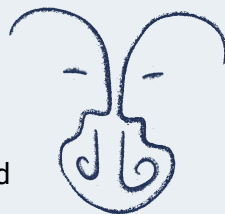


Limits and boundaries

- Set rules that we all understand and agree to – this makes tamariki feel safe and secure.
- Have rules that help tamariki know what they can do, not a big list of what they shouldn't do.
- Keep one step ahead of them and look ahead to prevent challenges before they arise.

Consistency and consequences

- Follow through consistently and calmly when rules aren't followed.
- Have consequences that are fair, relate to the rule and don't damage dignity – our tamaiti is learning!
- Do what you said you would do – keep our promises.



A structured and secure world



- Take time to think about how life is for them as they learn, grow and face challenges and fears.
- Take it easy with toilet learning – wait until you see signs of readiness and let them practise without pressure or criticism.
- Encourage them to do things themselves – plate on the bench, clothes in the laundry, carry their own backpack.

Starting them young

Kai!
Want an aihikirīmi?
mmm!



Kāo!
I'm riding my horse,
can't you see!





What's happening at

28 to 30 months

Ka hou ki te whenua he tūngoungou,
ka puta ki te ao, he pēpi.

A chrysalis hangs toward the earth and
a butterfly emerges into the world.



Tamaiti says

I'm starting to remember more and more things, like taking my shoes off when I go inside a whare. I put them nicely with all the other shoes. But sometimes when we have a kai, I forget to wait for karakia.



When I go in the car, I climb into my car seat, help my mātua put on my tātua (seatbelt), and sit still until I hear it click. Mahia kia pakō!



I'm starting to understand things called processes, like how to make a sandwich. First, I open up the fried bread, then put the jam inside, close it and eat it. It's so yummy.

I like exploring te taiao. When I go out with my whānau, I learn lots of new things especially when they talk to me about what we've seen and the places we've been.

I can do my four-piece jigsaw puzzle all by myself!



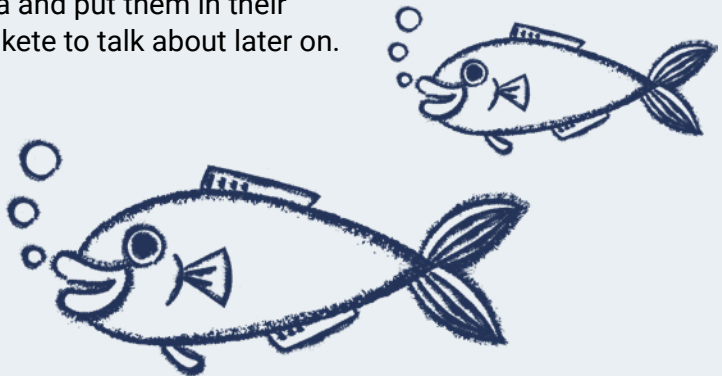
Whānau say

Our tamaiti is very curious. When we're out and about, we often play little games like "Kei hea te kōhanga?" and "Kei hea te papa tākaro?" Playing these games encourages their observation skills and curiosity, and strengthens their thinking and talking.

They learn and remember best when it's related to what they're doing. If our tamaiti is getting dressed, we say things like, "Sit down to put on your tōkena", "Ringaringa ki runga", or "Taha mauī, taha matau". With lots of practice and repetition our tamaiti won't need these prompts because they'll have become part of their memory.

They're starting to remember past events and things about those events. Like when we go to the moana, our tamaiti remembers where they found that big shell or the rock pool they saw the fish in.

At the moana, we talk with them about kaimoana, shells, sand or waves. We might build in the sand or look for taonga and put them in their own little kete to talk about later on.





We don't always have to talk – sometimes we just chill and enjoy being together in the beautiful taiao.

Our tamaiti is getting better at recognising and imagining people, things, events and concepts they're familiar with. This is why they can tell us, for example, "Shoe stuck", "This way Aunty's."

Talking about what they see, hear and smell helps them remember things because their attention is already on the activity and it gets them using their other senses too. They remember what captures their attention, rather than what we try to intentionally teach them.

It's really hard work remembering things. Our tamaiti needs rest and a good night's moe to help their brain hardwire things into their memory. So when we plan stuff, we make sure that we plan some moe time for them too.



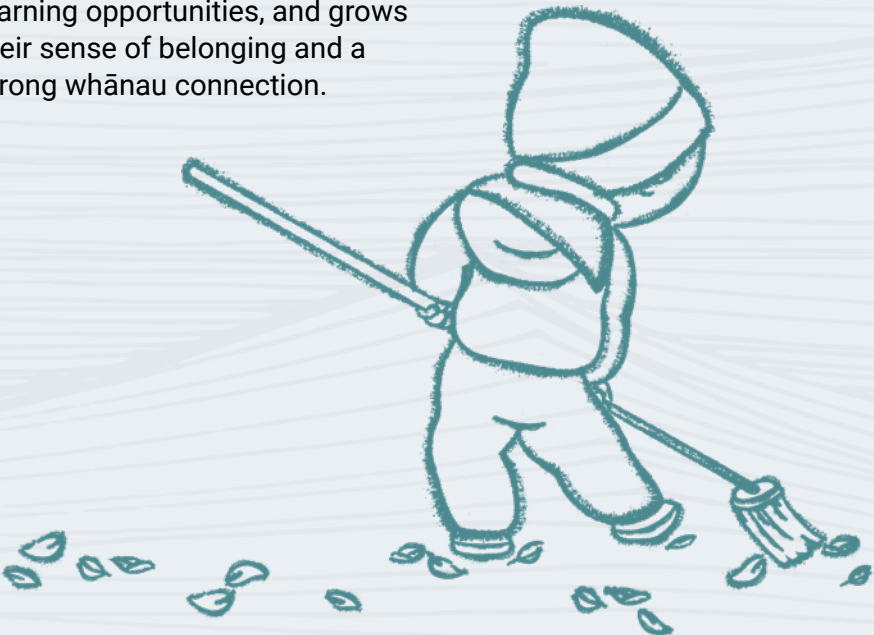
Kaitiaki tamaiti

Mahi tahi

The best way for tamariki to learn about concepts is to involve them in everyday activities with you. Real examples from te taiao and the kāinga help them to understand concepts such as rahi and iti (size), makariri and mahana (temperature), or maha and ouou (amounts).

Help them to learn about processes and change by explaining what you're doing and getting them to help, for example, when you make rēwena bread or biscuits, or gather, clean and cook pūhā.

When tamariki help pakeke around the whare it gives them lots of learning opportunities, and grows their sense of belonging and a strong whānau connection.





Whakawātea

Whakawātea means to clear, free up, cleanse or purify spiritually. Traditionally karakia whakawātea were conducted to settle and conclude hard issues or kaupapa for whānau and hapū. You can do karakia whakawātea at any time to restore the mauri of the kāinga, or even the whānau.

Going shopping





Aue!

Ngā taonga tākaro

Sand play

Playing with sand can be a soothing and relaxing activity, and can help children to unwind or de-stress. It helps develop motor skills – digging, filling, sieving and pouring sand all strengthen large and small muscles.

If you can't get to the beach, have a sand play container at home. Something big enough that tamariki can fit both their hands inside. Spread out some newspaper or an old sheet or curtain so that spills can be cleaned up easily and returned to the container.

Have some small cups and funnels for pouring sand and some little toys for hiding and finding in the sand. Small pebbles or bark chips could be used as an alternative.





Little helper

Let tamariki see and help alongside you as much as possible. They don't always need special learning activities. The everyday mahi and routines at home provide learning experiences in a familiar place.

You could get them to:

- pass you pegs when you're hanging up washing
- match socks when you're sorting the clean washing
- water the garden using a hose, or a bucket and plastic cups
- wash the car or the whare
- put some of the shopping away.

Water painting

Painting with water is outdoor messy play without any mess! It can be a refreshing activity for hot weather and also soothing for a frazzled toddler and their kaitiaki.

It's an opportunity for early pūtaiao (science) learning. You can notice and talk about what happens to the water as it evaporates and disappears.

You need water in a container, preferably one with a handle so it can be easily carried, and a little paint brush or a small sponge. Show your tamaiti how to paint with water and talk about how some things look different or change when they're wet.

It's OK to paint the path, fence, house and toys – it's only water!



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



Waiata kōhungahunga

Tahi is one

Rua is two

Toru number three

Whā is four, rima is five

1, 2, 3, 4, 5

Ono is six, whitu is seven

Waru number eight

Iwa is nine, tekau is ten

6, 7, 8, 9, 10



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



Shopping time

Plan

- Try not to go shopping when tamaiti is hungry or tired.
- Involve tamaiti with the list.
- Get tamaiti to hold the bag as you count the āporo together.
- Take a small toy to play with.
- Offer choices – āporo or ārani?
- If you can, shop with someone who can help you.



At the checkout

- Try playing a game – “I spy something where”.
- Give tamaiti groceries to put onto the counter.



When things go wrong

- Have a snack in your bag.
- Keep calm and count to 10.
- Don't worry about other shoppers.
- Use your relaxed voice – “Nearly finished.”



When you've finished

- Tell them they were really good at choosing, sitting still or playing I Spy.
- If they were difficult, try to remember something positive you can tell them.



If things went wrong, think about what caused the trouble and you might be able to avoid it next time.



Pakiwaitara

The legend of Māui and Mahuika

Māui loved playing with fire. One day he put out all the fires in the village. This made his iwi so angry that they went to complain to Taranga, his mother.

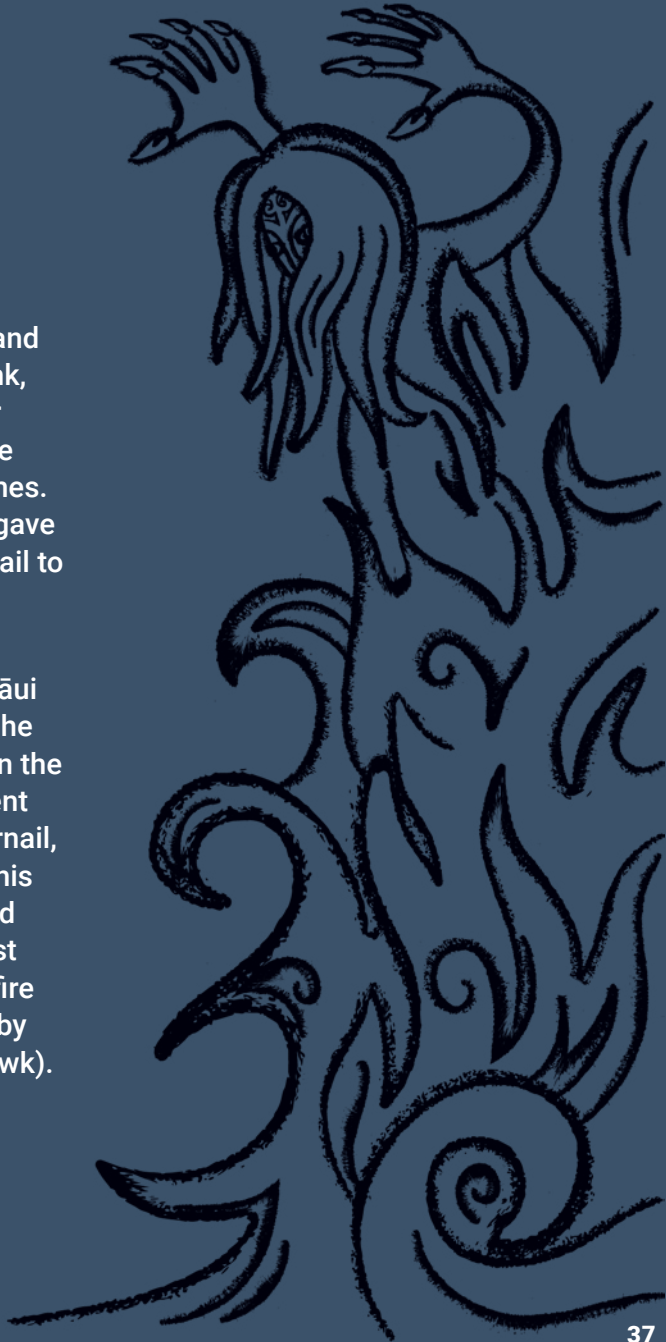
Taranga told Māui to go to the underworld and ask the old kuia Mahuika for some fire. “Be careful,” she warned Māui, “She doesn’t like people.”

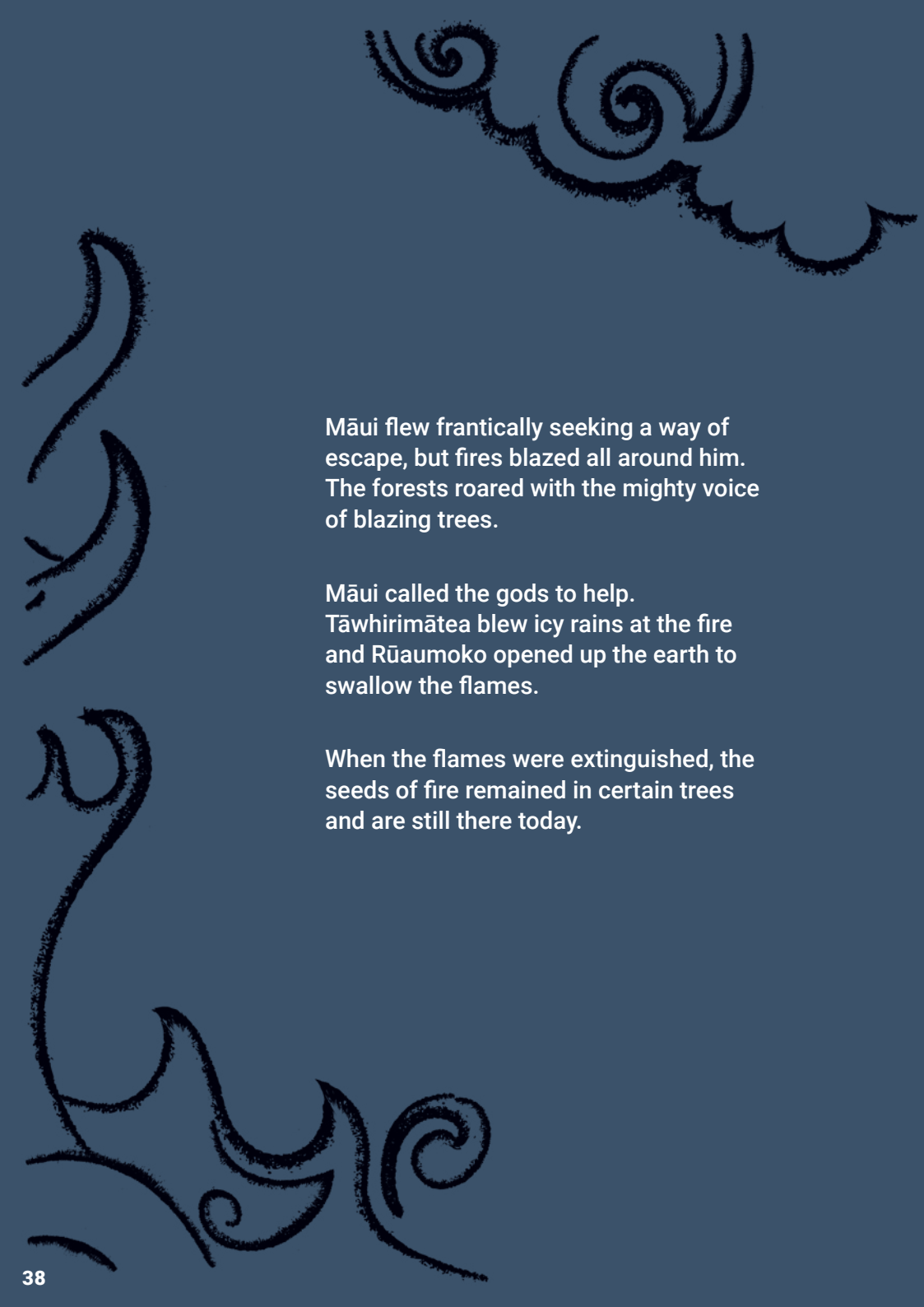




Māui visited Mahuika and helped her eat and drink, which was hard for her because everything she touched burst into flames. As a reward, Mahuika gave Māui a burning fingernail to take home to his iwi.

“That was too easy,” Māui thought, and dropped the fingernail into a river on the way home. Then he went back for another fingernail, which she gave him. This was repeated again and again until Mahuika lost her temper and threw fire at Māui, who escaped by turning into a kāhu (hawk).






Māui flew frantically seeking a way of escape, but fires blazed all around him. The forests roared with the mighty voice of blazing trees.

Māui called the gods to help. Tāwhirimātea blew icy rains at the fire and Rūaumoko opened up the earth to swallow the flames.

When the flames were extinguished, the seeds of fire remained in certain trees and are still there today.



What might this pakiwaitara remind us of?

- Tamariki love playing and are curious about the world.
- Remember tamariki will test the boundaries repeatedly.
- Stay calm – losing your temper won't help.



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 keeps me busy during the day?

Who is my favourite person?

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 feeling stressed?

What's something you enjoy doing with me?







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

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kākano

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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