

te kōhuri

BOOKLET

3 From 2 and a half
to 3 years



whakatipu

tākai





Te Kōhuri 3 is a guide for the journey of whānau and their growing tamaiti from 2 and a half to 3 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

31 to 33 months

Nāu i whatu te kākahu,
he tāniko tāku.

You weave the cloak and I the border.

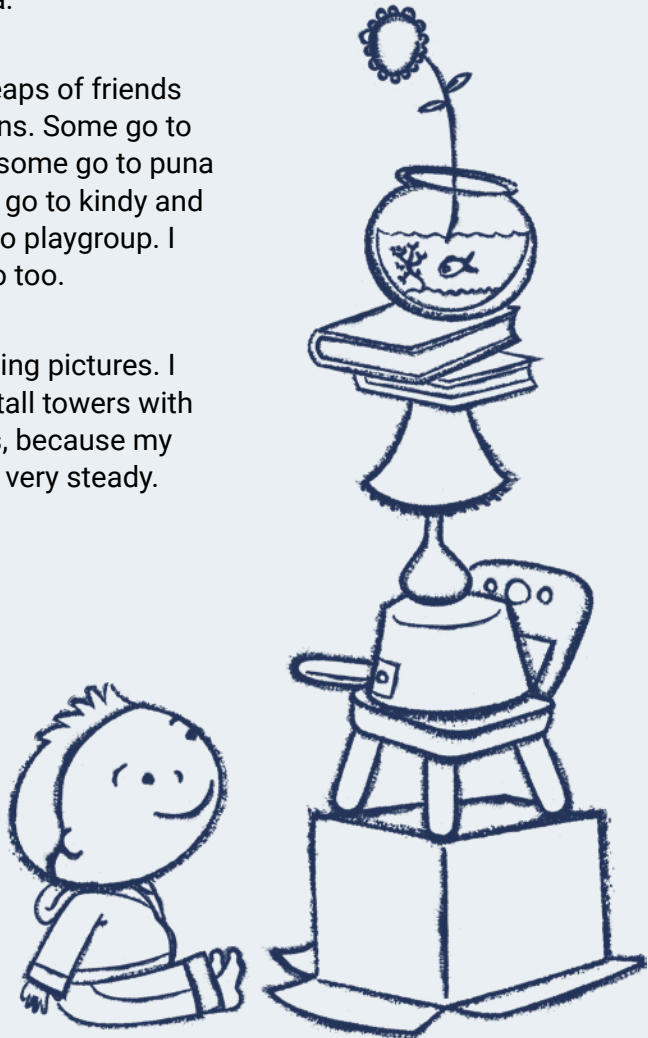


Tamaiti says

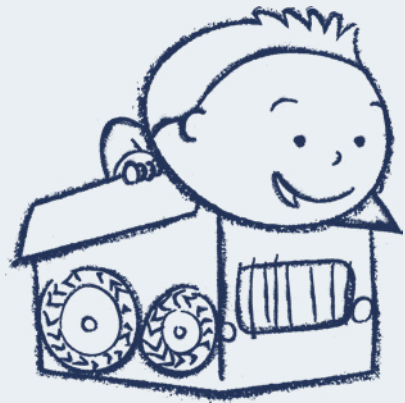
My whānau, listen to me. I can kōrero now, “Ko Hine tōku māmā. He wahine ātaahua ia.”

I've got heaps of friends and cousins. Some go to kōhanga, some go to puna reo, some go to kindy and some go to playgroup. I want to go too.

I like drawing pictures. I can build tall towers with my blocks, because my hands are very steady.



When my whānau
kōrero Māori to me,
I understand and I
sometimes kōrero back.



I'm really clever. My
whānau tell me that all
the time. "Ka mau te wehi!"

I like playing pretend games. When I'm a farmer, I put on
my gumboots and pōtae and I drive my tractor to round
up the kararehe.

I tried to make a ramp for my tractor down the back steps
but my whānau stopped me before I could try it out!





Whānau say

Just like when they were younger, we regularly check our home to make sure it's safe for our tamaiti, and we always know where they are, outside or inside.

We put lighters, matches and any dangerous or poisonous stuff out of sight and well out of reach.

Supporting tamariki to be bilingual means we kōrero, kōrero, kōrero! We use talking games and waiata and make it fun. If our tamaiti gets mixed up, we don't say, "Kāo, kei te hē koe." We just say "Āe" and then say the right words back to them.

Language learning is easier when you're young. Learning te reo Māori helps our tamaiti learn about their culture. We ask them, "Kei te aha koe i te rā nei? He aha te waiata o te rā?"

We have set places where our tamaiti can help themselves to paper, pens, crayons and pencils anytime. And they know our whare rules about where it's okay to do writing and drawing.



They're as curious as ever and keen to explore and experiment. While they understand more about safety, we still need to be firm with our boundaries and one step ahead of them to know they're safe.

They think they're all grown up, but with all their new skills and not much self-control yet, things can get dangerous. They climb, open doors and lids, turn keys and... watch out – they are quick!

Walking or riding bikes to the park is a great way to use up all that energy. It can be hard to keep up with them! "Auē, tatari ki a mātou."

We give them lots of time to play with other tamariki and if we need to we help them to play cooperatively. We notice and talk to them about all the friendly things they do with the other kids.

"I like how you asked for a turn on the bike, and when you gave your cousin the hose to water some plants too. Great sharing."



Kaitiaki tamaiti

Koha

Koha is a common tikanga in Māori tradition and involves the act of giving. The same tikanga is still practised today and has evolved over time.

Giving of koha will differ according to the situation. Sometimes you may give cash and sometimes it might be appropriate to give taonga as a token of appreciation and respect.

For more informal situations like visiting friends and whānau, a koha of kai may be appropriate, especially your own special recipe or dish. To humbly receive and accept koha given with good intentions is a great tohu as well as a sign of respect.

Giving mokopuna time and attention and making them feel safe and secure is the biggest koha any whānau can give them. It's priceless.





Māra kai

Māra kai is a long standing tradition of growing and cultivating kai. Before the first European explorers came to Aotearoa, Māori had well established māra kai practices to feed the village. Kai from the māra was also used as koha to a hui or gathering.

Māori traded produce with settlers and were quick to try growing the new vegetables and fruit they introduced, such as rīwai.

Making your own māra kai, planting a fruit tree or going to harvest kai is a great activity for the whole whānau – a chance to do activities our tīpuna did.

Ngā taonga tākaro

Playing in the sand at the beach and building models to represent our maunga, awa and marae is a fun way for tamariki to learn about whakapapa and pepeha.

Kōrero with them about their whakapapa using names of important people and places. This develops memory and strengthens their sense of belonging and identity.

Let tamariki take the lead in play time.

Have a few old clothes, hats and bags in a box that tamariki have easy access to. Role playing with dress ups develops imagination, language and creativity. There is a lot of fun and learning to be had inside and out.

Homemade huts

Have fun with a hut made of blankets or sheets and a couple of chairs. There's nothing like squeezing inside your own little whare.

With a bit of creative thinking, tamariki can enjoy huts inside and outside.



Fun with miromiro

Blowing bubbles can be a soothing activity for an upset tamaiti, and it can be energising and fun especially for a group of tamariki.

Blowing bubbles is a great outdoor activity in a breeze or maybe in the bathroom at bath time.

Here's a quick bubble mix recipe to try.

Mix together:

1 cup of water

2 teaspoons sugar

½ cup dishwashing liquid



Use rings off milk bottles with pegs for handles, to make bubble blowers. Experiment with other ideas for bubble blowers, such as pipe cleaners.



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

Waiata kōhungahunga

Here's a fun song to practise sounds of te reo Māori.

A ha ka ma

A ha ka ma na pa ra ta wa nga wha

E he ke me

E he ke me ne pe re te we nge whe

I hi ki mi

I hi ki mi ni pi ri ti wi ngi whi

O ho ko mo

O ho ko mo no po ro to wo ngo who

A e

A e i o u

U hu ku mu

U hu ku mu nu pu ru tu wu ngu whu



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

- Involve them in mahi around the house.
- Show appreciation when they are helpful, or try to be.
- Tune in with them as they experience new challenges such as preschool or a new pēpi in the whānau.

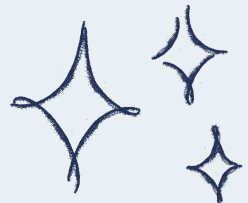


Talking and listening

- Kōrero with them often and be a patient listener.
- Say more positive things than negative.
- Practise ways of saying things together, “You could say, would you like to ...”

Guidance and understanding

- Notice when they show more awareness of what others think, feel and say.
- Give them lots of chances to play with and learn to get along with others – practice makes progress!
- Stay near tamaiti as they play with others, so you can help them to take turns, and ask for what they want.



Tamariki are now able to remember and do a lot more for themselves. But they don't have a lot of self-control or a mature sense of safety yet.

They are making new friends and enjoy playing with or alongside other tamariki. They may also enjoy like helping with real jobs around the house.



Limits and boundaries

- Check and agree on your whānau rules.
- Make sure whānau rules are fair and reasonable for their age.
- Keep your energy for important things – safety, people's feelings and precious taonga. Don't sweat the small stuff!

Consistency and consequences

- Talk about natural consequences when they happen, "You ran and fell over", "I got sunburned because I didn't put sunscreen on".
- Make sure consequences are reasonable, related to the situation and respectful.
- Model behaviour we want them to copy.



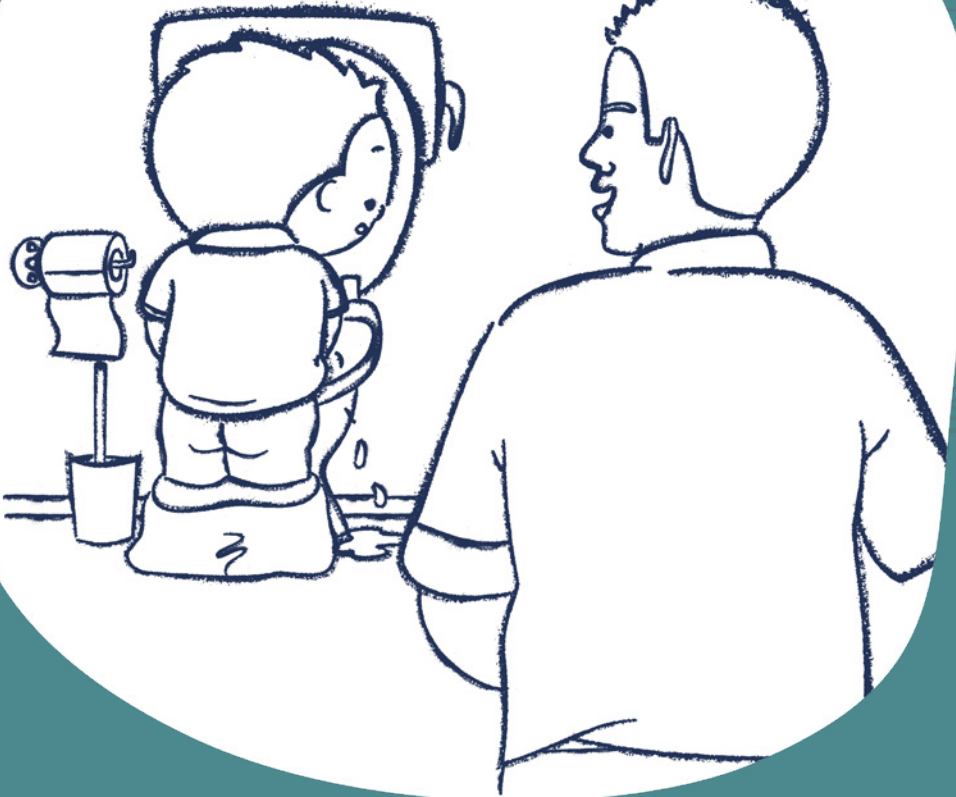
A structured and secure world

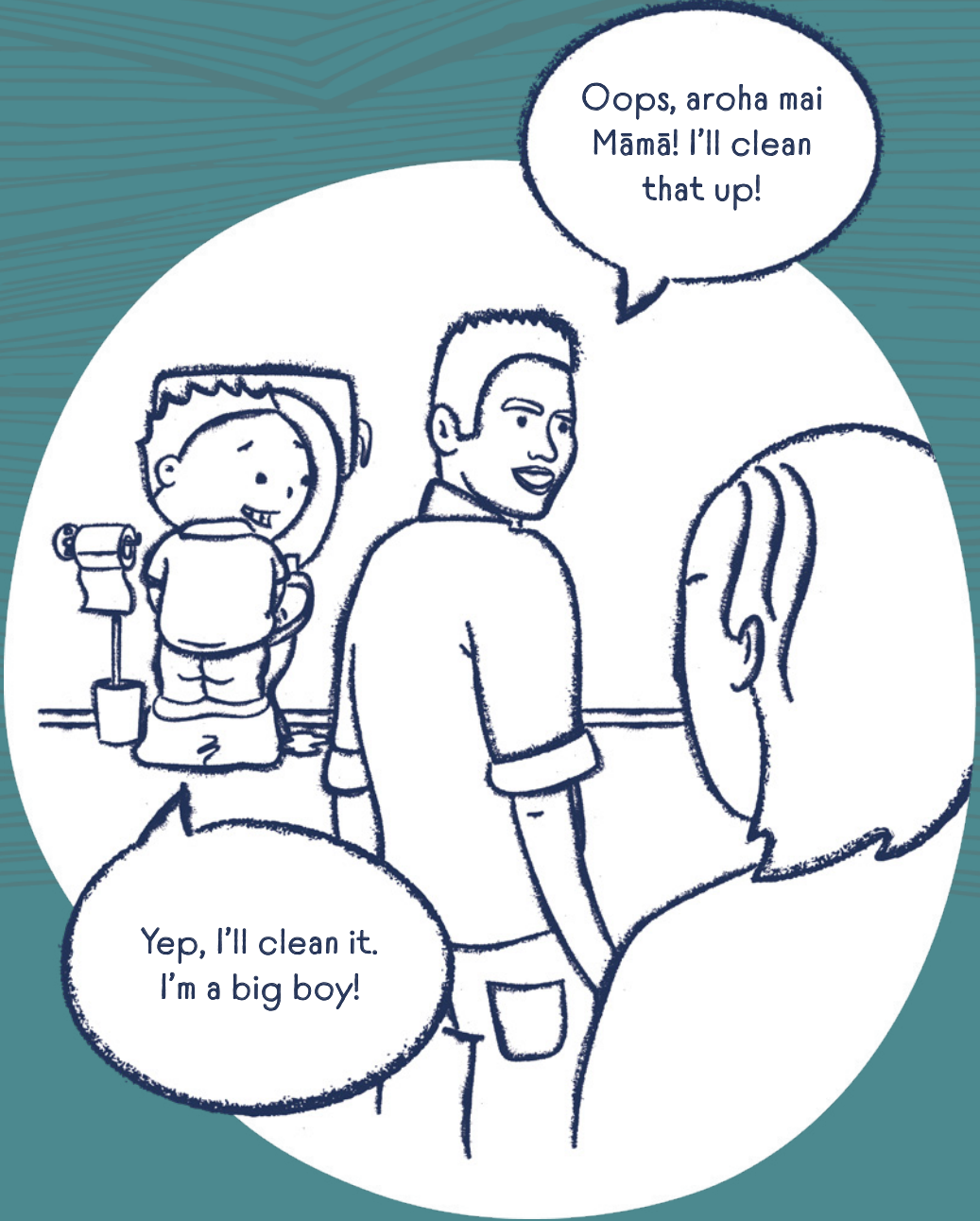
- Have whānau routines for kai, bath and bedtimes.
- Do lots of active, noisy and messy play, especially outside.
- Show them you trust them to do some things – feed the cat, fold the flannels or water the garden.

Practice makes progress

Oopsy!

Nearly, ka pai!
Now you yell
out to māmā.





Oops, aroha mai
Māmā! I'll clean
that up!

Yep, I'll clean it.
I'm a big boy!



What's happening at

34 to 36 months

He iti, he iti kahikatoa.

Though little, it is still a mānuka tree.



Tamaiti says

I'm nearly 3 years old now and I can say about 1000 words, probably more! And some days I've got 1000 questions too.

I can sing waiata and tell stories. I can say my pepeha and my karakia. I'm a little chatterbox. Sometimes I get my words mixed up but it's only because I'm thinking faster than I can kōrero.

I like puzzles and matching games. I play cards and board games with my whānau. I love throwing the dice and I try to count the dots. Sometimes I like making up new rules, and that's okay because it's just a game.

I like helping my whānau and I have my own job. Pāpā helps me rinse the empty milk bottles and then I put them in the recycling bin. I know number 1 and number 2! Koro says I'm a little 'greenie'.



I can run really fast and I love to race my māmā to the papa tākaro. You should see how quickly I climb up the slide and Māmā can't even fit on it!

I don't have to wear my pull ups any more, yeah! I can go to the wharepaku by myself, just sometimes I need a little reminder if I'm really busy.

Sometimes I don't have the words to say how I'm feeling so my whānau help. They give me some words to use like proud, whakamā, excited, hōhā, surprised or pōuri. This helps me to understand my feelings.

I like painting and gluing and I make pictures with leaves, sand, sticks and paint. I'm getting good at using kutikuti too.

My whānau remind me "Kōnui ki runga" when I'm good or when others have done something good too.





Whānau say

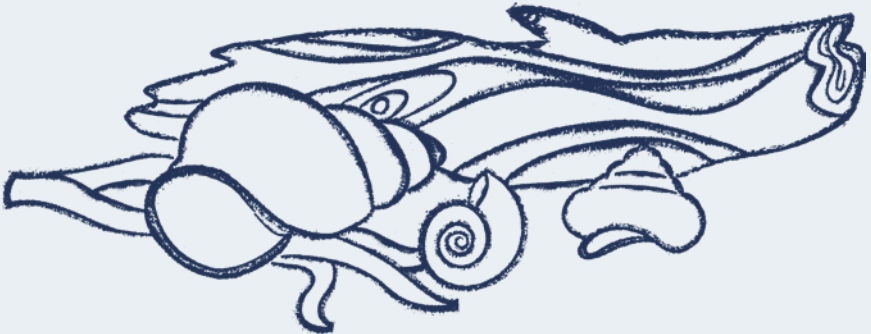
We need to go easy on watching TV and other screens. Talking and listening to people is what's best for our tamaiti. Sometimes we record them singing and play it back to them. They love that!

We try to go to the whare pukapuka regularly. Our tamaiti has their own library card now and is starting to help us look for pukapuka too.

We give them small jobs at home. It helps build confidence and belonging – and they feel so proud helping out. Our clever tamaiti has even started sorting the recycling.

We turn jobs at home into matching and sorting games – four spoons, four forks, four cups. “He tino pai tō mahi, e tama!”

We walk to the beach or the ngahere to collect our art supplies – shells, driftwood and leaves make beautiful collage pictures.



We love spending time together at kōhanga. Our tamaiti wants to show us every little thing and looks so proud when we join in the playing and waiata. They like to help us with the waiata ā-ringa and laugh when we get it wrong.

We try not to make a big deal over accidents with toileting. We make sure our tamaiti has plenty of spare clothes and we teach them about changing their kākahu when they need to.

We know they watch and learn from us so we try to model the behaviour we want them to learn. Horoia ō ringaringa.

If we're out shopping or on a long walk or drive, they wear a pull-up – just in case. It's important to look after their mana and praise all their efforts.



Kaitiaki tamaiti

Wairuatanga

Wairuatanga is a connection to spirituality and the spiritual realm. Some believe that when pēpi are in the womb, they're a part of te ao wairua – the spiritual realm. And, when they're born, they can still connect to this spiritual realm, up to the age of 7.

Wairuatanga was often nurtured by elders. Kaumātua would recite whakapapa, karakia and stories over pēpi directly into their pūmotomoto (fontanelle). This is the soft spot between the bones in the skull at the top of the head. They believed this helped store sacred knowledge and strengthen connections to the spiritual realm.

Because mokopuna are open to the spiritual realm at a young age, it is wise to consider the different environments they are in and the words that are spoken around them.





Rongoā Māori

Rongoā Māori is the traditional Māori healing tikanga which has been passed down through generations. Today the teaching is the same, and more and more people are interested in this tikanga.

Rongoā Māori includes using plants such as kawakawa, mirimiri and karakia to heal ailments and a person's wairua.

Say it like it is

One of these things is not like the other





Mimi, like
this!

Ngā taonga tākaro

Make up your own stories and include familiar people, places and events. Some can be based on memories and others imaginative and made up.

Memory games

Memory games can improve brain functions such as attention and concentration. Games can be simple or complex, depending on what tamariki are ready for.

Secret sock – Challenge tamariki to use their sense of touch and their memory of shape and feel to work out what's inside a sock.

Explain and model the game before you begin. Lots of kōrero about shapes and textures will help their 'fingers do the finding'.

- Push a plastic cup right down inside a long sock.
- Choose three or four small items that your tamaiti is familiar with, such as a LEGO brick, a stone, a toy car or a small ball. Ask them to name each one as they put them inside the sock.
- Then ask them to reach inside the sock and without looking pull out one specific item you ask for.
- Or you can secretly put one item in the sock and then ask them to tell you what it is without peeking!
- Take turns guessing.
- Take it easy – they might need a bit of encouragement just to put their hand inside a sock!



You can use the same items for another quick memory game.

- Spread the items out in a line and ask your tamaiti to name them.
- Ask them to close their eyes while you remove one item.
- With eyes open see if they can recall which item has gone.
- Take turns guessing.
- As they master the memory game you can add more items.

Join their play

Watch how tamariki use their toys or items from around your home. Take five minutes to join in with their play. You can describe what you're doing alongside your tamaiti, but try not to ask too many questions. Trying to find an answer can interrupt their thinking.

Joining tamariki in their play allows them to test their ideas in a safe space with a trusted person. It also makes them feel valued and important which builds their confidence.



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

Waiata kōhungahunga

Keep singing and learning. Here's a waiata to get active and have fun with.

Haere, haere, hīkoi haere

Taihoa, whakarongo, titiro

Huri, huri rere haere

Ringa matau mauī

Ringa matau mauī ki waho, ki waho

Papaki tītaha, papaki tītaha, papaki tītaha

Ringa pakipaki whatiwhati ō hope hei hei

(Tune: Green door)



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





Wharepaku time

Out of nappies and onto the wharepaku.

Here are a few clues to help you know whether tamaiti might be getting ready.

- **Their nappies are dry for longer.**
- **They start talking about mimi and tiko.**
- **They're interested in watching others go to the wharepaku.**

Kia maumahara

Remember

- **It's all about when they're ready, not us, and it can take time.**
- **Getting angry won't help – it might even scare them and make them want to hide accidents.**
- **There will be accidents, so stay positive – less stress, more progress!**

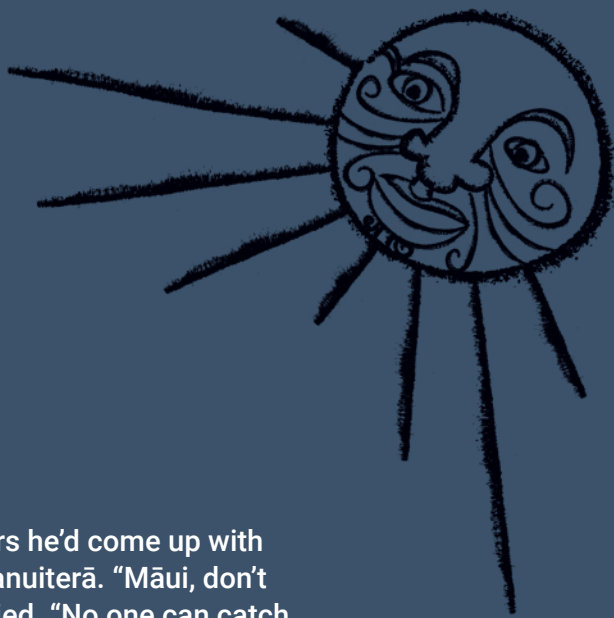


Pakiwaitara

Māui slows Tamanuiterā

Māui loved to go fishing and to play during the day, but sometimes he got angry because the days were too short. One day, as Māui was playing, Tamanuiterā rose in the sky and then set straight away!

No matter how early the people got up, there were still not enough hours of sunlight for them to do all their mahi, hunting and fishing. Māui thought long and hard about what he could do to solve the problem. Then he went and talked to his brothers.




Māui told his brothers he'd come up with a plan to catch Tamanuiterā. "Māui, don't be stupid!" they replied. "No one can catch Tamanuiterā, not even you. If you get anywhere near him, you'll be burnt alive – his mana is too powerful."

But Māui wasn't put off. "We need everyone to help. Go and cut as much harakeke as possible. I want a really huge pile. Then I'll show you how to make a net strong enough to capture even Tamanuiterā." After many hours of work plaiting and tying, they finally had enough rope and nets.

Then off they went. It took several days to travel to the East and find the cave where Tamanuiterā was sleeping. They quickly went to work covering the entrance with their gigantic net of plaited ropes. Then they hid.





Suddenly they felt a scorching heat, and Māui shouted, “Pull! Pull the ropes as hard as you can!” The net fell like a huge noose over Tamanuiterā. Māui rushed out and ran towards the sun.

“What are you doing?” Tamanuiterā roared.

“You go too fast across the sky and we run out of time to finish our mahi. We need more hours of daylight for hunting and fishing,” Māui replied.

“Well,” said Tamanuiterā, “If you free me, I promise to slow my journey down.” Māui agreed and everyone watched as Tamanuiterā slowly began to rise up into the sky.





What might this pakiwaitara remind us about?

- Make your days count – spend time with your whānau and tamariki.
- Planning and talking to each other can help us work through problems.
- Talk about things that are troubling you with whānau.
- Do what you say you are going to do – keep promises.



Tōku reo, tōku ohooho

My voice, my awakening

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

What jobs do I like to do?

Who are my friends?

What songs do I know the words to?

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

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

What games do you like to play with me?

What are your tips for working through challenges?







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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to birth

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From 7 to
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From 13 to
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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
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