**Ara Mātua – Parenting Pathway Pregnancy Te Käkano**

**What we want to work on: Check**

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**Te aroha me te mahana - love and warmth**

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| Learning songs and lullabies |  |
| Singing songs and lullabies to baby |  |
| Thinking about special treasures we might hand down to baby |  |
| Listening to gentle music |  |
| Using gentle mirimiri (massage) |  |
| Thinking about what our baby will be like |  |
| Helping our other children prepare for their new sibling |  |

**Te kōrero me te whakarongo - talking and listening**

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| Sharing our news with important people, our friends and family |  |
| Talking about pregnancy and childbirth beliefs with important people |  |
| Talking with each other about how we were parented |  |
| Talking together about how we want to raise our baby |  |
| Asking questions about anything that’s worrying us |  |
| Talking to our baby |  |
| Reading or telling stories to baby |  |
| Thinking about names for our baby |  |

**Te ārahi me te māramatanga - guidance and understanding**

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| Talking with trusted family and friends |  |
| Finding out about our whänau beliefs about pregnancy and childbirth |  |
| Talking about parenting and what we think makes a great parent |  |
| Getting help for any issues which cause us stress |  |
| Finding out about baby’s development in the womb |  |
| Learning about looking after a little baby |  |
| Looking at websites with information about looking after babies |  |
| Knowing about warning signs and what to do if they occur |  |
| Finding out what we need to know about breast-feeding |  |
| Getting ready for breastfeeding |  |

**Te tūāpapa mō te tika me te hē - limits and boundaries**

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| Giving up drinking alcohol |  |
| Living in a smoke-free environment |  |
| Finding ways to de-stress |  |
| Using ways to de-stress |  |
| Preparing a safe sleeping space for our pëpi |  |
| Always wearing a seat belt in the car |  |

**Te mahi pono - ngā hua me ngā hapa - consistency and consequences**

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| Choosing a midwife or doctor |  |
| Keeping appointments for regular checks with midwife or doctor |  |
| Thinking about a birth plan (pp29-30 has ideas to help) |  |
| Attending childbirth classes |  |

**Te hanga ao tōtika, ao haumaru - structured and secure world**

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| Finding out about a healthy diet for pregnancy |  |
| Following a healthy diet |  |
| Getting enough rest |  |
| Going for walks daily |  |
| Finding other enjoyable ways to exercise |  |
| Looking out for each other and keeping each other safe |  |
| Talking about dad’s involvement in the birth |  |
| Thinking about a welcome to the world/naming ceremony |  |
| Making definite birth plan |  |
| Planning for the care of the other children during the birth |  |
| Getting clothes and baby equipment |  |
| Finding out what sort of support is available in the community to help us in caring for a new baby |  |
| Packing the bag- ready for ‘the big day’ |  |
| Deciding on what we’ll do with the whenua and pito (placenta and umbilical cord) |  |