



Identity and culture



Hapūtanga

Knowing and understanding our culture is an immensely important contributor to our overall wellbeing. Sometimes whānau or māmā while hapū use this time to research deeper into their culture and reo so they can pass this knowledge onto pēpi and ground them in 'who they meaningfully are.'

What whānau pūrākau would I want to learn more about?

What names are meaningful from my whānau?

You might



Waiata oriori

Moe moe pēpi, moe moe rā
Ka hoki mai a māmā ākuanei
Moe moe pēpi, moe moe rā
Ka hoki mai a pāpā ākuanei

- Kōrero with kaumātua about local and whānau pūrākau so you can share these with pēpi
- Ask for the pūrākau for a particular whānau name you'd like to give pēpi
- Choose to display photos or drawings of your whānau
- Learn and say karakia as part of kai time, morning or bedtime routines
- Create a waka huia
- Learn waiata oriori that are important to you and your whānau
- Kōrero with your midwife about cultural practices that are important for you during your pregnancy, labour and after birth, like returning baby's pito or whenua to the earth