

What do the six tohu whānau mean during hapūtanga?

Love and Warmth

- Thinking about our little person
- Choosing a midwife or doctor our whānau trusts
- Getting ready for pēpi

Talking and Listening

- Talking with each other about how we're feeling
- Talking and singing to pēpi because they can hear us 10 weeks before they are born
- Stroking mum's puku so pēpi can feel our touch

Guidance and Understanding

- Finding out what pēpi looks like as they grow – they are real little people
- Knowing it's natural to have concerns and questions
- Talking to whānau about our way of doing things
- Knowing about any warning signs so we can do something fast if we need to

Limits and Boundaries

- Keeping drug, alcohol and smokefree
- Keeping calm and as free of stress as possible
- Always wearing seat belts in the car

Consistency and Consequences

- Looking after ourselves every day – Pēpi depends on us
- Keeping appointments with the midwife or doctor
- Practising the childbirth techniques we've learned

A Structured and Secure World

Helping mum to

- Eat a balanced diet
- Drink lots of water
- Get plenty of sleep
- Get some exercise so she's fit for the birth