

When pēpi feels secure and happy, natural hormones, called endorphins, are released from their brain. Pēpi will be learning heaps as they happily explores their new world.

Pēpi feels secure enough to explore.
Pēpi is really curious about everything.
Pēpi can move and so they are ready to learn from new environments.

Want to know more about what else is happening in the amazing brain?
Head to takai.nz/brain



Waiata Kōhungahunga

Singing – a natural high. Did you know that when you and pēpi sing together, it releases endorphins and gives you both a sense of pure happiness?

**Ngā wira o te pahi,
ka hurihuri huri
Hurihuri huri
Hurihuri huri
Ngā wira o te pahi,
ka hurihuri huri
I ngā wā katoa**

(Tune: The Wheels on the Bus Go Round and Round...)

To listen to this waiata and more, head to takai.nz/waiata