



Te pito

Te pito (the umbilical cord) is how pēpi gets what they need to grow. This is the tube that feeds pēpi, so what māmā eats, drinks and inhales comes to pēpi through the pito.

When pēpi is born the pito is cut and tied until it dries and drops off. Some whānau have special places to bury it.

Te whenua

Te whenua is the afterbirth or placenta. When you are hapū the whenua transfers kai and oxygen from māmā to pēpi. It also transfers all the paru or waste pēpi produces for māmā to get rid of.

When pēpi is born the whenua also comes out. Like the pito it is often buried. Think about what you would like to do with your whenua.