

Ngā mahi ā-whānau

Keep connecting with pēpi – it's not long now before you'll meet kanohi ki te kanohi (face to face).

Write a letter or draw a picture to tell pēpi how you're feeling.

Listen to oriori. Add your favourites to your music list.

Think about a story you want to tell pēpi, and see if you can write an oriori to share it with pēpi.

Hīkoi (walking), kaukau (swimming) and listening to music are great activities.

Relax, get some oil and give yourself a mirimiri.

For a free wall frieze for baby's room, visit resources.tākai.nz

