

# Pēpi says

I've been growing for 12 weeks now and I'm the size of your little finger. My brain is growing so fast my head is nearly as big as the rest of my body.

I grow strong when my māmā and kaitiaki are well.

I'm beginning to make hormones. My brain and body need hormones to help me grow.



I am a kākano of my tīpuna.

My nerves, heart, lungs, bones and muscles have developed. My eyes, ears and nose have formed. Come and see my hands, feet and toes in the scan.

Keep my whānau safe while I'm here in my kāinga tuatahi.

Eat well, māmā.  
Drink lots of wai māori  
(fresh water).  
Make sure we get  
plenty of rest.

