



# Whānau say

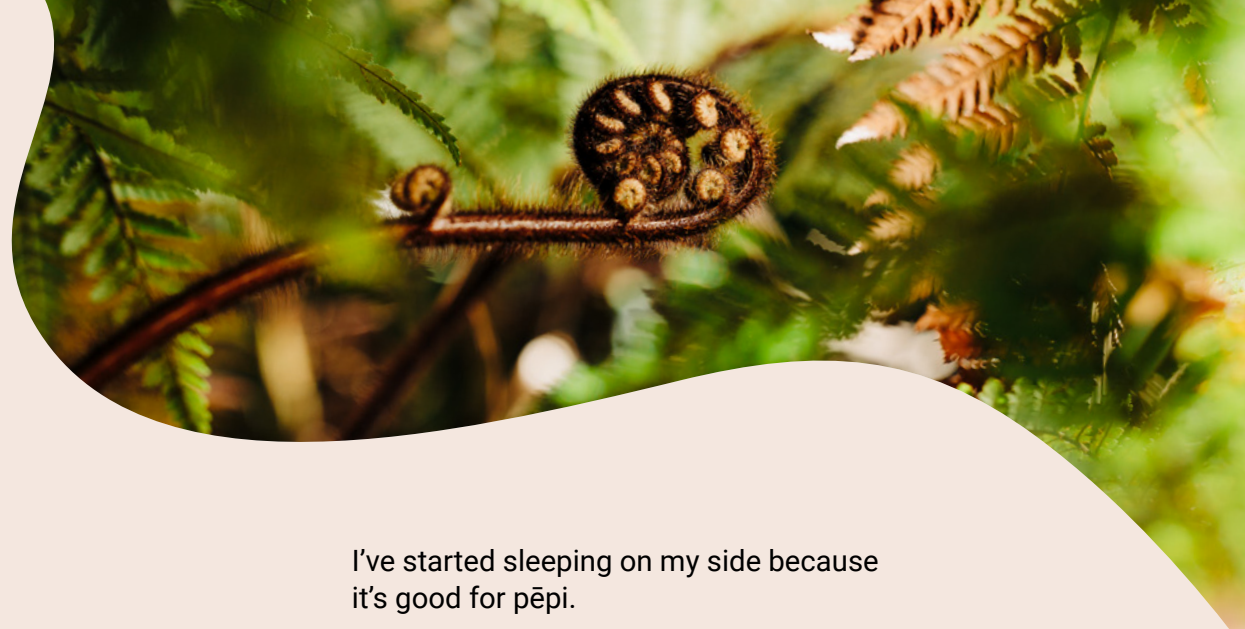
We've been thinking about names for pēpi. We've been asking whānau and friends for ideas.

We're going to go through our birth plan with our midwife and doctor and talk about how they can support us with our choices.

## **Our preparations will include:**

- packing bags for māmā and pēpi
- practising the journey to the place where pēpi will be born
- organising some music for the birth
- getting a baby car seat ready
- getting ipu whenua ready.

Our biggest mahi for māmā and our growing pēpi is to love them and it doesn't cost a thing.



I've started sleeping on my side because it's good for pēpi.

## **We need to make decisions about:**

- Who will be at our baby's birth?
- Who will be the first to hold our pēpi?
- Who will cut the pito?
- What are we going to do with the whenua?
- Are we going to have karakia?

Whatever decisions we make about the birth of pēpi, we know it's a good idea to prepare a few weeks earlier than the due date.

What will we do if pēpi decides to arrive early?

Sorting, sorting and more sorting is our life at the moment. All we need to do is settle down. Don't go too OTT! Keep things simple and doable.