Ngā mahi ā-whānau

Go and kōrero to your friends and whānau and find out more about what whānau do during hapūtanga. Write down or make a recording of some of the good ideas you hear.

Here are a few questions you can ask your friends or whānau:

- What are our whānau tikanga around hapūtanga?
- When you were hapū, who did you tell?
- What's the best thing about being hapū?
- What are some of the tricky things?
- When did you tell everyone that you were hapū?

Write a letter or draw a picture to tell pēpi how you're feeling. Include taonga from te taiao as keepsakes of the seasons passing during your hapūtanga.

Going out for walks in te taiao is good for you and pēpi especially when things are getting a bit stressful. Take it easy. Hā ki roto, hā ki waho.

Relax, get some pani or oil and give yourself a mirimiri.

Waiata kōhungahunga

Waiata is a great way to connect with pēpi during hapūtanga. You could sing or play a waiata if you like.
Here's a simple one to get you started.

Moe moe pēpi

Moemoeā

Moe moe pēpi

Moemoeā