

# Ngā tohu whānau

Hapūtanga is a time to start thinking about how tamariki grow, and what we might need to prepare for them to join us. It is a time when māmā and pēpi need to be cared for, a time to share our expectations and experiences with others.

There are 6 things that promote a strong relationship between parents, whānau and their tamariki. During hapūtanga they might look like this:

## Love and warmth

- Think about our little growing person.
- Get ready for pēpi.
- Connect with whānau and friends.



## Talking and listening

- Talk with each other about how we're feeling.
- Talk and sing to pēpi, especially in trimester 3.
- Listen to whānau stories about being hapū.

## Guidance and understanding

- Choose a midwife or doctor our whānau trusts.
- Reassure ourselves it's natural to have concerns and questions.
- Know what to do if there are signs things aren't quite right.



## Limits and boundaries

- Keep drug, alcohol and smokefree.
- Keep calm and as free from stress as possible.
- Set some of our own whānau tikanga.

## Consistency and consequences

- Look after ourselves every day – pēpi depends on us.
- Keep appointments with our midwife or doctor.
- Practise the childbirth techniques we've learned.



## A structured and secure world

- Eat a balanced diet and get plenty of rest and sleep.
- Think about where pēpi will sleep and how we will manage routines.
- Keep exercising to be in the best shape for the birth.

