

We need to go easy on watching TV and other screens. Talking and listening to people is what's best for our tamaiti. Sometimes we record them singing and play it back to them. They love that!

We try to go to the whare pukapuka regularly. Our tamaiti has their own library card now and is starting to help us look for pukapuka too.

We give them small jobs at home. It helps build confidence and belonging – and they feel so proud helping out. Our clever tamaiti has even started sorting the recycling.

We turn jobs at home into matching and sorting games – four spoons, four forks, four cups. "He tino pai tō mahi, e tama!"

We walk to the beach or the ngahere to collect our art supplies – shells, driftwood and leaves make beautiful collage pictures.

