

## Tamaiti says

My whānau are having another pēpi. We sing to our pēpi every, day.



I like helping in the kitchen and washing the dishes.

I don't know why, but my tarau are all getting shorter!





My whānau says it's alright for me to eat heaps of healthy kai, but not too much sugar.





I have heaps more kupu, and kino kupu too. I know I'm not allowed to say them though.





I like to ride fast on my bike. I can go faster than you!



Sometimes my whānau talk about how they're feeling. It helps me to understand my feelings too.