



We notice pēpi loves it when we sing while we're doing things together. Pēpi doesn't mind if our singing is flat.

If we feel we're getting stressed, we give pēpi to someone who's calmer. Pēpi can sense when we're stressed.

If we're stuck, we ask whānau and friends for ideas on sleeping, holding, wrapping or feeding pēpi. We listen to all their kōrero and then work out what's best for us and our pēpi.

Keeping calm when pēpi can't stop crying is hard. We try a technique and give it time to work before we try something else.

We can try:

- waha (carrying pēpi close to our heart)
- waiata
- going for a hīkoi
- gentle patting and rocking.