

# Pēpi says

I like to eat, sleep and kōrero. It's my daily routine.

When I'm comfortable and people respond to me, I'm learning to trust my world – tōku ao ātaahua!

As I get stronger and start to get some control over my body, I'll lift and turn my head to see what you're doing, and I'll follow your voice. I love voices and I recognise them.

I gaze a lot and like to study the faces of people in my new world. I can tell the differences between familiar faces.

I'm learning how to smile – or maybe I've got wind?



My whānau are helping me learn through simple mahi like kōrero, waiata and keeping me calm. It's all helping my brain to develop.

I like it when my whānau sing to me when they change my kope, it keeps me feeling calm.

I've had my 6-week Tamariki Ora Well Child check to make sure my body and brain are growing well.

Breast milk is the best kai for me. It has all the nutrients I need to grow. It also has natural antibodies that help to protect me from infections and illness.

If I need a bottle, my whānau know how to prepare it correctly so I still get all the nutrients I need.



Did you know that the nutrients in milk help to coat my brain connections with myelin. Myelin is a fatty coating that acts as insulation to make sure messages flow smoothly and quickly in my brain. That is why my whānau learnt how to make my milk properly.