

Ngā taonga tākaro

Awhi pēpi when you talk to them so they can tune into your voice. Look at them when you speak and use exaggerated facial expressions. Watch how pēpi responds when you make your voice higher, stretch the vowel sounds, and speak slowly using short sentences.

Pēpi can't see colour yet. Contrasting patterns of light and dark, especially black and white, are great for developing vision. A quick homemade cardboard book with simple black and white shapes or patterns is perfect for pēpi to look at.

Pēpi is getting stronger and likes to kick their legs and move their arms. Put pēpi on the floor, on a clean blanket, so they can move freely.



A gentle mirimiri, especially after a bath, can be part of a relaxing routine for you both. Only do it for as long as pēpi enjoys it – they will let you know when they've had enough.

Sing with pēpi at bath time, changing time, or any time you have their full attention. Singing can be playful and fun, or calming and soothing.

Try calling out their name, or using things to make different sounds – squeaking, rattling, jingling – from different places in the room. It's fun and can be a simple test of their hearing.

Waiata kōhungahunga

Waiata is a great way to share and learn te reo Māori. Lots of repetition of Māori sounds and words help to create language patterns in baby's brain for the future.

Oriori can be soothing and calming. This waiata has repetition which is great for their developing brain and you can include the names of all the people in their whānau.

Moe moe pēpi, moe moe rā
Ka hoki mai a māmā ākuanei
Moe moe pepi moe moe rā
Ka hoki mai a pāpā ākuanei.

(Tune: Hush little baby, don't say a word)



Visit takai.nz/waiata for more.

