

Whānau say

We sleep when we can.

Having pēpi at home is new, exciting, fun and scary at times.

Sometimes it's hard to work out what our pēpi needs and wants. We take time to watch closely and listen carefully, and we're starting to recognise their signs.

The way we hold pēpi, talk to pēpi, look into their eyes, and take care of them is all helping their brain develop well.

We've learned how to properly prepare formula for pēpi in case we need to bottle feed.

We're learning about:

- things that relax or upset pēpi
- how pēpi likes to be held or fed
- how pēpi goes to sleep.

We try little routines that help pēpi get to know and trust us, like talking to pēpi when they wake up, before picking them up.



We know that too many sights, sounds or tastes all at once can overstimulate and unsettle pēpi.



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.