

Waha

Carrying pēpi close to the heart

Our tīpuna used hue or gourds to carry water to their whare. The term waha describes how they would cradle it close to their body to ensure its safety. The same word is used to describe securely carrying pēpi.



Our kaitiaki would waha pēpi to soothe them when they were upset or hard to settle. This gave the village an opportunity to support the raising of mokopuna.

When we wrap and securely sling pēpi close to the body of their kaitiaki, warm and close to the rhythm of the manawa (heart), like the familiar foetal environment, it can calm and soothe an unsettled pēpi.



Waha helps pēpi to learn how to regulate their breathing when they're upset.