Think about ways to let pēpi explore freely and safely in your kāinga. Try to put things you don't want pēpi touching out of sight or out of reach – breakable items, pot plants, electrical cords and plugs. Put the things pēpi can touch in easy reach.

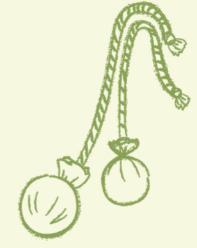
Explore outdoors. Visit the ngahere, the moana, or a whare tipuna and let pēpi touch, hear, see, smell and taste all there is around you.

Waiata kōhungahunga

Singing is a great natural high for pēpi and you. Did you know that when you sing together, it releases endorphins, the happy hormones, which brings a sense of pure joy.

Here's a little waiata you can share.

Ngā wira o te pahi Ka hurihuri huri Hurihuri huri Hurihuri huri Ngā wira o te pahi, Ka hurihuri huri I ngā wā katoa



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

)) Visit tākai.nz/waiata for more.