

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: *The wheels of the bus*)



Visit [takai.nz/waiata](https://www.takai.nz/waiata) for more.