

Ngā taonga tākaro

Play is learning

When your pēpi is playing, your pēpi is learning. Remember, pēpi is at a stage where they may only play for a few minutes and then lose interest.

Hold pēpi in front of a mirror so they can see you and themselves. Play talk and touch. “Kei hea tō ihu? Where is your nose?”, “Kei hea tō waha? Where is your mouth?”

Try calling out their name from different places in the room, or use things with different sounds like a pot and spoon to attract their attention. It’s fun and a way to test their hearing.

Try hiding behind a piece of furniture, call pēpi and peep out a little to try to get them to come and find you. Act really excited when you’re found.

Pēpi is interested in ways to manipulate objects. Try small containers, boxes, pots and pans with lids, or toys that nest or fit together.



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*)



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