**Ara Mātua – Parenting Pathway Te Pihinga 3 13 – 18 months**

**What we want to work on:** **Check**

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**Te aroha me te mahana - love and warmth**

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| Letting pëpi make some decisions for themselves |  |
| Keeping on reading to pëpi every day |  |
| Reading baby’s favourite books over and over |  |
| Playing baby’s favourite games with them |  |
| Playing new games with pëpi |  |
| Talking to baby about having turns, being caring and gentle |  |
| Playing regularly and having fun together |  |
| Telling pëpi they’re wonderful |  |
| Seeing the funny side of things! |  |

**Te kōrero me te whakarongo - talking and listening**

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| Listening to baby and responding as they try to communicate |  |
| Knowing pëpi can understand more than they can say |  |
| Name things for baby |  |
| Talking to pëpi in our family’s languages |  |
| Using a caring voice when we repeat the accurate version back to baby’s attempt at words to avoid them feeling ‘corrected’ |  |
| Using **parallel talk** so pëpi hears the words that match what they’re doing |  |
| Using **self-talk** so baby hears the words that match what we’re doing |  |
| Reading to pëpi every day, pointing and naming things. |  |
| Naming anything baby is pointing to |  |
| Singing and sharing rhymes and finger plays with pëpi everyday |  |
| Keeping screen time or TV watching for pëpi to a minimum - none at all is best |  |
| Using ‘do’ instructions rather than ‘don’ts’ |  |
| Getting down to our baby’s level so we’re face to face when we’re giving them instructions |  |

**Te ārahi me te māramatanga - guidance and understanding**

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| Encouraging baby to practise new motor skills |  |
| Providing sturdy and safe surfaces for pëpi to pull themself up to a standing position |  |
| Behaving in ways that we want baby to copy–we’re role models |  |
| Giving pëpi the opportunity to be with other children |  |
| Understanding our baby hasn’t yet learned about sharing, taking turns or getting on with other children |  |
| Having realistic expectations of pëpi |  |
| Considering our baby’s personal temperament |  |
| Monitoring our own stress levels and working to keep them low |  |
| Understanding that baby will remember and be able to recall more and more from now on |  |
| Expecting baby to start saying ‘No!’ |  |
| Not being surprised by tantrums – it’s common for little children to have them! |  |

**Te tūāpapa mō te tika me te hē - limits and boundaries**

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| Having a few limits that all the adults help pëpi to follow |  |
| Staying calm and being firm when baby tests the limits |  |
| Being consistent with our boundaries. If it’s ‘No’ today it needs to be ‘No’ tomorrow and all the other days |  |
| Planning outings and shopping trips for when pëpi isn’t tired, hungry or sick to reduce stress on baby and on us |  |
| Taking pëpi for their Well Child/Tamariki Ora Check |  |
| Having a balance of quiet and active times during the day |  |
| Understanding baby’s needs to do things for themselves |  |

**Te mahi pono - ngā hua me ngā hapa - consistency and consequences**

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| Giving pëpi a variety of foods they can feed themselves |  |
| Knowing how to keep ourselves calm when we’re feeling stressed, upset or baby is testing the limits |  |
| Cuddling pëpi after there’s been an upset between us – they’ll learn that things can be made right again. |  |
| Noticing and commenting when baby is doing as we’ve asked e.g. ‘gentle hands or sit down with your drink’. Catching baby being ‘good’! |  |
| Choosing our battles wisely–we can’t force pëpi to eat or sleep when ‘we’d’ like |  |

**Te hanga ao tōtika, ao haumaru - structured and secure world**

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| Making sure our home is safe inside and outside as we keep up with baby’s increasing movement skills and speed |  |
| Making sure our pëpi can’t get to any small, hard items that are choking hazards, because often they’re still ‘mouthing’ things |  |
| Maintaining family routines so our baby knows what happens at meal times, nappy changing , bath and sleep times |  |
| Being patient because toddlerhood can be challenging for us and for pëpi too |  |
| Telling baby about our family |  |
| Remembering a loving and trusting relationship gives pëpi the best start in life. |  |