**Ara Mātua – Parenting Pathway Te Pihinga 1 Birth – 6 months**

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

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

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| Learning about ways to soothe baby |  |
| Learning what upsets baby |  |
| Gently rocking baby |  |
| Face to face talking |  |
| Giving baby a gentle mirimiri (massage) after a bath is a great time |  |
| Having ‘tummy to tummy’ time with baby |  |
| Responding quickly and warmly when baby cries |  |
| Adults in our home looking after each other too |  |

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

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| Watching and listening to learn about baby’s cues for when they need; a break, a sleep, some food, a cuddle or a nappy change |  |
| Talking to baby about what’s going on |  |
| Singing to baby |  |
| Using ‘*Parentese*’ when we’re talking to baby |  |
| Talking to baby in any of our family’s languages |  |
| Copying the sounds baby makes so they learn about turn taking and conversations |  |
| Sharing books with baby every day |  |
| Talking with family and friends about baby |  |

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

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| Asking for help when we need it |  |
| Keeping our Well Child/Tamariki Ora appointments |  |
| Giving baby time on the floor, sometimes without nappies on |  |
| Getting medical help if baby is sick |  |
| Understanding that baby depends on us for all their needs |  |

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

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| Learning how baby likes to go to sleep |  |
| Having a smoke free home and car |  |
| Knowing what helps us de-stress |  |
| Getting plenty of rest |  |
| Eating healthy food |  |
| Giving baby safe things to play with |  |
| Moving stuff that’s unsafe if baby was to reach it |  |
| Looking after ourselves watching how much we drink or smoke |  |

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

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| Trying little routines e.g. talking to baby on waking up |  |
| Doing things in the same way and in the same order teaching baby about routines, especially at bed time |  |
| Helping build relationships by introducing baby to trusted key people |  |
| Playing peek a boo |  |

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

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| Getting feeding sorted |  |
| Planning a baby naming or welcome to the world event |  |
| Providing a safe sleeping area for baby |  |
| Protecting baby from loud noises, angry feelings and harmful places |  |
| Putting baby to bed ‘face up, face clear and smoke free’ |  |
| Using properly fitted car seats |  |
| Taking baby outside to experience the world |  |
| Checking in with Well Child/Tamariki Ora about when to introduce solid foods |  |
| Checking for safety wherever we go |  |
| Allowing baby to explore safely |  |
| Knowing that our attachment relationship is the foundation for all baby’s future learning and relationships |  |
| Making the most of ‘care moments’ |  |
| Adults treating each other with kindness and respect |  |