**Ara Mātua – Parenting Pathway Te Pihinga 2 7–12 months**

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

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

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| Sharing cuddles and kisses often throughout the day with baby |  |
| Showing them love every day with our words and actions |  |
| Supporting pëpi to warm up to people they feel unsure around |  |
| Explaining to others why pëpi might be grizzling or clingy to us |  |
| Singing with baby every day |  |
| Sharing interesting things with baby |  |

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

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| Paying attention to baby’s cues, their sounds, gestures, facial expressions and saying what they might be trying to tell us |  |
| Naming baby’s emotions so they start to learn the words for how they’re feeling |  |
| Using **parallel talk** with pëpi so they hear the words that match what they’re doing |  |
| Using **self-talk** so pëpi hears the words that match what we’re doing |  |
| Sharing books with baby every day |  |
| Saying rhymes, and doing finger plays with pëpi every day |  |
| Using calm but firm voices when we’re helping baby to stay safe  |  |
| Listening to and copying the sounds pëpi makes |  |
| Responding to baby when they point to something and make sounds |  |
| Speaking to baby using the language we speak best |  |

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

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| Modelling behaviour we’d like baby to copy and encouraging other people to do so too  |  |
| Playing peek a boo to show pëpi people still exist even if they go out of sight  |  |
| Taking baby outside to experience different sights, sensations, smells and sounds |  |
| Giving pëpi safe ‘finger foods’ so they learn to feed himself |  |
| Understanding that when pëpi is being curious they’re learning and it’s a sign they feel safe and can trust the world  |  |
| Getting to know and understand our baby’s individual temperament |  |

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

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| Giving baby safe and interesting things to explore |  |
| Encouraging baby to move |  |
| Having a few family rules to keep pëpi and precious things safe  |  |

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

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| Playing ‘exploring’ games like ‘in and out’ ‘opening and closing’,’ nesting and stacking’ and ‘hiding and finding’ |  |
| Staying calm and using ‘stop’ to let pëpi know when something is dangerous  |  |
| Responding quickly and distracting baby when they get into the things we don’t want them to |  |
| Keeping to routines we’ve developed with pëpi so they know what’s going to happen next  |  |

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

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| Noticing when baby is showing signs of stranger awareness |  |
| Understanding what’s going on for pëpi if they cry when we leave the room |  |
| Checking the house for safety once baby is able to move |  |
| Making our home a ‘yes’ environment by moving some of things we don’t want them touching |  |
| Reviewing baby’s safety in the house as they develop new motor skills and abilities |  |
| Keeping our Well Child/Tamariki Ora appointments |  |
| Remembering a loving, trusting relationship is the key to baby’s future learning and relationships |  |
| Understanding how the way we parent our pëpi every day will affect their brain development and make a big difference to their future.  |  |