

Ko te wā e hapū ana he wa rangatira
mo te aronui ki te hauora.



Auahi Kore, Waipiro Kore



Ngā Take Oranga Hinengaro



Tuku awhikiri



Takoto i runga
i tō kaokao



Kai tōtika mō
te tinana



Ko te wā e hapū ana he wa rangatira
mo te aronui ki te hauora.



Auahi Kore, Waipiro Kore

He tūmomo paitini te hikareti me te waipiro e pā kino ana i te tipu ora me te whanaketanga ora o tō pēpī.



Ngā Take Oranga Hinengaro

He take nui te tiaki i tō oranga hinengaro i a koe e poipoi ana i a pēpī.



Tuku awhikiri

Āraia te mate mare motu me te mate rewharewha mā te whiwhi awhikiri i o hapūtanga katoa. HE KORE UTU.



Takoto i runga i tō kaokao

I a koe e whakangā ana, e moe kinikini ana, e moe ana rānei, me mātua takoto i runga i tō kaokao mai i te wiki 28 o te hapūtanga, e mōhio tūturu ai koe e whiwhi ana a pēpī i te hā-ora e tōtika ana mōna.



Kai tōtika mō te tinana

He whai tikanga nui tonu te kai i ngā hua tōtika mō tō oranga me te oranga o tō pēpī

