



Kōanga (Spring) E Panui



Ngā Kaupapa e whai ake nei (Upcoming Events)

Te Rā Mokopuna Ora – Safe Sleep Day
Friday 2nd December 2016

RECRUITMENT!!!!!!
Inviting ALL hapu mothers and mothers of maori toddlers and babies. Go into our Seasonal hamper draw (see winners below) just by talking to me

What Kaipara Mama's are saying about Oranga Pēpi, Oranga Anga Mua



WHAKATAETAE

Our Kōanga winners are...

Deborah Kipa
(Plunket Support Worker)
&
Fayeth Utatao
(Mummy of Mt Wellington)

Congratulations!

From Te Ha Oranga o Ngati Whatua and HealthWEST

8th July 2016 – Kaipara HBHF

"I've learnt so much through the programme and have enjoyed building stronger relationships with other Mama's & Whanau wanting to live a more positive and healthier lifestyle. End to one chapter but a beginning to another. I'm putting on my shades coz my futures so bright. And thank you Danielle for your time and sharing your knowledge with us mummies, we are all now equipped with a whole set of new skills and tools."

Shan – mama of 3



Korero mai...



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In Brief...

Congratulations to all Mums and whanau from **Kaipara** and **Orakei** for completing the Oranga Pēpi, Oranga Anga Mua Program

50 Mums were introduced to Oranga Pēpi, Oranga Anga Mua

34 whanau talked to us about their health and their babies' health goals

32 people joined our free **TextMATCH** service with **NIHI**

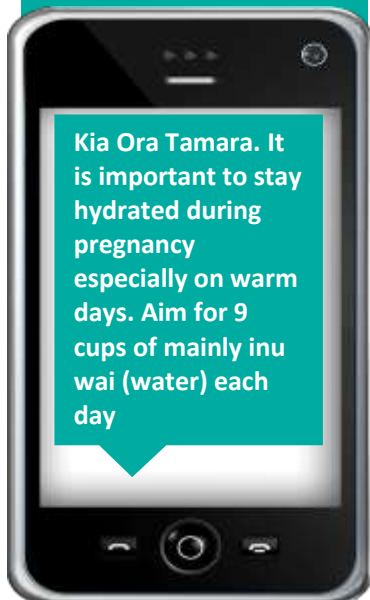
30 Mums enrolled on our Community Learning Program

10 Mums learnt how to prepare and cook healthier meals, shop on a budget, read food labels and be more active

We supported **9** Mums to get help from other services

TextMATCH

A free text messaging program to support hapu mama & whanau with info about eating well and being active



Ngā whakapakari Tinana e kaingākautia ana ngā pēpi (Our favourite physical activity for baby)

AWAKE TUMMY TIME

Begin at birth, starting with 10 seconds.

It is important that muscles used for moving & exploring are strengthened (legs, arms back & neck)



ROLLING

Occurs anywhere from 3 months. This helps infants develop balance, strength and their eyes.

ACTIVITY = Lift one of his legs about 90° then gently move it across his body to touch the floor on the other side. Return back to starting position. Repeat action on the other leg.



CRAWLING

Occurs anywhere from 5 months. This encourages opposite arm and leg movement which assists in left and right brain development

ACTIVITY = Crawl around the floor pretending to be different animals and imitate the sounds they make.

Ngā tohutaka e kaingākautia ana (Our favourite recipe)

Hummus

Kīnaki (Ingredients)

- 1 can of chickpeas
- 1 teaspoon of crushed garlic
- 100mL Oil
- 2 Tablespoons of Peanut Butter
- Juice of 1 lemon
- ¼ cup of water

Tāera (Method)

1. Open the chickpeas, drain off the liquid and rinse with water
2. Place chickpeas, garlic, oil, peanut butter, lemon juice and water in a food processor or blender
3. Process or mash until smooth

Variations:

- Add cooked Kumara, Beetroot, Carrots or Pumpkin
- Try adding fresh herbs for different flavours like Coriander, Mint, Parsley
- Spices such as Sweet Paprika, Cumin, Coriander also give a nice flavour
- Seeds like Pumpkin seeds, Sesame or Sunflower seeds add a nice crunch

