



Raumati (Summer) E Panui



Ngā Kaupapa e whai ake nei (Upcoming Events)

Toddlers Day Out 13th
May

Community Learning Groups:

Ranui - Tuesdays 4th &
11th April

Beachhaven - Fridays
31st March, 7th & 21st
April

Glen Innes - Fridays 5th,
12th, 19th & 26th May



Henderson Mamas – 15 December



“Each class was well
organised and set up.
It was very welcoming
and enjoyable.”

“I learnt how to be
organised with healthy
eating and also how to
budget for healthy
kai.”

WHAKATAETAE

Our Raumati winners
are...

Rosie Houghton
(Maori Womens Health
Liaison Coordinator)
&
Melissa Kukutai
(Hapu Mama of West
Auckland)

Congratulations!

From Te Ha Oranga o Ngati
Whatua and HealthWEST



Orakei Mamas – 25 November 2016

Korero mai...



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In Brief...

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

196 Mums were introduced to Oranga Pēpi, Oranga Anga Mua

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

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

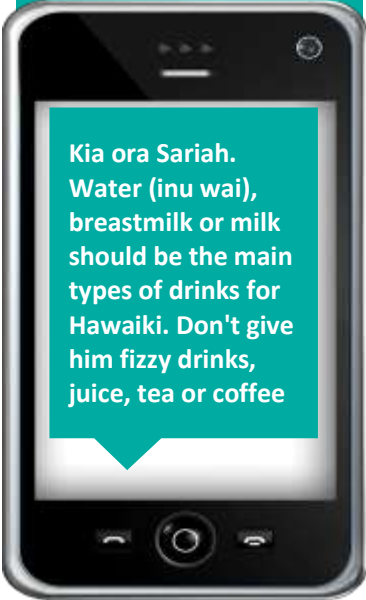
71 Mums enrolled on our Community Learning Program

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

We supported **5** 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



Kia ora Sariah. Water (inu wai), breastmilk or milk should be the main types of drinks for Hawaiki. Don't give him fizzy drinks, juice, tea or coffee

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

EYE MOVEMENT

It is important to strengthen eye muscles. It increases the ability to see clearly and ability to learn to read and write.

ACTIVITY = Bubbles - can start as early as 3 months old (be careful at a young age that bubbles don't pop in their eyes)



USING THE ENVIROMENT

A child will learn about the environment and their body by watching and touching things outside.

ACTIVITY = Take child outside and collect things from nature for a "treasure box" eg. Feathers, pinecones, driftwood, shells



MASSAGE AND TOUCH

Teaches baby about his body – size and shape. Helps regulate digestive system, relieves discomfort of constipation and colic.

ACTIVITY = Massage arms and legs going right to the end of the fingers and toes and massaging each digit.

Ngā tohutaka e kaingākautia ana (Our favourite recipe)

Chicken Satay and Crispy Noodle Salad



Kīnaki (Ingredients)

- 3 tablespoons crunchy peanut butter
- 2 tablespoons sweet chilli sauce
- 2 tablespoons low-salt soy sauce
- 1 tablespoon vegetable oil
- 400 grams cooked chicken
- 1 bag green salad mix, or one lettuce
- 4 medium tomatoes, chopped
- 1 avocado, cubed
- 1/2 cucumber, sliced
- 1 red or green capsicum, thinly sliced
- 1 carrot, grated
- 1 spring onion, finely chopped
- 1 orange, peeled and chopped
- 1 packet of mung bean sprouts
- half a packet of crispy noodles



Tāera (Method)

1. To make the satay dressing, mix together peanut butter, sweet chilli sauce, soy sauce and oil. Microwave on high for 30 seconds to 1 minute and stir until smooth. Set aside to cool.
2. Put green salad mix (or lettuce), tomatoes, avocado, cucumber, capsicum, carrot, spring onion, orange and bean sprouts in a large bowl. Add half of the satay dressing and mix gently to combine.
3. Tip salad onto a large plate and put the chicken on top. Drizzle on the rest of the dressing then sprinkle on the crispy noodles.

