

Tikanga Māori Mātāpono Tikanga Māori Principles

Taha Tinana is the underlying tikanga principle for bodily health and physical wellbeing, and also physical environments we engage in.

Consider what tikanga practices your team of Kāiako could implement as core to 'he wā moe' or sleeping routines for ngā pēpi (infants), ngā pēpi nohinohi (toddlers) and ngā tamariki kōhungahunga (the young children). for example:

- Meticulous attention is paid to hygiene.
- Kaiako are guided by the rhythms of each tamaiti (child) and these transform into consistency and regularity at he wā moe.
- Supervision is paramount to protect ngā pēpi me ngā pēpi nohinohi from potential hazards in the environments they engage in, for example, ngāngara (insects), pūwerewere (spiders), and Tamanuiterā (exposure to the sun).
- Sleeping is important for all tamariki, as research has shown that sleep impacts alertness and attention. Sleep schedules can help tamariki become familiar with sleep routines. Establish some positive sleep tikanga around awake times and nap lengths. Maintaining set sleep tikanga helps tamariki feel secure because they are predictable routines.

Waiata E moe rā

E moe rā, e te tau
Ki te moe marie
Whakarongo ki te reo Whakataki nei anō E pūao
mai te rā
Me maranga mai koe E pūao mai te rā
Me maranga mai koe.

Off to sleep my darling
A peaceful sleep
Listen here to the words of love
Pleasant dreams 'til you awake



Nana Nols with Raria Joy Anahera Williams

<https://ako.ac.nz/ki-te-hoe-indigenising-practice>

Ki te hoe Indigenising Practice

Te reo me ngā tikanga Māori
Rauemi mā ngā kaiako

Wā Moe Sleep Routines



Created by Ngaroma M. Williams
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Ngā Taputapu: Equipment

(include 'ngā to commence with to plural)

- Whāriki moenga, peeti: mattress
- Wahakura: he mōenga pēpi
- Pīra: pillow
- Kōpaki pīra: pillow case
- Aupuru: cushion
- Hīti: sheet
- Paraikete: blanket
- Pūngene: sleeping pod/bag



Ngā tūmahi: Doing, Action Words

- Kuhua: place it/put it
- Tīnīhia: change it
- Whakakopahia: fold it
- Whakaahorahia: spread it out
- Whakawehea: separate it

Ngā rerenga kōrero: Action Phrases

1. Kuhua te pīra ki roto i te kōpae pīra.
Put the pillow into the pillow case.
2. Tīnīhia ngā hīti o ngā pēpi.
Change the babies sheets.
3. Whakakopahia ngā paraikete.
Fold the blankets.
4. Whakaahorahia ngā paraikete ki runga i ngā moenga.
Spread the blankets out on the beds.
5. Whakawehea ngā hīti me ngā paraikete.
Separate the sheets and the blankets.



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Ngā rerenga kōrero: Everyday Phrases

1. Kia au te moe.
Sleep well, night night.
2. Kua rite koe ki te moe?
Are you ready for bed?
3. Ka kite au i a koe e mirimiri ana i ō karu – kei te ngenge koe?
I see you are rubbing your eyes - are you tired?
4. Ka tuku au i a koe ki tō moenga ināianei.
I will put you in your bed now.
5. E pai ana kia mirimiri au i tō tuarā?
Can I rub your back?
6. Ka noho mai au ki a koe mō te wā poto.
I will stay with you for a while.
7. Ka pirangi koe kia waiata au ki a koe?
Would you like me to sing you a song?
8. Ka rongo au i tō pōuritanga. Me pēhea au e āwhina i a koe?
I can hear that you are sad. How can I help?
9. Ka pirangi koe ki te puta i te moenga ināianei?
Do you want to get out of bed now?
10. E oho! Maranga ake!
Time to wake up!