

Te Miri, te Whāwhā



He aratohu ngohe mā ngā tamariki
kei raro iho te rima tau



SPORT
NEW ZEALAND

On 1 Feb 2012, SPARC
changed its name to Sport NZ.
www.sportnz.org.nz

? He aha te kaupapa Koringa Hihiko?



He rite te painga o te Koringa Hihiko ki te pēpi hōu, anō rā ki te tamaiti pakeke ake. Mā te whakakori i tāu tamaiti, ka āwhina koe i te whanaketanga o tōna tinana, ka ako ia, ka haumarua ia, ka mōhio ia he nui te aroha mōna.

Mā ngā kōrero i ngā tuhinga Koringa Hihiko e āwhina i a koe ki te whiriwhiri i ngā ngohe pārekareka.





? He aha te take he pai te miri mā kōrua ko tō pēpi?

He pai tēnei whakanā me tōu pēpi, kōhungahunga rānei.

Ka rongo ā tātou tamariki i te mahana, te aroha me te manaaki.

He pai te mirimiri māu, mā tōu pēpi, kōhungahunga rānei.

He painga mā ngā tamariki katoa ahakoa he aha te pakeke, kāpā mo ngā pēpi anake.

Ka whakamauru, whakanā, whakaāhuru i a kōrua tahi, ka āwhina hoki i te roro me te pūnaha rongo.

Ka whakakaha i nga ua.

? He aha ngā mea ka ako a pēpi i te whāwhā?

☺ Ko te rongopā te rongokaha rawa a te pēpi.

- Ka pā te rongoki te kiri, ka tuku karere ki te roro, ka āwhina i te roro kia tipu, kia hanga hononga hōu.
- Kei te waha ngā rongokaha rawa. Mā te puru i ngā meakatoa ki tōna waha, ka ako a pēpi mō te korahi, te hanga, te paparanga.
- Ka ako te pēpi ki te mahi o ngā wāhi o tōna tinana mā te pā, ngā ingoa o tēnā wāhi, o tēnā wāhi, te korahi, me te noho o ngā wāhanga o te tinana.

☺ Ka whāwhā koe i ōna waewae, ka ako te pēpi kei hea ōna matimati.

☺ Ka ngaungau ia i ōna matimati, ka ako te pēpi nōna aua matimati.

? Me aha ahau ina mirimiri ahau i taku tamaiti?

☺ I a koe e mirimiri ana:

- me mahana te rūma, me mahana ōu ringaringa, me mahana hoki tāu tamaiti
- kei te takoto ia ki tētahi wāhi ngohengohe, āhuru, tau ana
- me rere ōu ringaringa miri pēnei i te ua ki tōna tinana, ki ōna ringaringa me ōna waewae
- me huri ia ki tōna puku ka mirimiri i tōna tuarā
- me pā tētahi ringa ki tāu pēpi i ngā wā katoa. Me motukore tāu mirimiri.

? Me aha ahau ina mirimiri ahau i taku tamaiti? (haere tonu)

😊 Ngā momo tikanga mirimiri

- Mirimiri i tōna tinana, heke haere i tōna tinana kia toro ki ngā ringa (motukore).
- Me porohita te mirimiri haere o ōu kōnui i tōna tinana.
- Me rere ōu ringaringa pēnei i te ua ki tōna tinana, ki ōna matihao me ōna matimati.
- Me whakapā he paparanga rerekē ki tōna kiri ka kōrero mō ngā pānga rerekē, pēnei nā he tāpā te rongō i tēnei, he tiotio tēnei, he māeneene tēnei.
- Āta pēhi i tōna tinana ki ōna ringa me ōna waewae (kei wareware ōna matihao me ōna matimati waewae).

? He aha ngā mea me mōhio au i te tīmatanga?

- 😊 Mā ngā tamariki katoa ēnei ngohe – tama mai, kōtiro mai.
- 😊 Ko te mea nui ko te **raupapa** tika mai o ngā mōhiotanga tinana, **kāpā ko te tau** ka whiwhi te tamaiti i taua mōhiotanga.
- 😊 Kia maumahara, i te wā e ngohe ana ngā tamariki, me noho koe ki tō rātou taha **tiaki ai i a rātou**.

He ngohe mā ngā Pēpi



Ka taea hoki te whakamahi ēnei ngohe i waenganui i ngā kōhungahunga me ngā tamariki nohinohi.



Hei ētahi wā he pai kia kake haere i te tinana.

Mā te mirimiri ka tau tōku wairua, ka mōhio ahau kei te arohatia ahau. Ka ako ahau mō tōku tinana.



➤ Me kōrero pūrākau i a koe ka mirimiri i a ia. Me whakataruna he kōrero mō āu mahi i a koe e mirimiri ana. Hei taurā, kia pā ōu matihao ki tōna kiri pēnei i te pata ua, i te wā e kōrero ana koe mō te ua.



➤ He pai anō kia waiata ki a ia. Ka titiro a ia ki a koe me he korokoro tūi!

➤ Me mahi he pouaka mirimiri mō te “wā whāwhā”. Tērā pea ka kitea he:

- he kāmata
- he rīpene
- he paparanga ngohengohe
- he tuaina tae hei āta kukume ki waenganui i ōna ringaringa, waewae.
- he wūru
- he pōro rapa
- he pōro koosh
- he ngongo pepa mārō hei pīrori ki te kiri
- he ngongo waireka hei puhipuhi i tōna kiri
- he huruhuru manu.

He ngohe mā ngā Tamariki Nohinohi



Ka taea hoki te whakamahi ēnei ngohe i waenganui i ngā kōhungahunga.



Kei wareware ngā waewae! Ka rawe ki ngā tamariki kia rongō i ngā papa rerekē. Pārekareka te hīkoi kāore he hū i runga i te kirikiri, i ngā rau rākau maroke, i ētahi atu papa rānei.

**Ka ako ahau kei
hea ōku
matihao me ōku
ringa, tae atu ki ā
rātou mahi.**



- ▶ Tākaro wai. Me noho i te taha o tāu tamaiti ina tata kōrua ki te wai.



- ▶ Peita ringaringa. Me puta ki waho mahi ai i tēnei. Me whakatakoto he pepa ki te papa, ka peita mā ō kōrua waewae!

- ▶ Tākaro me te kirikiri – i tētahi paepae, ki tātahi rānei.



- ▶ Mahi poikere, hāwareware, ētahi atu mea hāpiapia rānei (kia haumarū).

He ngohe mā ngā Kōhungahunga



Ka taea hoki te whakamahi ēnei ngohe i waenganui i ngā tamariki nohinohi.

**Ka ako ahau he
aha ngā mea ka
taea te mahi e
ōku matihao, e
ōku ringa.**





▶ Te whakatipu kāri me te tākaro i te paru.



▶ Te tunu parāoa. Haria ngā kai i tunua e kōrua ki te pāka hei kai pikiniki.



▶ Te uku me te kerepēhi.

▶ Te whakapiripiri, te pepa kāpia, ngā whakaahua whakapiripiri.

? Ka kitea ētahi atu pārongo i hea?

😊 16 ngā pukapuka i tēnei kohikohinga.
Ko ngā pukapuka e wātea ana ko:



Ngā mihi He mihi nui tēnei nā SPARC (Sport and Recreation New Zealand) ki ngā tāngata me ngā rōpū i whai wāhi ki tēnei rauemi.



Ka kitea te roanga atu o ngā pārongo i te pae tukutuku a SPARC, waea mai 0800 ACTIVE (0800 22 84 83) rānei.

www.sparc.org.nz