

# Whakatauki

“E kore e ngaro te kakano I rua mai

I Rangiātea ko te ira tangata

Nō ngā rangi tūhāhā

Te wairua o te tangata

I tōna whakairatanga

Ka hono te wairua me te tinana o te

tangata

Ka tau

Ka tau tōna mauri, tōna tapu, tōna

wehi, tōna ihomatua, tōna mana,

tōna ihi, tōna whatumanawa, tōna

hinengaro,

Ka tupu ngātahi

Te wairua me te tinana I roto I te

kōpu o te whaea

Whānau noa!”



## Referral process

Visit

[www.awarua.nz](http://www.awarua.nz)

or

Email

[admin@awarua.nz](mailto:admin@awarua.nz)

Call

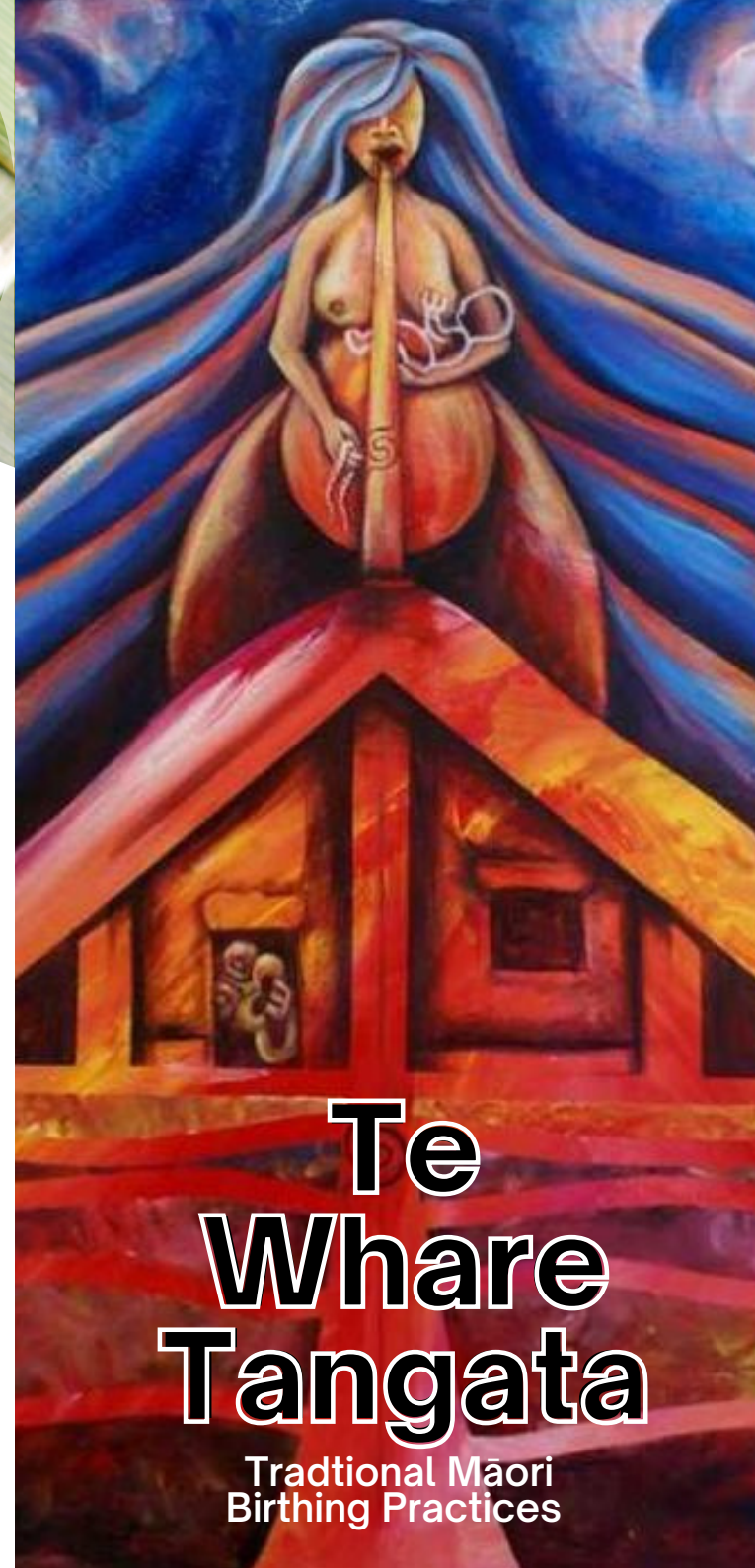
0800 292 782

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*Awarua Whānau Services*

**190 Forth Street, Invercargill**



# Te Whare Tangata

Traditional Māori  
Birthing Practices

# About

Te Whare Tangata was created out of the need to provide culturally appropriate antenatal education.

It is a reclamation of traditional Māori birthing practices and birthrights delivered with a holistic approach.

The programme consists of 6 weekly, 2-hour sessions. These times are flexible to cater to the needs and wants of the whānau.



# Programme

- **Te Hā** – Breathing with intent
- **Te Whare Tangata** – Birth rights
- **Te Whare Tapa Wha** – Well-being
- **Nutrition**
- **Signs & Stages of Labour**
- **Mechanism of Labour**
- **Pain relief options** – Natural & Clinical
- **Muka Tie** – practical activity
- **Ipu Whenua** – practical activity
- **Wahakura** – Safe sleeping
- **He Wai U** - Breastfeeding 101

# Facilitators



**Deli  
Diack**



**Amanda  
Chalmers**

This programme is **free** for Awarua Whānau/ clients.

There are limited spaces.