

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

Contact:

Phone: 03 218 6668 or
Freephone 0800 292 782
Email: admin@awarua.nz

Visit:

<http://www.awarua.nz>



Awarua Whānau Services



AwaruawhanauserVICES

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.



The 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



Arai Wilson

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

Check our website and social media for programme start dates.

There are limited spaces.