

Tūwhitia te Marama

Helping you navigate your pēpi immunisation journey



Whiro

LOW ENERGY



Tamatea

UNPREDICTABLE



Rākaunui

HIGH ENERGY



Tangaroa

PRODUCTIVE

Key phases of the Maramataka

XXXXXXXXXXXXXXXXXXXX
XXXXXXXXXXXXXXXXXXXX
XXXXXXXXXXXXXXXXXXXX
XXXXXXXXXXXXXXXXXXXX



11 + 12 years

Phase:

.....

Immunisation dates:

/ /
/ /

XXXXXXXXXXXXXXXXXXXX
XXXXXXXXXXXXXXXXXXXX
XXXXXXXXXXXXXXXXXXXX



4 years

Phase:

.....

Immunisation date:

/ /

XXXXXXXXXXXXXXXXXXXX
XXXXXXXXXXXXXXXXXXXX
XXXXXXXXXXXXXXXXXXXX



15 months

Phase:

.....

Immunisation date:

/ /

XXXXXXXXXXXXXXXXXXXX
XXXXXXXXXXXXXXXXXXXX
XXXXXXXXXXXXXXXXXXXX



12 months

Phase:

.....

Immunisation date:

/ /

XXXXXXXXXXXXXXXXXXXX
XXXXXXXXXXXXXXXXXXXX
XXXXXXXXXXXXXXXXXXXX



5 months

Phase:

.....

Immunisation date:

/ /

XXXXXXXXXXXXXXXXXXXX
XXXXXXXXXXXXXXXXXXXX
XXXXXXXXXXXXXXXXXXXX



3 months

Phase:

.....

Immunisation date:

/ /

XXXXXXXXXXXXXXXXXXXX
XXXXXXXXXXXXXXXXXXXX
XXXXXXXXXXXXXXXXXXXX



6 weeks

Phase:

.....

Immunisation date:

/ /

XXXXXXXXXXXXXXXXXXXX
XXXXXXXXXXXXXXXXXXXX
XXXXXXXXXXXXXXXXXXXX
XXXXXXXXXXXXXXXXXXXX

Ingoa:

Rā whānau:



Tūwhitia te Marama

Supporting kōrero
and directions for use

What is maramataka?

Maramataka is the Māori lunar calendar. It was a method our tīpuna used to measure the passage of time and plan for the future. It was based on predictable rhythms.

The maramataka was used to guide all aspects of life and decision-making. It can be used to reflect on your energy levels, making it a useful tool for planning.

We'd like to acknowledge the mātauranga of Te Whānau-ā-Apanui in the maramataka we have used for our rauemi, and thank "All Right?" for helping make this connection, as well as the mātauranga of our co-design whānau and their tīpuna.

How to use the maramataka rauemi

Maramataka and the Immunisation Schedule

1. Personalise your maramataka with a picture of your pēpi (stick it on the back so you can see pēpi through the round window).
2. Write your pēpi name and date of birth.
3. Write down the phase of the moon they were born on. (You could use the matapihi rauemi or find a maramataka online.)
4. If you've already scheduled immunisation appointments, write them on the schedule. If not, you could use the maramataka and the matapihi tool to help you schedule your pēpi appointment in a phase that works best for pēpi.

Matapihi

This is a simple tool to help you see the current phase of the moon. Look through the hole at night and match the mata on the tool with what you can see in the sky. This will be today's moon phase!

Place a photo of pēpi here
so you can see it through
the window

