

PĪWARI

the

KAITIAKI



This pukapuka belongs to:

Acknowledgements

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Co-design led by IDIA - Indigenous Design and Innovation Aotearoa

Co-design participants from Whangārei, Waihōpai, Taranaki and Tairāwhiti

Mahi commissioned by Te Whatu Ora

Illustrations by Izzy Joy Te Aho-White





Kia ora! Ko Pīwari ahau,
Pīwari the kaitiaki.

I'm going to tell you a pakiwaitara
about hauora, mātauranga
and immunisations.



We'll go on a journey through the māra and
the ngahere where we'll meet a wise kuia
who will teach us about immunisations and
how they support our hauora.

Are you ready? Let's go!







One day, Whaea Mere, a wise wahine, gathered tamariki in the māra to share a story.

“Our people have always lived as one with te taiao. Our mātauranga comes from nature and from tohu all around us.”






Whaea Mere pointed to a putiputi where a bee had landed. "Bees are a koha from our Atua to help our environment and our hauora," she explained.

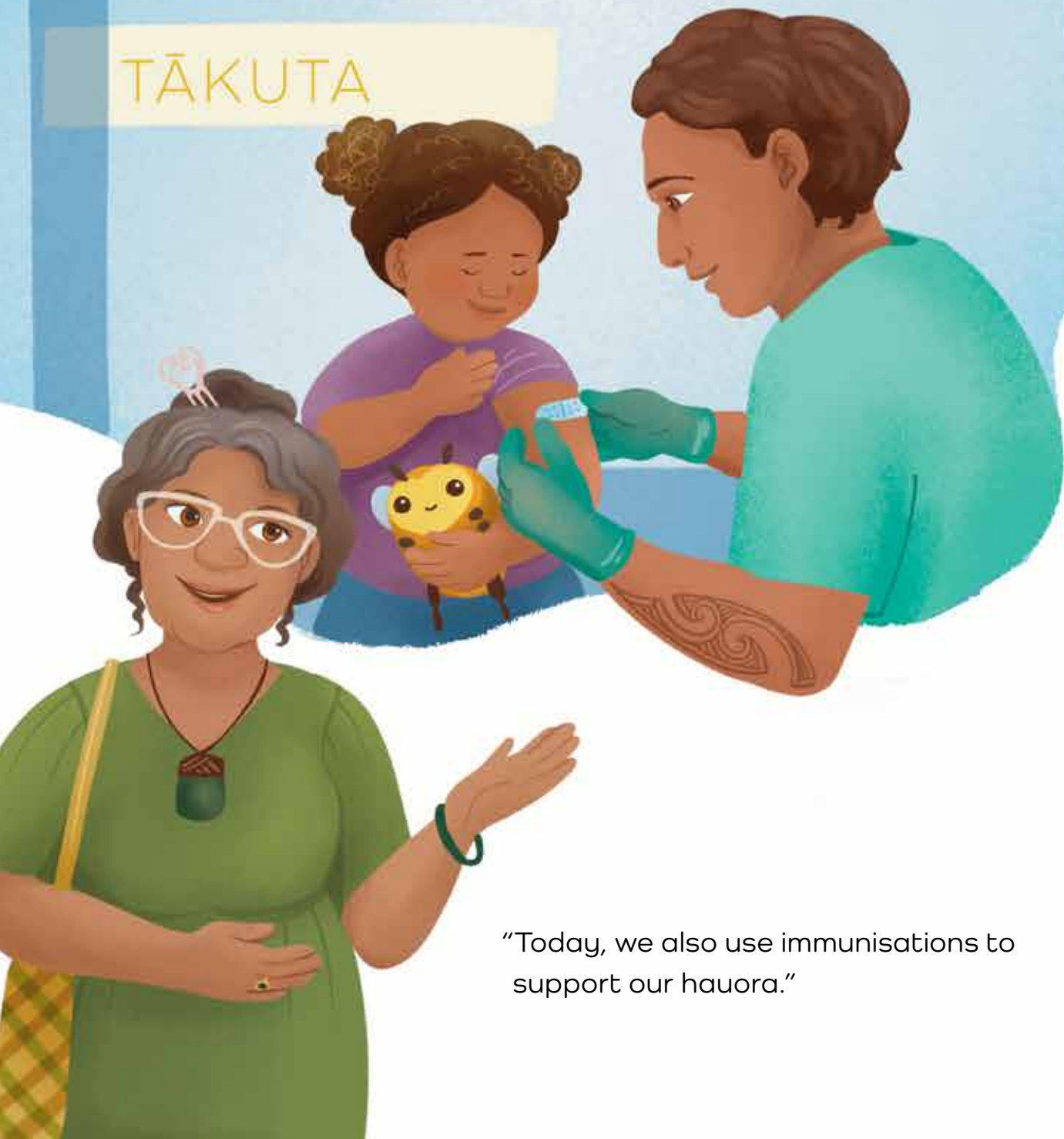


"Long ago our tīpuna knew bees did something special."



"Bees and their friends flew pollen from one putiputi to another, helping the ngahere to flourish. Our tīpuna would use putiputi and other plants to make rongoā and help keep whānau safe."

TĀKUTA



“Today, we also use immunisations to support our hauora.”

Curious little _____
asked, “How do immunisations work, Whaea Mere?”



The tamariki listened closely as Whaea Mere continued.

“When you get immunised, your tinana learns how to protect you from getting sick.”



“Immunisations are like a little kākano planted in your tinana. The kākano helps your tinana learn how to recognise bugs and diseases and fight them so you are less likely to get sick.”

“Our pēpi are precious taonga.
Just like putiputi, we need to
nurture them so they grow up
strong and healthy.”



After listening to Whaea Mere’s
kōrero, the tamariki knew that
they could rely on different
kinds of medicine, old and new,
to protect them and
their whānau.





Poipoia te kākano, kia puāwai.
Nurture the seed and it will blossom.

Ingoa

Rā whānau

Iwi/hapū

Pepehā

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Maumahara/memories

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Hui/appointments

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Ngā kupu Māori

Atua	God(s)	Pepehā	Personal introduction
Hauora	Health and wellbeing	Pēpi	Baby
Hui	Meeting or appointment	Pukapuka	Book
Ingoa	Name	Putiputi	Flower
Iwi / hapū	Tribe / subtribe	Rā whānau	Birthday
Kaitiaki	Guardian	Rongoā	Traditional Māori medicine
Kākano	Seed	Tākuta	Doctor
Kia ora	Hello	Tamariki	Children
Ko Pīwari ahau	I'm Pīwari	Taonga	Treasure
Koha	Gift or give	Te taiao	The natural environment
Kōrero	Talk	Tinana	Body
Kuia	Female elder	Tīpuna	Ancestors
Māra	Garden	Tohu	Sign
Mātauranga	Knowledge	Wahine	Woman
Maumahara	Memories	Whaea	Auntie
Ngahere	Forest or bush	Whānau	Family
Pakiwaitara	Story		



