

NGĀ KAI TUATAHI MĀ PĒPI: FIRST FOODS FOR PĒPI

This resource has been developed by **Māori researchers** and **health professionals**. It is intended for health care professionals who provide Māori parents with information and support with complementary feeding and first foods

THIS COULD INCLUDE:



Dietitians



Midwives



Well-Child
Providers



Nurses



General
Practitioners

The information in this resource was produced in response to a study with Māori parents which explored how the first foods nutrition information and services they receive could be improved and made more personally and culturally relevant.

TREAD CAREFULLY - BUILD TRUST

It is important to be aware of the sense of dis-trust many Māori have towards health professionals and therefore the information provided. This can be due to the experiences many Māori have had themselves or with their whānau (family) in the healthcare system. This may also be due to the historical role health professionals have held in the colonisation process which has hurt many Māori whānau.

Therefore, it is important to tread carefully when providing healthcare and nutrition information for Māori and our pēpi. Especially since we view our pēpi and kai as taonga (sacred treasures).

EXPLAIN RECOMMENDATIONS

Be sure to **explain** the reasons why specific recommendations around what kai to introduce to pēpi, when and how to introduce it are made.

This is because many whānau want to understand the reasons behind recommendations rather than feeling like they have been told what to do.



SUPPORT TO OPTIMISE NUTRITION

Ask whānau what sort of kai they are planning on feeding their pēpi and **support them to optimise the nutrition** of this kai within their lifestyle and means.

It is important to ensure that the information and support you provide to optimise nutrition is also in line with the health literacy of the whānau you care for. Get to know the whānau you care for and actively listen to their needs and follow up to ask if the information or support you provided was helpful.

KAI OF CULTURAL SIGNIFICANCE

Where appropriate, encourage and support Māori whānau with introducing **kai of cultural significance**. Ask the whānau you work with what kai is culturally significant to them, do not assume these will be the same foods for every Māori whānau.

For example, kai such as kamokamo, peruperu, kai moana, pūhā and kōwhitwhiti may be of cultural significance to some Māori whānau.