



*Te timatanga o te reo  
Kei ngā wai ū o te  
whaea*

*The beginning of  
language is at the  
breast of a Māma*

**BFHI Co-ordinators hui  
5 Whiringa-ā-rangi 2020**

Ū-kai-pō

1. (noun) mother,  
source of  
sustenance.



Wai – water, juice,  
tears

ū –  
(noun) breast





Te timatanga o te reo  
Kei ngā wai ū o te whaea  
Ko tōu kahuwai ā-rangi  
Hei whakaruruhau  
Ko koe hoki te hua  
O te kākano i whakatōhia  
He tapu te tinana  
O te wahine  
Na te mea  
He wharetangata  
He mea tika  
Me whangai ū  
Ki a koe, e Pēpi  
Hokia ki te Ūkaipo  
Ki te whaea  
Ki te wai ora o Māma ki te wai ū e

*The beginning of language is at the breast of a Māma*

*Your Māma's positive caring provides shelter for you, the sacred seed that was nurtured within.*

*That is why her body is sacred, for it is in the womb within where you were nurtured.*

*It is only right that you receive the life-giving sustenance from your Māma's breastmilk.*

*Therefore; return to the nurturer*

*Embrace Māma, drink Māma's milk for it is life-giving water.*

*Nā Kimiora Bell*

# **Wai ū: The indigenous experience**

***There is a particular need to acknowledge and address the impact of colonisation, racism and discrimination as a determinant of health for Māori.***

***Both within and outside of the health system Māori experience interpersonal and institutional prejudice, which can have a considerable impact on general wellbeing.***

***Addressing institutional racism and discrimination would improve Māori interactions with the health system and their general wellbeing, therefore improving the enactment of Te Tiriti o Waitangi in protecting Māori.***



**Investigation of how well, and in what ways, existing breastfeeding support services meet the needs of Māori; identify potential improvements.**

**Examination of ways health professionals' practice breastfeeding support**

**Examination of how Māori world views, values, knowledge, and practices are or could be incorporated into planning, development, service delivery of breastfeeding support.**

**Investigation of maternal and whānau experiences of breastfeeding support services; including identification of barriers and facilitators to access and utilization.**



## ***HRC Career development award Ngā Whāinga – Aims***

- To engage kanohi ki te kanohi/face to face meetings with tangata whenua groups and services**
- Identifying if wai ū/breastfeeding in the context of child rearing practices are important for iwi in Te Tai Tokerau;**
- Seeking the feasibility of a research project regarding investigating wai ū in the Te Tai Tokerau region working in partnership with tangata whenua groups**
- Identifying key research questions that the tangata whenua groups and services would like investigating and research methods that might be acceptable.**
- Explore some of the stories that lie beneath the local breastfeeding data**
- Engaging with other providers for example maternity and well child tamariki ora service regarding their impressions of breastfeeding support and Maori in Te Tai Tokerau**



## *Rangahau Hauora Application*

### **Ngā Whāinga – Aims**

- **To rediscover the cultural practice of wai u for iwi in Te Tai Tokerau;**
- **To scope the whānau journey through the current maternity/Well Child Tamariki Ora services tracking breastfeeding support;**
- **To identify significant dynamics, enablers, barriers and challengers to the establishment of breastfeeding for Māori whānau;**
- **Develop an iwi-mandated Maori best practice model that improves Māori breastfeeding rates.**





*Updating Mama  
Aroha -  
Please your  
helpful comments  
for this project is  
appreciated*

# References

- Moewaka Barnes H., Moewaka Barnes A., Baxter J., Crengle S., Pihama L., Ratima M. and Robson B. 2013. Hapū Ora: Wellbeing in the Early Stages of Life. Auckland: Te Ropu Whariki, SHORE and Whariki Research Centre, Massey University.
- Came H, Doole C, McKenna B, et al. 2018. Institutional racism in public health contracting: Findings of a nationwide survey from New Zealand. *Social Science and Medicine* 199: 132–9.

