

Ko te wā moe

Time for bed.

Here are some words and phrases to use when getting your child ready for bed. Give them some advanced warning so that they know it's about time. Follow a routine (e.g. toilet, teeth, story time, waiata, karakia, lights out). Always encourage your children with positive language. Praise their efforts and they'll be encouraged to keep trying.



Kotahi Mano Kāika

He Rārangi Kupu (Vocab List)

Taumata 1 (Level 1)		Taumata 2 (Level 2)		Taumata 3 (Level 3)	
1. pyjamas	weruweru moe, kahu moe	1. get into bed	eke(a)	1. happy, contented	manahau / uruhau
2. bed	rara moenga	2. to put on (clothes)	kuhu(na) whakmau(a)	2. quiet	noho puku, waha ngū
3. left (side)	māui	3. sleepy	hiamoe matemoe	3. page (in book)	whārangi
4. right (side)	matau	4. tired	ngēngē	4. back to front	ko muri ki mua
5. sleeve	ringaringa	5. grumpy	ngutu komemome, pukukino	5. turn back to front	huri rapa
6. story time	wā pānui pukapuka	6. turn-off (tv, lights, etc)	whakaweto(hia)	6. whisper	kōhimuhimu
7. bed time	wā moe	7. turn over (pages in book)	huri(hia)	7. naked	kirikau
8. to brush (teeth, hair)	paraihe(tia)	8. page	whārangi	9. dreams	moemoeā
8. head	mahunga	9. late	tōmuri	10. to snore	korowaru
9. pillow	urunga	10. take off (clothes)	tango(hia)	11. product, outcome, consequence	tukunga iho

He Rerenga Kōrero (Example Sentences)

1. Two more minutes and then its bed time	1. E rua anō ngā mīniti, kātahi ko te wā moe.
2. Put your PJs on. First the left hand, then the right.	2. Kuhuna ō weruweru moe. Ko te taha māui ka tahi. Ka rua ko te taha matau.
3. Which book shall we read tonight?	3. Ko tēhea pukapuka ka pānuihia hei te pō nei?
4. Enough chatter. Be quiet now. Shut your eyes. Remember, tomorrow's another day.	4. Ka nui kē te ketekete. Kia noho puku inaianei. Katia ngā karu. Kia maumahara, he rā anō āpōpō.
5. Good heavens! Its back to front / inside out.	5. E hika! Ko muri ki mua / Ko roto ki waho.
6. It's late my boy / girl. Give your mum/dad a kiss and get straight off to bed.	6. Kua taka te wā e Aki / Kō. He kihi mā tō māmā / pāpā, kātahi kia kotahi atu ki te moenga.
7. Time to brush your teeth and go to the toilet. Off you go!	7. Ko te wā paraihe niho me te haere ki te whare paku. Hoatu!

Kīwaha / Kīrehu (Colloquialisms / Idioms)

1. E taku piki kōtuku	1. Term of endearment (eg. my darling / my sweat pea).
2. E kī (e kī)!	2. You don't say / Is that right
3. Pō marie / Pō rarau / Naiti rā	3. Good night
4. Kua taka te wā / pō	4. It's getting on / it's late
5. Manioro kī	5. What a racket!

Whakataukī (Proverbs)

1. He wenewene ki tai, he wenewene ki uta. “Grumbling at sea, grumbling ashore” or “Disliked at sea, disliked ashore.” – A warning to one given to complaining: ‘keep it up and you’ll have no friends’.
2. Kua tata te kai a Tūiti. “Tūiti’s food is nearby.” – Tūiti is a proverbial figure who was supposed to spend much time asleep. The expression is a polite way to tell others that you are ready for sleep.
3. Ko te ahiahi mata momoe; ko te ata tītoretore kanohi. “In the evening the eyes are sleepy; in the morning the eyes are wide open.” – The meaning is that there is a time for everything. It may also mean that some tasks should be postponed to the morning when the mind, refreshed by sleep, is more alert. One might also address this saying to those who are sleepy when they should be awake.
4. Moe ana mata hī tuna; ara ana te mata hī taua. “The eyes of an eel fisher are closed in sleep; the eyes of those who fish for war-parties remain open.” – If sentries sleep, the whole tribe is threatened.
5. Tēnā ngā kanohi kua tīkōna e Matariki. “Here are eyes affected by Matariki.” – This is said of one who is wakeful at night.

Kīnaki (A Little Something Extra)

He Karakia hei te wā moe
Tēnei au tēnei au, Te tukunga iho o wāku kōwhiringa Te huatanga mai o wāku mahi. Hōmai ki ahau te kaha me te mōhio kia whāia ko te ara tika Ko aku ringa ki ngā rakau o te ao hurihuri nei, hei oranga mō taku tinana Ko taku manawa ki ngā taonga o ōku tūpuna, hei tikitiki mō taku mahunga. Ko taku wairua ki ngā atua, nāna nei ngā mea katoa. Ko te mea nui, ko te aroha ki te tangata Whano whano hara mai te toki Haumi e, Hui e, Tāiki e!!!