



talking
matters

The Talanoa Principles

Developed by Ina Fautua with Talking Matters

Ta'u Atu Ta'u Mai
RESPONSIVENESS - SERVE AND RETURN

Alu fa'atasi
GO TOGETHER

Lagona
FEELINGS

A'oa'o
TEACH & SHARE KNOWLEDGE

Nofu I luga
ATTUNEMENT

Onosa'i
RESILIENCE

Aso Uma
DAILY PRACTICE/ REPETITION

The Talanoa Principles

The Talanoa Principles, were developed by Ina Fautua and her mother, in partnership with Talking Matters. They are rooted in the Samoan understanding of the Vā, which shapes how Samoans relate to and connect with each other.

“Vā is the space between, the betweenness—not an empty space that separates, but a space that connects, holding separate entities and things together in the Unity-that-is-All. It is the space that provides context, giving meaning to things. These meanings shift as relationships and contexts change.” (Wendt, 1996).

The Vā breathes life into the Talanoa Principles, where matua (parents) connect with their fanau through physical, spiritual, and metaphysical bonds. The Talanoa Principles are broken into components of practice that help consolidate and strengthen the relationship between parent and child, language, and identity within a holistic system.

Serve and return (Fe'auaua'i) is embedded in the Vā through reciprocity and encompasses key Samoan values such as Fa'aloalo (respect), Alofa (love), and Tautua (service). In this partnership, each person takes turns to be heard and listened to.

In the context of a baby or young child, they are born trying to make sense of the world, naturally interacting with their surroundings. When a baby babbles, cries, or raises their arms and an adult responds with eye contact, words, or a hug, this back-and-forth interaction builds and strengthens neural connections in the baby's brain, supporting language development and social skills.

T a'u Atu Ta'u Mai

RESPONSIVENESS - SERVE AND RETURN

"O fanau a manu e fafaga i fuga o laau, o fanau a tagata e fafaga i upu" - Alagaupu-Fa'asamoa

Fe'auauna'i.
Fa'atali mo
latou tali.



90% o le tuputupu
le faiai po'o le
mafufau o tamaiti
a'o le'i amata aoga.

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A

lu fa'atasi

GO TOGETHER

"E vave taunu'u le malaga pe a tatou alo va'a fa'atasi"
- Alagaupu Fa'asamoa

Mulimuli i la latou ta'ita'iga, fai le mea latou te fiafia iai. Alu i lalo i le tulaga o lo'o iai latou ma fa'afeasaga'i.



O le pepe ua atoatoa na saunia e feso'ota'i ma matua, ma ona uso i le lalolagi o lo'o ola ai

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 matters

Lagona

FEELINGS

"O se va'ai lava e malie ai le loto" - Alagaupu Fa'asamoa

Pa'i, fusi, taofi. Fa'atino e fa'aaoga
ai gaioiga ole tino.



O le talanoa o se
vaega taua tele lea
i le si'osi'omaga o le
ola tuputupua'e o
le pepe

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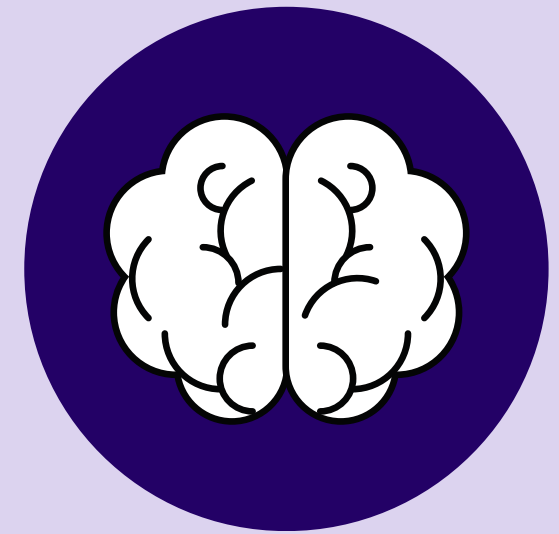


"E sua le 'ava ae toto le 'ata" - Alagaupu Fa'asamoa

Talanoa aga'i i le mea olo'o e
faia, ma mafufau iai

Mulimuli ma fa'ata'ita'i ma toe
fa'aopopo nisi upu po'o taga

Fai sau tala i mea o loo e vaai
atu iai



O le toe faia ma
toe fa'amanatu e
manatua ai le
gagana ua
a'oa'oina

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N

ofo I luga

ATTUNEMENT

"Sau le manu ma taga'i i le galu" - Alagaupu Fa'asamoa

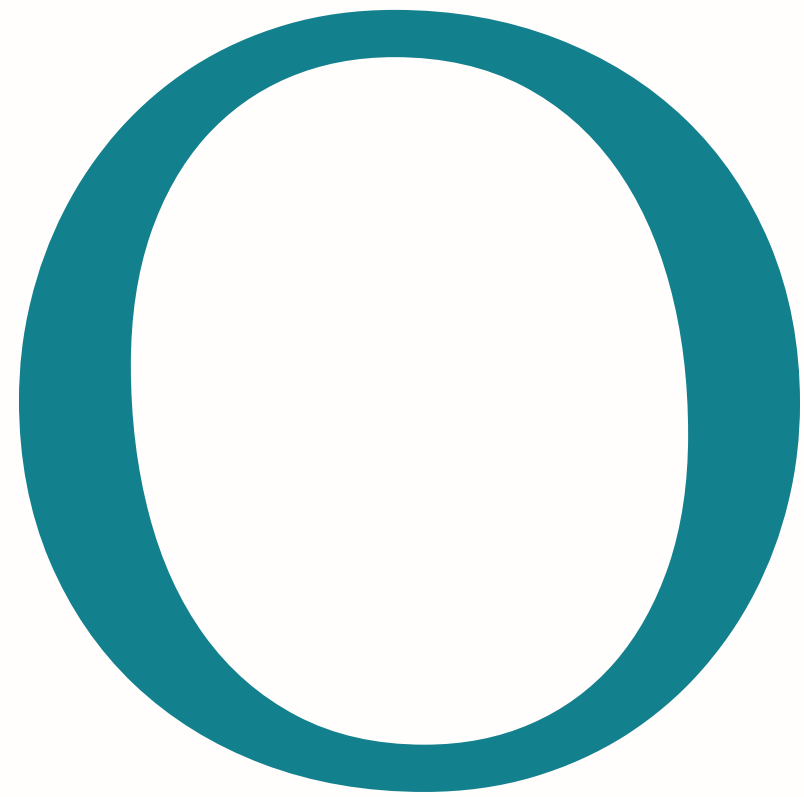
Auai ma faalogo I mea latou te
vaai iai, fai ma talanoa ai

Faaigoa - pe ta'u mai mea e fiafia
iai



E manaomia e le
pepe le alofa ma
le taimi e a'oa'oina
ai le mafaufau

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nosa'i
RESILIENCE

"Lutia i Puava ae mapu i Fagalele" - Alagaupu Fa'asamoa

Fa'atali mo latou tali
Faamalosia I latou ia lelei



O le onosa'i ma
fiafia e feasoasoini I
lau tama faamalosia
ai le a'oa'oina o le
mafau

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A

so Uma

DAILY PRACTICE/ REPETITION

"O lupe se vao ese'ese, ae ua fuifui fa'atasi" - Alagaupu Fa'asamoa

Fai lenei mataupu i aso ta'itasi

Fai i le aso, a'e ala i le taeao, i
le aouli ma le afiafi



O le fa'aogaina pea o nei
a'oa'oga e fa'amalosia ai
le a'oa'oina o le tamaititi.
I lona mafaufau, i le
feso'ota'iga i le tautala
ma le malamalama

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