

# Whanau Marama



## PARENTING

No. 48  
August  
2016

**Welcome to our August Newsletter!**

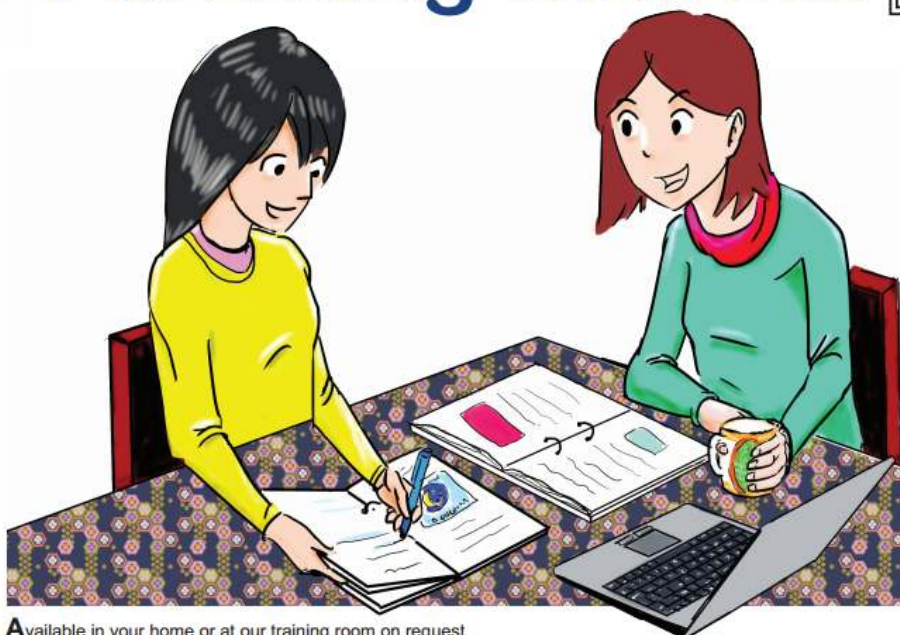
In each newsletter we will keep you informed with up to date information about with what is happening at Whānau Mārama Parenting and include some great parenting tips and strategies as well as lots of other inspiring ideas.

## Courses for Parents Term 3



### One on One Parenting Courses

Whānau Marama Parenting  
is proudly supported and promoted by  
**Glenfield Tax Accountants**  
The home of new ventures (and adventures)  
We help people launch and grow their  
new businesses.  
Phone 4437741  
[www.glenfieldtax.co.nz](http://www.glenfieldtax.co.nz)



Available in your home or at our training room on request

For more information and cost please ring Ph: Tamati: 4410208 | Elizabeth: 4410209 | Eunmi: 5516960

Venue: Whānau Marama 212 Archers Road, Glenfield. North Shore (Under Glenfield Tax Accountants)

# 2016 年 8 月 10 日将开始我们在 Glenfield 图书馆的免费讲座



Introduction to Positive Parenting

## 正面亲子教育课程 由Whanau Marama Parenting 非营利组织提供

For parents with children from their 2nd birthday to their 4th birthday (children welcome)

适于2周岁至4周岁孩子的家长 (欢迎带孩子一起来)

Every Wednesday morning for 4 weeks (in Mandarin), 9.30-10.30am

连续四周的免费中文课程，每周周三早上9:30至10:30



Glenfield 图书馆



Week one	三种亲子教育方式	10th Aug.
第一讲		8月10日
Week two	游戏时间	17th Aug.
第二讲		8月17日
Week Three	清晰地表达我们的期待	24th Aug.
第三讲		8月24日
Week Four	发脾气	31st Aug.
第四讲		8月31日

Proudly supported by



If you wish to attend either enrol at the library or contact Haiying海英

课程联系人 海英 [haiying@whanaumarama.co.nz](mailto:haiying@whanaumarama.co.nz)/551 6974

## 通过此次 4 周的免费讲座，我们会有如下的收获：

1. 了解并识别自己的亲子教育类型对我们孩子行为举止的影响；
2. 通过与孩子一起游戏，有效的增进与孩子的关系，从而使孩子更有主动性与积极性来回应我们；
3. 了解并重新审视我们自己-如何设定对孩子的期待并且是如何与孩子沟通这些期待的；
4. 重新理解孩子的愤怒并教导孩子如何发脾气。

2016 年 8 月 9 日正是农历七月初七，是我们华人的农历节日 ‘七夕’，一年一度的中国情人节。

七夕乞巧，这个节日源于汉代，汉代女子常以七月七日穿七孔针与衣襟，这也许是最早关于乞巧节的记载。后来牛郎织女的爱情故事也被融入乞巧节，于是每到农历的七月初七，牛郎织女‘鹊桥会’时，姑娘们就会来到花前月下，仰望星空寻找银河边的牛郎星与织女星，希望能看到他们并祈求自己爱情婚姻美满。后又受西方情人节的影响，这一天也是以各种方式来告白和表达心意的好时机。

## Happy Chinese Valentine's Day

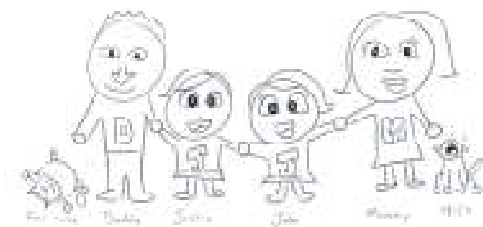


### 《鹊桥仙》

宋·秦观

纤云弄巧，飞星传恨，  
银汉迢迢暗渡。  
金风玉露一相逢，便胜却人间无数。  
柔情似水，佳期如梦，  
忍顾鹊桥归路！  
两情若是长久时，又岂在朝朝暮暮！

不过，我们反而相信在一起朝朝暮暮的生活才是最平淡真实的爱情，能够陪伴彼此才是最重要的事，祝大家七夕愉快。



# **Tamati's Tips for Dads**

## **Every Kid is Different**

**I remember we were having a hard time with one of the girls. It was like nothing we did worked. Every instruction went in one ear and out the other. We were determined to get to the bottom of this. Even her day care had said maybe it had something to do with her hearing.**

**As soon as we could we organised her to see the nurse and expectantly waited to confirm our suspicions. However the test came back as normal. We struggled with these results and asked them to repeat the test, but there was nothing wrong with her. Her hearing was exceptional.**

**After joining Whanau Marama Parenting and learning more skills about parenting I became aware of Traits and Temperament. After doing a bit of reading and discussions with Elizabeth I realized there is nothing wrong with my child.**

**The way the traits and temperament theory works is that we are born with certain inherited characteristics from our parents or other ancestors. One of the trait lines refers to how perceptive or how distracted we tend to be. What this means is that some people are more distracted or less easily distracted by things they see or hear, depending on where on the trait line they are positioned.**

**Now back to my child. If I send my daughter to her room to get her shoes she will forget on the way and bring back two toys or not even come back at all, staying in her room and playing. What I thought was something wrong was not a problem at all.**

**As a matter of fact my girl is exactly like her father. I have**



gone in the shed many times to grab something only to see something else and forget entirely. I realised I was growling my child and thinking something was wrong with her when in reality she was perfectly fine and was just like her dad.

## **Elizabeth's parenting tip for the month**

### **Beware the Big Why Question**

Just recently I heard about a parent describing her son's behaviour. She was saying that her son often responds to her question of 'Why did you do it?' by saying "I DON'T KNOW" (in an angry voice).



This tends to be a defensive response to this type of question. Of course, an 'attack' on their child was not intended and the parent is left wondering where their child's anger and

disrespect is coming from. After all they were only trying to get their child to think about what they had done and learn from their actions so they would not do it again.

I remember a parent telling a story about her seven year old daughter getting her fingers caught in their van door. Her brother had already got out and thought he was meant to close the door. The pain was terrible and her daughter was crying loudly and holding her fingers. Dad came around the side of the van and when he saw what was happening said "Why did you put your fingers in the way as he was closing it?" This illustrates the point well. Although his remarks certainly didn't convey compassion, he actually was trying to make sure that this terrible thing didn't happen again.



Although the child in the story didn't respond to her Dad by saying "I don't know" she may well have been tempted too if she was not in so much pain. As parents we need to remember that if our child feels backed into a corner by a 'Why' question they are likely to come back fighting in defence.

# SKIP Tips is here!

Parenting under-fives has just got a whole lot easier.



S.k.I.P

The SKIP-Tips app is your handy free guide to the tricky bits of parenting.

Lots of simple effective tips for handling stuff all parents find stressful – issues like tantrums, toileting, whining and more.

**Look up problems**



**Get simple tips that really work**



**Set challenges to keep yourself on track**



Available free on the Google Play and App Store.

[Skip.org.nz](http://Skip.org.nz) [Facebook.com/SKIPcommunity](https://www.facebook.com/SKIPcommunity)

Free for [Apple](#) and [Android](#) devices from the app store

**Looking for ideas for quality time?**

**Why not try the Tiny Adventures App from skip. This app is full of quick fun ideas to turn any moment with our child into a fun connecting moment.**

**Click on the links below for the iTunes or Google play versions**

[Download the free Tiny Adventures App from iTunes](#) (for Apple devices).

[Download the free Tiny Adventures App from Google Play](#) (for Android devices).



## **Agency News**

**Please send us your organization's news, information or events.**

**We will give you space for it in our next Newsletter.**

**Email: [tamati@whanaumarama.co.nz](mailto:tamati@whanaumarama.co.nz) / [elizabeth@whanaumarama.co.nz](mailto:elizabeth@whanaumarama.co.nz)**



## **One small step for your child, one giant leap for their education**

Hi, my name is Julie and I am your local Footsteps Teacher working in the heart of the North Shore. I work with many local families in the area to provide the Footsteps 'Learn' Programme. Funded by the Ministry of Education our free home-based programme entitles your child/ren to receive regular visits from a qualified early childhood teacher like me when there is a caregiver (other than you, the parent) in place. The caregiver can be anyone who provides regular care to your child such as a nanny, grandparent, relative or friend. I am trained to provide fun, one to one learning support, advice and ideas to ensure your child gets the best start. At Footsteps, we are committed to the highest quality which is why I receive an industry-leading 20 days training a year and have up to 75% smaller caseloads than other providers.

When you enrol with Footsteps you will receive:

- \* Quality 1:1 Support** – to ensure tamariki are getting a personalised learning experience
- \* Regular Visits** – from one of 55 qualified early childhood teachers working nationwide
- \* Free learning resources** – tailored to your child's needs and interests
- \* Learning journal** – a folder celebrating your child's life story and achievements
- \* Access to subsidies** – to ensure you are getting the support your family is entitled to

**Enrolling is as easy as 1,2,3**

Keen to find out more about how Footsteps can support you and your child? Call Marion on **0800 366 878** or go online to [www.footsteps.co.nz/learn](http://www.footsteps.co.nz/learn)

## **Looking for childcare?**

Footsteps have a number of in-home caregiver's available to provide a safe, nurturing environment for your little one. Every child receive outstanding learning support from a Footsteps early childhood teacher to help them reach their full potential. Our service is free and allows you to access childcare subsidies. To find out more visit here or call Christine on 0800 366 878 who will ask a few more questions to ensure you get the perfect match.



# Other Parenting courses on the North Shore



**North Shore also provides Counselling for children affected by abuse including family violence alongside support for their protective parent(s) or carer(s). This can take place in school, at home or another safe location.**

**FamilyWorks North Shore offers other kinds of services to parents, children and families. Please contact Tania on 448 2633 for more details or to ask to speak to a Family Worker.**

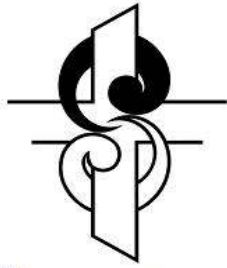


**Toolbox Parenting Groups are small groups run by trained facilitators, run over 6 weeks, 6 x 2 hour sessions per course. They are positive, practical and fun. The cost is**

**\$67.50 per person or \$90 per couple. Subsidies are available – please ask. Whanau and foster caregivers are able to attend free.**

**The Parenting Place | Shireen Tresslor | Auckland North  
Toolbox Coordinator Ph/txt 021 052 4044**

**[www.theparentingplace.com](http://www.theparentingplace.com) |  
[aucklandnorth@theparentingplace.com](mailto:aucklandnorth@theparentingplace.com)**



NZ242.00

**Te Puna Hauora o Te Raki Paewhenua  
Society Incorporated**

58A Akoranga Drive, Northcote 0627  
PO Box 36-056, Northcote, North Shore City 0748

**Phone** (09) 489 3049

**Administration / Social Services Fax No :** (09) 489 7390

**Clinic Fax No :** (09) 486 0750

**Email:** [administrator@tepuna.org.nz](mailto:administrator@tepuna.org.nz)

*Confident, Capable and Healthy Whanau*

**Te Puna's Mana Matua Parenting Programme is a kaupapa Maori programme that provides information and resources while encouraging knowledge sharing for whanau.**

**The 9 week Mana Matua Programme covers;**

**Family – Discovering your strengths as a parent and a family unit**

**Development – Learning about the Foundation years Birth - 5 years old**

**Behaviour – Understanding the behaviour & developing strategies and coping skills**

**Pre-teen and Teens – What to expect from your pre-teen/teen**

**Assertiveness – Expressing your thoughts, feelings and experiences**

**Goal Setting – Learning about dreams and desires and how to achieve them**

**Blended Families – Living with, and understanding what happens when 2 families are joined together**

**Safer Families – Learning to keep our children safe**

**Budgeting – Managing the day to day costs of living**

**Healthy Lifestyles – Healthy body, healthy mind**

**Home Safety - Safety awareness in and around the home**

**Health of the Children – Recognising the signs of a healthy child**

**Whanau are able to share their experiences ideas and views, while gaining new skills and knowledge to provide quality care for themselves and their children.**

**Parents are mentored at all stages of this programme by Te Puna Hauora kaimahi to regain and restore their Tapu and Mana**

**Contact Details; Mana Matua Facilitator**

**Phone:** 489 3049

**Email:** [parentingprogramme@tepuna.org.nz](mailto:parentingprogramme@tepuna.org.nz)



## **ABOUT SPACE**

**The SPACE programme is aimed mainly at first time parents with newborn babies, and has been designed to support parents through the first year of their child's developmental journey. The programme runs weekly for 3-4 terms (i.e. 30-40 weeks) in a relaxed, baby friendly atmosphere.**

**For more information and to register your interest visit Cedar Saplings website [www.cedarsaplings.co.nz](http://www.cedarsaplings.co.nz)**

# Agencies working with parents whose children live with an ASD disability



**Our Mission** is to educate, support and advocate for those affected by ADHD

## What is ADHD?

Attention Deficit Hyperactivity Disorder (ADHD) is a medical term for a characteristic group of symptoms, which left untreated may lead to underachievement and poor social skills despite normal intellect and quality parenting. Hyperactivity, inattention and impulsivity may be present singly or all together. It is now thought to affect as many girls as boys and occurs in all ethnic groups. Many children will carry some of the symptoms into adulthood. ADHD people are often creative, intuitive and highly intelligent. Capturing these special traits is one of the goals of treatment.

## How we can help

- › We provide contact and support from others who have or have loved ones with ADHD.
- › We offer access to a large resource library of books, DVD's, and articles.
- › We supply information on aspects of ADHD including treatments, management, and research.
- › We provide information on local resources such as specific tests, diets, diagnoses, and remedial programmes.

## Contact Us

ADHD Association Inc.  
PO Box 9063  
Newmarket  
Auckland 1149

**Phone:** (09) 625 1754  
**Email:** [adhd@clear.net.nz](mailto:adhd@clear.net.nz)

to find out more visit  
[www.adhd.org.nz](http://www.adhd.org.nz)





aDapt Family Solutions delivers a parenting program one on one by our trained Family Support Consultants. The program is delivered in the home by our mobile team, providing flexible dates and times to suit the client including weekends.

aDapt's philosophy is all about strengthening the family by meeting their individual needs. There is a myriad of issues that affect families today including; relationship issues, financial pressures, parenting problems, health and nutrition, stress management, and a number of other areas crucial to the ongoing success of families today.

aDapt Family Solutions use training modules and information to provide a robust intervention that addresses the individual issues for each family.

- Parent Coaching
- Customised Intervention
- Mobile Service
- Program Resources
- Linking Services
- Referrer Reporting
- Agency Liaison
- Advocacy
- Youth Focus
- And more

**021 318 879**

# Asian Services



ASIAN COMMUNITY SERVICES TRUST



Parenting through separation



AN INFORMATION PROGRAMME FOR PARENTS



MINISTRY OF JUSTICE

**Parenting Through Separation (PTS) Programme**은 자녀를 두신 부모님들 중 이미 별거를 하셨거나 별거를 고려하고 계신 분들을 위한 **정부 지원 (Ministry of Justice)** 무료 프로그램 입니다. Family Court에 자녀 양육 문제에 대해 소송 중이신 부모님에겐 **PTS Certificate**은 2014년 3월 31부터 **"의무 사항(Mandatory)"** 입니다.



<http://blog.daum.net/moge-family/4921>

PTS Programme의 목적은 별거/이혼 상황에 놓인 부모님들과 그들의 자녀들이 그 시기를 지혜롭게 극복할 수 있도록 돕는 데 있습니다. 이 프로그램은 여러분이 별거/이혼 상황에 놓여있을 때 **여러분의 자녀가 어떻게 그 상황을 생각하는 지 또 어떻게 하면 여러분이 자녀가 그 상황을 잘 극복하게 도울 수 있는 지에 대해 알려드립니다.**

**Asian Community Services Trust**에서 비자 상관없이 교민분들에게 이 프로그램을 2013년 7월 부터 진행하고 있으니 궁금하신 점이 있으시면 연락 주세요. 연락처는 09 570 9099 또는 [info@acst.org.nz](mailto:info@acst.org.nz) 입니다.

# Counselling Services



## **Home and Family Counselling**

**Home and Family Counselling is a well-established community-based counselling service.**

**We provide counselling to children, youths, individuals, couples and families. We offer our service on a donation basis (on a sliding scale according to income).**

**We have three locations around Auckland – Mt Eden, North Shore and Hibiscus Coast.**

**For more information give us a call:**

**Mt Eden - 630 8961**

**North Shore / Hibiscus Coast - 419 9853.**

**[www.homeandfamily.org.nz](http://www.homeandfamily.org.nz)**

**Mt Eden | North Shore | Hibiscus Coast**



**Information/support and referral service.**

**Family Support Service.**

**General counselling around: domestic violence, relationships, depression, anxiety etc.**

**Legal clinic.**

**Drop in service.**

**Courses: personal development and special interest.**

**Older women's group.**

**Clothing exchange.**

**Library.**

### **Contact Info**

**Telephone: 09 444 4618**

**Email: [women.ctr@xtra.co.nz](mailto:women.ctr@xtra.co.nz)**

**Address: Mayfield Centre, 5 Mayfield Road, Glenfield,  
North Shore 0629**

**Postal Address: PO Box 40 106, Glenfield, North Shore 0747**

**Website: <http://www.womyn-ctr.co.nz/index.php>**

**Regions Served: North Shore, Rodney, Waitakere**



# Auckland Regional Migrant Services



communityexpress.org.nz

*How has our identity changed as migrant women?*

*finding our voice and identity in NZ*

**MIGRANT WOMEN'S DISCUSSION GROUP & WORKSHOP**

*Facilitated by Dheepa Nedungat.*

Our special discussion group and seminar provides migrant women with the space and support to explore barriers to self expression to becoming empowered and connected to our communities, and build new relationships with other migrant women.

**We will:**

- Explore our identities through sharing our stories
- Identify our challenges
- Design strategies and actions to address those challenges
- Share our experiences of addressing challenges and set up process to continue to support each other

**Wednesdays 11, 18 and 25 May**  
10am to 1pm  
Albany House, 575 Albany Highway, Albany  
\$5 donation/koha per session

Due to the nature of this session, space is limited. To register contact Chirwe Akomah on 09 625 3095 or email [chirwea@arms-mrc.org.nz](mailto:chirwea@arms-mrc.org.nz)

**Women must attend all three sessions to receive the full benefit.**

LIGHT REFRESHMENTS WILL BE PROVIDED

Upper Harbour Local Board

U.A.R.N.S. Upper Harbour Auckland Regional Network Services

# Winter Fun Programme – Pre-school Play

Various Indoor Venues

May to October 2016

**FREE**



Programme available on website or phone 484 8854

Phone: 484 8854 (Office)

Email: [bntrust@xtra.co.nz](mailto:bntrust@xtra.co.nz)

[www.kaipatikicommunityfacilitiestrust.org.nz](http://www.kaipatikicommunityfacilitiestrust.org.nz)



Find us on  
**Facebook**

<https://www.facebook.com/KaipatikiCommunityFacilitiesTrust>



**Kaipātiki  
Local Board**  
Auckland Council



**KAIPATIKI**  
Community Facilities Trust



# Thanks for Your Support

## Whānau Marama Parenting

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The home of new ventures (and adventures)

We help people launch and grow their  
new businesses

Phone 4437741

[www.glenfieldtaxaccountants.co.nz](http://www.glenfieldtaxaccountants.co.nz)

 **THE LION  
FOUNDATION**



**K A BOYD OPEN CHARITABLE TRUST**

**And a big thank you also to all the Kohanga, Early Learning  
Centres, Schools, Businesses, Libraries, CAB's,  
Community groups and individuals that have helped us  
along the way**

## **Whānau Mārama Parenting's Vision**

**“Together with parents we are creating strong, supportive and loving whanau where tamariki experience that they are precious toanga”**

## **Whānau Mārama Parenting's Mission**

**“To be a respected, dynamic organisation through developing and delivering high quality practical and effective courses for parents”**

