

Whanau Marama PARENTING

No. 50
November
2016

Welcome to our November Newsletter!

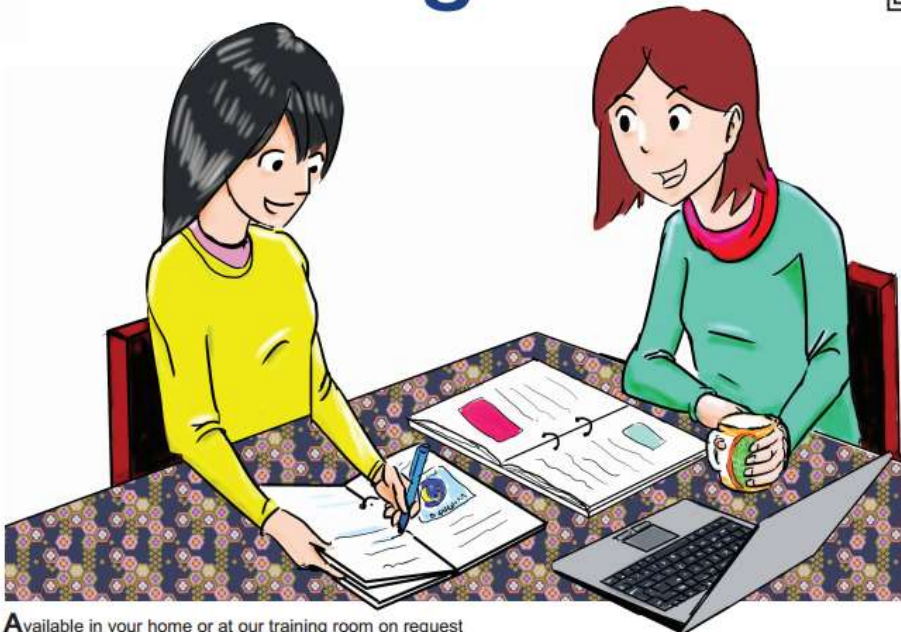
In each newsletter we will keep you informed with up to date information about with what is happening at Whānau Mārama Parenting and include some great parenting tips and strategies as well as lots of other inspiring ideas.

Courses for Parents Term 4



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 business.
Phone 4437741
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)

Beginning this Thursday

Parenting Courses for Parents of all Cultures

Tito ✨



Guest Tutors: Ojasvin Kingi Davis & Iris Haeusermann Davis
of Grandmothers Healing Haka Trust
www.grandmothershealinghaka.com

Begins Thursday 10th November, 6.30pm to 9.00pm and
continues each Thursday evening until 1st December.
These courses cost: \$35.00

You will learn how to create an Oriori song or chant
for your child/ grandchild, no matter how old they are,
which will express their heritage, identity and your
hopes and aspirations for their future.

Venue: Whanau Marama Parenting 4 Locket Road Glenfield.
For further information phone:
Elizabeth: 441 0209 | Tamati: 441 0208 Haiying: 551 6974
Enrol online www.whanaumarama-parenting.co.nz

For other Whanau Marama Parenting courses
see our website for more information.



Where everyone is a star

Whanau Marama Parenting invites you to attend this very inspiring 4 week course starting on Thursday evening the 10th November 6.30pm – 9.00pm. This course is suitable for parents of all cultures who have children of all ages (even adult children). In the course you will learn a little about the Maori world and also learn how to create a poem, chat, song especially for your child in your own language. It is taught in English by two highly skilled tutors who teach in many countries around the world every year.

To enrol on line www.whanaumarama-parenting.co.nz



Kiwi Parenting for Newcomers to New Zealand

新西兰新移民了解当地亲子教育方式

새로운 이민자를 위한 키위 부모교육 안내

Suitable for parents/grandparents of all cultures

适合来自不同文化背景的家长 모든 부모님은 물론 조부모님에게도 적합합니다

Free One Day Workshop

免费的全天讲座

1 일 무료 강좌

Monday 21st November 10.00am-2.30pm

11 月 21 日周一早上十点至下午两点半

11 월 21 일(월) 오전 10 시~오후 2 시 30 분

Lunch provided

提供午餐

점심식사제공

Delivering in English

강의는 영어로 진행 됩니다.

Discussion and pages in Mandarin and Korean

Topics include 相关主题강의 주제 包括:

- * Traditional Maori parenting (a brief look at how Maori used to parent)
- * 毛利的传统育儿方式 (简要回顾毛利过去是如何教育孩子的)
- * 마오리들의 전통적인 아이들 양육 방법 (간단한 요약)
- * Changing ways of parenting
- * 改变教育孩子的方式
- * 양육 방법의 변화과정
- * Parenting and New Zealand law
- * 孩子教育与新西兰法律
- * 뉴질랜드 양육에 관한 법률
- * Parenting and Aotearoa today
- * 孩子教育与今天的长白云之乡
- * 오늘날의 뉴질랜드 양육
- * Practical positive parenting skills for children of all ages

Venue 地点 : 4 Locket Road, Glenfield (Behind the house)

This venue might not be suitable for children to come with their parents.

抱歉本培训室因场地有限, 可能不适合孩子跟父母一起来

이 강의는 어린이를 동반하실 수 없습니다

For further information 更多资讯 phone 请致电강좌문의:

Elizabeth 441 0209 | Tamati 441 0208

| Jumi (이주미) 551 6960 (Korean 한국어) | Haiying (海英) 551 6974 (Mandarin 国语)

www.whanaumarama-parenting.co.nz

INTERNAL AFFAIRS



Te Tari Taiwhenua

MA PANGO MA WHERE KA TUITUI TATOU
Raeburn House
CONNECTING PEOPLE - BUILDING COMMUNITIES



For Chinese parents from Haiying

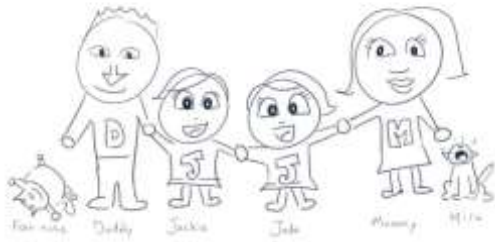
爸爸妈妈爷爷奶奶们，

我们这些来到新西兰寻求更好的生活的人们，希望我们的家人和我们自己能够幸福安康的在这里生存繁衍。尤其是能够以恰当积极地方式来教育我们的孩子，殷切的希望他们能够幸福的茁壮成长。然而教育孩子是个漫长而艰辛的过程，作为家长我们有时已尽全力而为，但效果还是不尽如人意。甚至以往所知道的一些教育手段（体罚）是被法律所禁止的。那么我们还能够怎么做，才能让教育孩子的路走得不那么辛苦，不让自己和孩子的关系越来越紧张，不让家里的争执越来越多。作为 Whanau Marama Parenting 大家庭的一员，我欢迎大家来参加我们的课程，让相关的专业人士能够一直相伴你左右为你答疑解惑。我们中文亲子教育课程就要开始了，我们不仅仅授课我们更愿为大家更好的融入这里的生活做出努力。

The power of the heart connection and conscious parenting

“I am calmer and becoming more aware of myself when dealing with my children. I am using the strategies which are bringing me closer to my children.”

Parent of 2 who attended the term 3 2016 Effective Discipline course.



Tamati's Tips for Dads

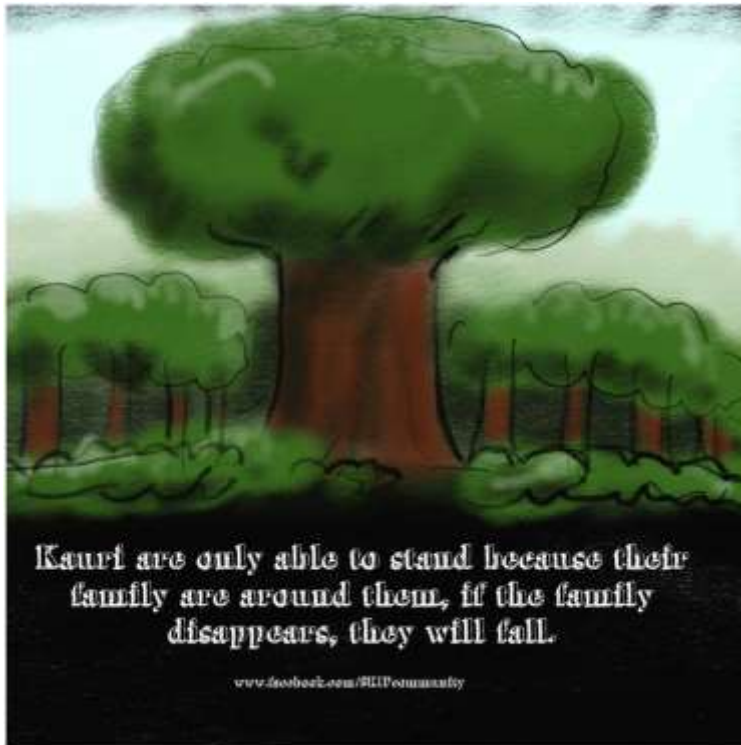
First Three Years and the Twilight Years of Life

We have had my darling's Grandfather with us for a few days; he's 82 and very active. It was a real pleasure having him with us. Hearing his stories and spending time with him made us really appreciate the journey of our lives and how pivotal our old peoples influence has on them. Stories from the old days can unlock the reasons for some of our behaviours today that we can't really explain. Like how we tell our kids, "finish your plate." That value originated from the story of how back in the 1930's that there were no Pack N Saves and during the world wars there was even less and everyone was in survival mode. The value of saving every scrap was passed onto the next generation and it is now been passed down to ours. The only problem is there is food everywhere and finishing your plate can lead to being overweight. It's a value that doesn't quite fit the times.

I suppose I can change topic and include punishment in this story. Back in the day people smacked because there wasn't much information around parenting. Fast forward to 2016 and we really don't need to smack anymore. (And of course it is breaking the law) It is great that here is more information, resources and organisations out there that can help parents have more ways to deal with tricky situations.

Now that I've got that out of the way (I like talking about not hitting.) I suppose in this modern world where we are busily rushing about we lose the precious time with our old people and miss out on the wealth of knowledge they possess in their memory. Their stories give us context and perspective. They fill

in the missing parts of ourselves by filling us in on their lives and stories.



To close I suppose now that we have so much focus on children and understand so much more about them having their own voices and stories maybe we need to reconnect with our old people as well. Like how when raising children the first three years are the most important, the twilight years of our old people are exactly the same.

Elizabeth's parenting tip for the month



The Young Dolphin Story

A reporter had been assigned the story by his editor. Human interest story. Kids, dolphins. You know, are they intelligent, aren't they cute. But this guy really wasn't interested in the story and resented having to do it. He was someone to whom the concept of intelligence in dolphins was a joke.

Bored, his disdain under the lightest of social controls, he accompanied the scientists to the long glass wall of the lab where the dolphins waited, as they did each morning, to say hello. He watched the scientists go through their morning ritual, watched the dolphin family respond. Made nice noises over the six-week-old baby dolphin, took a short tour around the lab, went through a desultory question-and-answer session, drank the obligatory bad coffee that the scientists never seem to

remedy, and the spent the rest of the time leaning against the glass wall of the dolphin tank, chain-smoking cigarettes.

Now, for what ever reason, the young dolphin was fascinated by this guy and instead of swimming off with his family, he just kept floating there looking at the reporter in the curious way that the young of many species have about something new. The man, with his back to the glass, ignored it as long as possible, but the young dolphin seemed to possess inexhaustible patience. He just kept hanging in there. Staring. After a while the reporter began to get twitchy, then mad. So, he took a deep drag on his cigarette, turned, and blew smoke at the glass, directly in the dolphin's face. The dolphin back-pedalled in surprise, looked at the man for a moment, then swam rapidly off. The reporter at peace, leaned back against the glass and continued to smoke.

But in a minute or two the dolphin returned, swarm up close to the glass and waited for the man to notice him. And, of course, eventually the reporter did. In irritation he turned and glared at the young dolphin and at that moment the young dolphin blew a cloud of smoke directly in the journalist's face.

The whole room stopped.

It took awhile to figure what had happened, for of course dolphins don't smoke (and anyway, even if they did, it wouldn't work under water). The dolphin, who was still nursing, had gone to his mother, taken some milk, come back and puffed it in the man's face. A very sophisticated response, especially in a six-week-old infant of a species considered to be inferior in intelligence to humans.

How much more do our young copy our behaviour!

Children are natural mimics – they act like their parents in spite of every attempt to teach them good manners

Unknown source

For Korean parents from Jumi and Betty

부모 교육 워크샵을 마치고...

지난 10 월 22 일 오클랜드 한국학교 북부지부에서 “**자녀사랑 & 부모공감**” 이라는 주제로 부모교육 워크샵을 개최하였습니다.

짧은 공지기간에도 불구하고 학교측의 적극적인 지원으로 많은 학부모님들께서 참석하셨고, 뉴질랜드 양육에 관한 법률, 세 가지의 부모 스타일, 그리고 클링온(칭찬 뒤에 따라오는 부정적 마무리) 에 대해 토론하였습니다.

참석하신 모든 부모님들께서는 짧은 교육시간에 대해 아쉬워하셨고, 저희 패어런팅 코스에 대해서도 많은 관심을 보여주셨습니다. 한국학교 측에서는 기회가 되면 다른 지역에 있는 학교에서도 강의를 해 달라는 요청도 받았습니다.

이번 부모교육 워크샵은 파나우 마라마 패어런팅 교육코스를 알릴 수 있는 새로운 시도였으며, 저희 한국어 담당자들에게도 보람있는 시간이었습니다.

감사합니다

주미 & 베티



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 Facebook.com/SKIPcommunity

The image shows three smartphones displaying different features of the SKIP Tips app. The first phone shows a 'BROWSE' screen with categories like 'Tantrums', 'Running Away', and 'Not Listening'. The second phone shows a 'Not listening' screen with a list of tips: 'Make sure you've got their attention before you speak', 'Squat down and make eye contact', 'Speak in a calm voice', 'Ask for a response', and 'Don't call out from another room'. The third phone shows a '7 DAY CHALLENGE' screen with a 'Parent tip' and a 'Sweet! It's on it!' button. The background is a light blue gradient.

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 / 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

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 |
aucklandnorth@theparentingplace.com**

Plunket Parenting through Separation Courses

October to December 2016

Albany	Wed 12 Oct	One, four-hour session	10am-3pm	Plunket Hub, 8b Constellation Drive, Mairangi Bay, Auckland
Albany	Wed 9 Nov	One, four-hour session	10am-3pm	Plunket Hub, 8b Constellation Drive, Mairangi Bay, Auckland
Albany	Wed 7 Dec	One, four-hour session	10am-3pm	Plunket Hub, 8b Constellation Drive, Mairangi Bay, Auckland

Please check online schedule at

<http://www.plunket.org.nz/what-we-do/what-we-offer/parenting-education/parenting-through-separation/> for up-to-date course additions and cancellations.

To enrol:

- Email: pts@plunket.org.nz
- Phone: 0800 663714
- Online information and enrolment:

<http://www.plunket.org.nz/what-we-do/what-we-offer/parenting-education/parenting-through-separation/> or Google search “plunket parenting through separation” or go to www.plunket.org.nz and search for “parenting through separation”



JAS-ANZ



NZ242.00



ISO
9001

**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

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



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

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 under-achievement 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

to find out more visit
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) Programme은 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 Trust에서 비자 상관없이 교민분들에게 이 프로그램을 2013년 7월 부터 진행하고 있으니 궁금하신 점이 있으시면 연락 주세요. 연락처는 09 570 9099 또는 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

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

**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

Thanks for Your Support



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”

