

Whanau Marama



PARENTING

No. 52
February
2017

Welcome to our February Newsletter!

Happy New Year. We are looking forward to another exciting year filled with aroha, blessings, wonderful possibilities, and new opportunities for us and all the parents we will meet this year.

We believe this year will be our best, most fantastic year we have experienced so far! We welcome you to be part of what is happening at Whānau Mārama Parentin

Courses for Parents Term 1 2017



Introduction to Positive Discipline

Presented by Whānau Mārama Parenting

Suitable for parents of children aged between newborn to their 2nd Birthday

Every Wednesday Morning 9:30am - 10:30am, Glenfield Library

Free

Week One	Infant's brain development and the importance of keeping calm	15 th February
Week Two	Finding effective ways to de-stress	22 nd February
Week Three	Baby becomes an active participant	1 st March
Week Four	Play time	8 th March



Proudly supported by



2017

If you wish to attend either enrol at Glenfield Library or phone Na 551 6974

Na's Email: na@whanaumarama.co.nz

Course Facilitator: Na and Tamati



有效的教导 (9 周)

周五早上 9.30am-12.30pm
2017 年 2 月 10 日开始 至 4 月 7 日

课程费用: \$50

你将学到非常实用的 24 个技巧与策略, 以用于巩固你与孩子的关系并能够使你更自觉听从你的教导, 更自愿学习如何承担自己的个人责任

S.K.I.P
Strategies with Kids | Information for Parents

Based on the S.K.I.P
6 Principles
of Effective Discipline

4 Locket Road, Glenfield

更多资讯请联系: 海英

电话 551 6974 (国语)

haiying@whanaumarama.co.nz

www.whanaumarama-parenting.co.nz

适用于 4-11 岁孩子的家长



荣誉赞助机构为



Effective Discipline (10 weeks)

Morning Course 9.30am-12.30pm
Begins on Tuesday 7th February and continues every
Tuesday until 11th April.

This course costs: \$50

You will learn 25 practical skills and strategies of
how to positively discipline your child by building
a strong relationship with them. This relationship
enables them to be more willing to listen your
instruction and guidance while teaching them to
take care of their own personal responsibilities

S.K.I.P
Strategies with Kids | Information for Parents

Based on the S.K.I.P
6 Principles
of Effective Discipline

4 Locket Road, Glenfield (Behind the house)

For further information phone:

Elizabeth 441 0209 | Tamati 441 0208

Jumi 551 6960 (Korean) | Haiying 551 6974 (Mandarin)

Enrol online www.whanaumarama-parenting.co.nz



Proudly supported by





10 대 아이를 위한 부모교육 (10 주코스)

10 세-18 세 아이를 둔 부모대상

10 대 아이들의 뇌 발달은 우리가 생각하는 것 처럼 그리 단순하지 않습니다. 과학적인 조사를 통해 알려진 뇌 발달 과정과 10 대들이 느끼는 감정을 이해함으로써 좀 더 쉽게 아이들에게 다가가는 법을 배웁니다.

일시: 매주 목요일 오전 9.30am-12.30pm

(10 weeks)

기간: 2017 년 2 월 9 일 ~ 4 월 13 일

주소: Training room behind

4 Locket Road, Glenfield

Ph:09 551 6960

email: jumi@whanaumarama.co.nz

betty@whanaumarama.co.nz



온라인 등록 www.whanaumarama-parenting.co.nz

Proudly supported by



Parenting Adolescents (10 weeks)

Most suitable for parents of teenagers 12 years and over

Begins on Tuesday evening 7th February
6.30pm-9.00pm and continues each
Tuesday evening until 11th April

You will learn 23 practical skills and strategies to strengthen our relationship with your teen and help them to be willing to listen to your guidance and consistently take care of their personal responsibilities

S.K.I.P.

Strategies with Kids | Information for Parents

Based on S.K.I.P.'s 6 principles of Effective Discipline

4 Locket Road, Glenfield (Behind the house)

For further information phone:

Elizabeth 441 0209 | Tamati 441 0208

| Jumi 551 6960 (Korean) | Haiying 551 6974 (Chinese)

Enrol online www.whanaumarama-parenting.co.nz



Proudly supported by





Positive Discipline for under 4's Course (8 weeks)

Suitable for parents of babies and young children aged from Newborn to their 4th Birthday

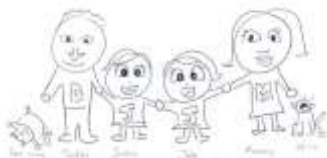


Begins on Wednesday 15th February
9.30am-12.30pm and
continues each Wednesday until 5th April

Venue: 4 Locket Road, Glenfield (Behind the house)
For further information phone:
Elizabeth 441 0209 | Tamati 441 0208
Jumi 551 6960 (Korean) | Haiying 551 6974 (Mandarin)
Enrol online www.whanaumarama-parenting.co.nz



Proudly supported by



Tamati's Tips for Dads

How to survive the morning rush

Let's look at a parenting scenario and break it down into what could be done differently.

Its 8.30am. Every one is late, the house is in a panic, every one is rushing and yelling “hurry up”. Everyone flies out of the house and even the ride in the car is tense. No one is moving fast enough, someone has left their homework at home and the baby starts getting wound up because day care is just around the corner. The kids get booted out with a look out the window and a “Hurry up you're going to be late.” When you get to day care baby won't settle and you feel worse because you have to take off at the same time they claw at you for deserting them.

**You tell yourself that you wish it wasn't like this only to repeat the same pattern for 10 years.
So how could this be improved? Here are some suggestions.**

1. Go to bed earlier. Everyone. Kids need at least 14 hours sleep, babies, even more.

**Can you watch that late show you enjoy on the weekend?
How can everyone get more rest for the next day.**

2. Wake up earlier. Simple way to make sure everyone stays calm and doesn't have to rush.

3. Prepare the night before, lunches, homework, anything they might need in the morning. Get them to help you prepare their own bags for school.

4. Spend time saying goodbye. If you've followed these instructions you should have plenty of time to fill up their love tank so they can feel supported as they begin school.

5. For day care, spend a bit of time with them. Talk to your baby and say you will see them soon.

If it's consistent and you talk to them every day. Your child is more likely to adjust to day care knowing you are coming back.



**I know this works because
this was me, luckily I
managed to change my way
of doing things at year five
not year ten.**

Ha, ha, ha.

Elizabeth's tip for parents

What is Heart connection?

The heart connection is the loving, supportive, emotional connection in the heart of the child for their parent and the same feelings in the heart of the parent for their child. This is an aspect of what is called bonding or attachment. However the loving heart connection is what is being experienced in the present moment. The feelings of love in the heart for the other person. This experience occurs not just between children and their parents but also between adults and between siblings and other children.

I have been married to my husband Steve for over 47 years and although there have been ups and downs over the years I believe we are definitely bonded or attached to each other in a secure and loving way. Having such a long term relationship doesn't however always guarantee that at any given moment in time I will be experiencing love feelings in my heart for him (and I guess him for me). It all depends on what is happening between us at that moment. If for instance, we are speaking to each other in a respectful and loving manner, it is most likely we also will be experiencing love feelings and emotional connection at that moment as well. The opposite is also true. If we get into blaming the other for some reason it seems that instantly something happens to the feelings of connection. Usually the feelings of 'disconnection' only last for a short time for me now as over the years I learnt how to restore my heart feelings towards Steve fairly quickly. But it was certainly a different story when we first were married. It makes me cringe now to think about how I could go for days with hurt feelings and a broken heart connection before some how I came 'right' again.

During these times of being 'disconnected' I found it difficult (and still do) to want to listen to him and be around and certainly I didn't feel like doing any thing he might ask me to do for him.

It is the exactly same for our children.

So how do we maintain this heart connect between us and our children?

Some of the answers can be found at -

<http://childhood101.com/2017/01/tiny-moments-10-everyday-rituals-that-mean-a-lot-to-kids/>

In addition to these ideas in the article above for creating 'connection', I would like to suggest what we can do when we realize that a 'disconnect' has occurred between our child and our self. (They usually tend to start misbehaving at this point)

'Disconnects' can occur at any given moment throughout the day. They tend to occur at such times when we are feeling tired and are a little grumpy with them. A harsh or disrespectful tone of voice or even bossy or threatening body language can instantly also bring about a 'disconnect' of the love feelings in the heart of our child for us. Often to be replaced by defensive feelings such as hurt or anger.

So what can we do to help our child reconnect with us? There is no doubt many ways. However one of the quickest and most effective is to offer a simple and sincere apology to our child for the 'grumpy' or disrespectful manner in which we spoke to them or behaved towards them. Then afterwards asking them if it is OK to give them a hug tends to restore the love feelings in their heart for us once more.



海英的每月分享



圣诞新年期间，我回国了三周，和两个已做了妈妈两三年的闺蜜分别见了面。也许是因为我的工作性质，她们滔滔不绝的问我应该怎么教育孩子才好，其实我从她们身上也收获良多，所以我想跟大家分享分享。

我曾经设想把我们 Whanau Marama Parenting 自己独创的实用正面教育系列课程在中国的大环境下进行推广。然而闺蜜的一句话挡住了我的去路，她说：“我们也很想以‘散养’的方式来教育孩子，把真正的童年还给女儿，可是貌似行不通啊！因为别人都去上学前的这个班那个班，等到入了小学，学校的老师就会说‘既然这些初级的知识大家都会了，我们就从下一个级别开始吧’，那我女儿没上过初级的，直接进行中级的，不是会跟不上别人的进度了嘛。”我确实傻眼了。

那么相对而言，在新西兰的整个教育体系中，每个级别的水平都是被严格制定和控制的，老师在这方面的任性度也没有那么高。而我们的亲子教育课程也是生于长于这片土地的，所以适用性还是很强的。首先要认可所有的家长，教育孩子真不是件容易的事，三百六十五天，二十四小时，全年无休。所以我家先生看到好友生了孩子，就恭喜道“哎呦，你的苦日子要来了（玩笑）”。

我相信所有的家长都尽了自己最大的努力来帮助和教导孩子，希望给予孩子最好的，而家长使用的方法有时很有效有时又完全不起作用，或者对这个孩子有效对另一个孩子无效。这就是为什么一些家长来向我们寻求帮助或者来参与我们的一些课程。但是来上我们的课程并不意味着他们就是不良的父母，相反来上课的家长们有着高度的意识和极大的勇气来寻求积极正面的改变，我由衷的钦佩他们。

而所谓的积极正面的改变可以从两大方面来说：

第一，打个比方，在中国我们常说“打是亲，骂是爱”或者“棍棒底下出孝子”，以此教育孩子不可否认有时看上去是有效的，先不谈引起的负面效应，就说在新西兰体罚甚至过度辱骂孩子都会给家长带来巨大的麻烦，因为在新西兰除了几种例外情况，基本上任何形式的体罚都是违法的，任何人发现都有义务上报，情况严重的甚至会剥夺家长监护孩子的权利。对于这些家长来说，体罚或许是他们工具箱里特别有效或者唯一有效的“工具”，当这个“工具”被禁止使用或被没收了，工具箱就空了。

而我们的亲子教育的系列课程所充当的角色，就是往父母的工具箱里补充“工具”。我们有十几个被许许多多的家长认证过，确实行之有效的“工具”，并一一摆在参与课程的父母



面前，而且手把手的教父母如何使用，每节课后鼓励父母回家试用，试用后我

们还吸收反馈意见，好了就拿走不谢，不好我们再来一起改进升级。10节课下来，家长的工具箱就渐渐满了起来。

第二方面，不可谓不强大。教导孩子的方式在某种程度上是承袭式的，我们从我们的父母身上学到如何教导孩子，我们的孩子从我们身上再复制这些方法来教导他们的下一代，我们有时无从评判这些方法，因为这是我们唯一会的。如果我们用更为正面的方式来进行，也许我们的子子孙孙都会受益。

最后我想说，作为父母，祖父母你们真的辛苦了，你们用尽心思，经历，金钱，时间，有时还落了一身埋怨。如果有一种方式能够让教导孩子的这十几年二十年甚至更久的过程，稍微变得轻松一点，是不是值得尝试下呢？我们不仅仅提供课程，也欢迎大家来向我们倾诉在抚育孩子过程中碰到的苦恼烦忧，并愿为所有的家庭搭起一座桥梁，获得更多的支持和帮助，让大家在这个国度里生活的开心幸福。



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](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 I tunes or Google play versions
[Download the free Tiny Adventures App from iTunes](#) (for Apple devices).

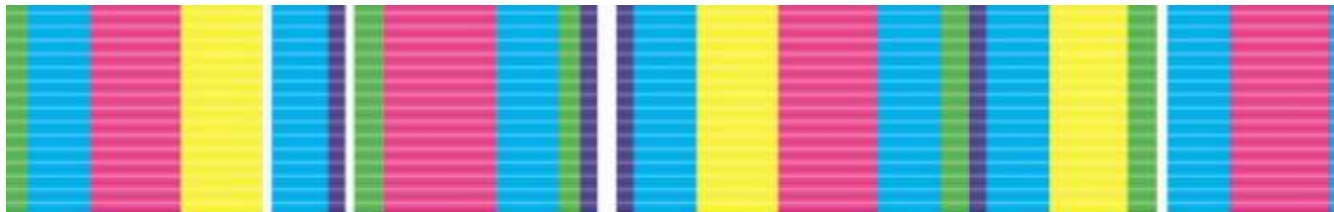
[Download the free Tiny Adventures App from Google Play](#) (for Android devices).

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



DEVONPORT PENINSULA TRUST PROUDLY PRESENTS...



TUESDAYS 4-6PM
FEB 21 & 28 & MAR 7, 14, 21 & 28 • 2017

VAUXHALL SPORTS RESERVE
(NORTH SHORE RUGBY CLUB GROUNDS)

FOR MORE INFO, CONTACT:
THE DEVONPORT COMMUNITY CO-ORDINATOR AT:
DPORTCOMM@XTRA.CO.NZ OR ON: (09) 445 9533

Devonport-Takapuna
Local Board



DEVONPORT
PENINSULA TRUST
Building Devonport's Future



BAYSWATER

Summer Fun
2016/17

DEVONPORT

Preschool Play

Toddler time
to play with
big toys, be
active, and
make new
friends.

Tuesdays @ Windsor Reserve
Nov 1 - Dec 13 and Jan 10 - Mar 28

Thursdays @ Bayswater Park
Nov 3 - Dec 15 and Jan 12 - Mar 30

9:30 - 11am

Bring a coffee
and enjoy our
beautiful parks

free
entry



DEVONPORT
PENINSULA TRUST
Making Community Happen

WEATHER PERMITTING • PARENTAL SUPERVISION REQUIRED
Organised by the Devonport Peninsula Trust and the Devonport Community Co-ordinator.
For more information, contact Maria or Carolyn on (09)445 9533, or dportcomm@xtra.co.nz

Devonport-Takapuna
Local Board





Storytimes

IN RUSSIAN

Stories, books and music that help early literacy development.

Saturdays

10:30 - 11:00am

Albany Village Library

ПРОГРАММА ДЛЯ ДОШКОЛЯТ

СКАЗКИ, СТИХИ И ПЕСЕНКИ

НА РУССКОМ ЯЗЫКЕ

Find out more: phone 09 301 0101 or visit www.aucklandlibraries.govt.nz

Libraries

Ngā Whare Mātauranga o Tāmaki Makaurau

**Auckland
Council**

Te Kaunihera o Tāmaki Makaurau



FREE PARENTING EDUCATION

NORTHSHORE TIMETABLE TERM 1, 2017



Venue	Your New Baby (0 to 6 wks)	Your Growing Baby (6 wks to 7 mths)	Your Moving Baby (8 mths – 14 mths)	Your Active Toddler (15mths – 2.5 yrs)	Your Curious Young Child (2.5 yrs – 5 years)
The Rawene Centre 33 Rawene Road Birkenhead		Wednesdays 12:30pm-2:30pm Feb 15, 22 and March 1, 8, 15	Wednesdays 12:30pm-2:30pm March 22, 29 and April 5		
The Plunket Hub 8 Constellation Drive Mairangi Bay	Monday 7pm-9pm Feb 20, 27 & March 6 Tuesdays 7pm-9pm March 7, 14, 21 Thursdays 7pm-9pm March 23, 30 & April 6 (to be confirmed)	Fridays 12:30pm-2:30pm Feb 3, 10, 17, 24 and March 3 Mondays 12:30pm-2:30pm Feb 13, 20, 27 and March 6, 13 Fridays 12:30pm to 2:30pm March 10, 17, 24, 31 and April 7 Mondays 10am to 12pm March 20, 27 and April 3, 10	Thursdays 12:30pm-2:30pm March 2, 9, 16 Fridays 10am-12pm March 3, 10, 17 Mondays 12:30pm-2:30pm March 20, 27 and April 3 Thursdays 12:30pm-2:30pm March 30 and April 6, 13	Fridays 10am-12pm February 10, 17 and 24 Mondays 10am-12pm Feb 27 and March 6, 13 Thursdays 7pm-9pm March 2, 9, 16 <i>We ask that children do not come to the evening course.</i> Fridays 10am-12pm March 24, 31 and April 7	Mondays 7pm-9pm March 20, 27 and April 3 <i>We ask that children do not come to the evening course.</i> Thursdays 10am-12pm March 30 and April 6, 13

FOR MORE INFORMATION AND TO REGISTER

Please phone 09 4760705 or email waitemata.PEPE@plunket.org.nz



Parenting Through Separation

Separating from your partner or spouse is usually stressful, but the effects of this can be minimised for your children. This free, four-hour course provides a wealth of information and well-proven ideas that will benefit you and your children.

DATES

Saturday 14 th January	10am – 2pm
Thursday 19 th January	6pm – 10pm
Saturday 28 th January	10am – 2pm
Monday 30 th January	6pm – 10pm
Saturday 11 th February	10am – 2pm
Thursday 16 th February	6pm – 10pm
Saturday 18 th February*	10am-2pm *Helensville
Saturday 25 th February	10am – 2pm
Thursday 2 nd March	6pm – 10pm
Saturday 11 th March	10am – 2pm
Thursday 16 th March	6pm – 10pm
Saturday 25 th March	10am – 2pm
Thursday 30 th March	6pm – 10pm

COST

This course is fully funded by the Ministry of Justice and there is no cost to you.

REGISTER

To register or for more information, contact Jess Hale,
ph. 818 6834, email jessh@lifewise.org.nz

OUR FACILITATORS

Griff Richards (Parenting Facilitator)
Griff facilitates the Early Years Toolbox, Building Awesome Whanau Toolbox on Tuesday evenings, the Tweens and Teens Toolbox, and all the Parenting Through Separation courses held at New Lynn.
818 0204 or griffr@lifewise.org.nz

Bella Wikaira (Community Social Worker)
Bella facilitates the Building Awesome Whanau Toolbox on Thursday daytimes.
818 0202 or bellaw@lifewise.org.nz

Michele Cogle (Foster Care Social Worker)
Michele facilitates the Parenting Through Separation courses at Helensville.
818 0203 or michelec@lifewise.org.nz

ABOUT LIFEWISE FAMILY SERVICES

3131 Great North Rd, New Lynn
www.lifewise.org.nz
09 818 6834

In addition to parenting courses, we provide social work support in the following areas to families living in West Auckland:

- Parenting
- Advocacy
- Health/wellbeing
- Counselling
- Budgeting
- Housing
- Family relationships
- Family Violence
- Community Respite



PARENTING COURSES

Toolbox Parenting Courses
&
Parenting Through Separation
TERM 1 - 2017

Lifewise Family Services

3131 Great North Rd, New Lynn



Venue

Lifewise Family Services,
3131 Great North Rd,
New Lynn

Early Years (0-6 years)

TOPICS

- Different parenting styles
- The style that works best
- Physical and emotional needs
- Children's personality types
- Different ages and stages
- How to engage cooperation
- Handling more difficult behaviour
- The strong-willed child
- Creating a childhood to remember
- The Five Love Languages

DATES

Monday evenings for six weeks
7pm – 9.15pm
13th February 2017 to 20th March 2017

Building Awesome Whanau (0-12 years)

TOPICS

- Building your family on aroha
- Parents are the roof: protecting your whanau
- The walls of the whare: boundaries to keep the good stuff in and the bad stuff out
- Keep it sweet: atmosphere is everything
- Cool korero: communication
- Outside the whare: living in the big world

DATES

Tuesday evenings for six weeks
7pm – 9.15pm
14th February 2017 to 21st March 2017

OR

Thursday daytime for six weeks
10am – 12.15pm
2nd March 2017 to 6th April 2017

Tweens & Teens (12 years +)

TOPICS

- What makes a teenager tick
- Creating a positive atmosphere
- Teenagers and chores
- Limits and boundaries
- Keeping them connected to family
- Communication with your teenager
- Age appropriate consequences
- What about sex and dating?
- Keeping your teenager safe
- From discipline to self-discipline

DATES

Wednesday evenings for six weeks
7pm – 9.15pm
15th February 2017 to 22nd March 2017

TOOLBOX COURSES COST

Sliding scale from gold coin donation up to full cost \$75/person or \$110/couple. FREE to foster parents and caregivers

TO REGISTER OR MORE INFORMATION:

Contact Jess Hale **ph:** 818 6834 **email:** jessh@lifewise.org.nz **web:** www.lifewise.org.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**



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

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 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

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”

