

Whanau Marama PARENTING

No. 53
March
2017

Welcome to our March 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 1 2017



Introduction to Positive Discipline

Presented by Whānau Mārama Parenting

Suitable for parents of children aged between their 4th Birthday to 11th Birthday

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

Free

Week One	Family/Whanau time skill	22 nd March
Week Two	Stop, Turn and Focus skill	29 th March
Week Three	Communicating our One-off requests	5 th April
Week Four	Communicating our expectations	12 th April



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

Venue地点: Browns Bay School School Hall

- * This venue is **not suitable** for children to come with their parents.
- * Please **register the workshop** as soon as possible.
- * You will **receive a certificate** if you can attend from 9:30am and stay until 2:30pm.
- * For further information, please phone Elizabeth 441 0209 or Tamati 441 0208.
- Parking along Masteron Road (see the map).



- * 이 강의는 어린이를 동반하실 수 없습니다.
- * 취소상은 서둘러 등록해주세요.
- * 오전 9시 30분부터 출석하시고 오후 2:30분까지 수업을 들으시면 증명서가 발급됩니다.
- * **장학문의:** Jumi (이주미) 551 6960 (한국어)

请注意: 因我们的培训室场地有限:

- * 请尽可能早的提前报名
- * **不宜带孩子与家长一起参与**
- * 准时出席, 准时结束的家长将收到我们颁发的证书
- * 获取更多的信息, 请登录我们网站, 或联系海英: 551 6974
- Masteron Road 街边停车, 见图示

Supported by Raeburn House and funded by the Department of Internal Affairs.



Whānau Mārama Parenting courses are based on the SKIP 6 Principles of Effective Discipline (MSD) and other relevant parenting books and information.

All of Whānau Mārama Parenting's courses promote the use of non-physical discipline.

Each course must be enrolled before the course starts.

You can email

hailying@whanaumarama.co.nz

elizabeth@whanaumarama.co.nz

For additional information about any of the courses
Phone: Tamati 441 0208 or Elizabeth 4410209
Dayna 551 6971, Hailying (Mandarin available) 551 6974
Jumi or Betty (Korean available) 551 6960
Mobile 021 135 7513



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

One Day Workshop for parents of all cultures

Kiwi Parenting for Newcomers
to New Zealand

새로운 이민자를 위한 키위
부모교육 안내
新西兰新移民
了解当地亲子教育方式

2017

Whānau Mārama Parenting is a
an approved and audited service
under section 403 of CYP&F Act 1989.
We are a nonprofit organisation
with charitable purposes.



Kiwi Parenting for Newcomers to New Zealand

Free One Day Workshop

Monday 3rd April 9.30am-2.30pm

Lunch provided

Morning session delivered in English with
discussion and pages in Mandarin and Korean

Afternoon session delivered in English,
Korean and Mandarin separately



Topics include

- * Traditional Maori parenting
(a brief look at how Maori used to parent)
- * Changing ways of parenting
- * Parenting and New Zealand law
- * Parenting and Aotearoa today
- * Practical positive parenting skills
for children of all ages

For further information please check under
Courses on our Website
www.whanaumarama-parenting.co.nz

새로운 이민자를 위한 키위 부모교육 안내

1일 무료 강좌

4월 3일(월) 오전 9시 30분 ~ 오후 2시 30분

점심식사 제공

아침 강의는 영어로 진행되고

한국어 교재와 강의 중 의견 나눔의 한국어 가능

오후 강의는 한국어로 진행됩니다



강의 주제

- * 마오리들의 전통적인 아이들 양육 방법
(간단한 요약)
- * 양육방법의 변화과정
- * 뉴질랜드 양육에 관한 법률
- * 오늘날의 뉴질랜드 양육
- * 모든 연령의 아이들을 위한
실질적이고 긍정적인 양육 기술들

지희 코스에 대한 더 많은 정보를 원하시면 아래 홈페이지를
방문해주세요.
www.whanaumarama-parenting.co.nz

新西兰新移民 了解当地亲子教育方式

免费的全天讲座

4月3日周一上午九点半至下午二点半

提供午餐

上午英文授课 下午中文授课
中文讨论以及中文教材



相关主题包括:

- * 传统的毛利亲子教育方式
(简要回顾毛利是如何做父母的)
- * 亲子教育的改变之路
- * 亲子教育与新西兰法规
- * 亲子教育与今日的长白云之乡
- * 实践性的正面亲子教育技巧
(适用于所有年龄段)

更多的信息, 请参见我们的网站- Courses
www.whanaumarama-parenting.co.nz

Elizabeth's tips for parents

The Value of a Hug

A well know family therapist, Virginia Satir, goes as far as to say that, "Hugging is healthy. It helps the body's immune system, keeps you healthier, cures depression, reduces stress, and induces sleep. It is invigorating and rejuvenating. Hugging significantly increases your body's production of endorphins."

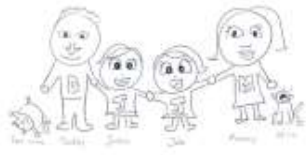
She simplifies it in this way: We need four hugs a day for survival. We need eight hugs a day for maintenance. We need 12 hugs a day for growth."

How does this apply to children? Most of us understand that it is essential for our children's health and wellbeing that we show our love to our children daily by giving them lots of hugs and kisses. However, what some of us loving parents may not have realized is it is also important for us to show respect to them by asking them their permission to touch them in this way.

We can say "Honey, can I give you a hug?", "Rangi can I give you a kiss, sweetheart?", "Would you like a hug? Or "I've got a great big hug waiting just for you!"

Respect for our child also means that we need to be aware that our child may not always want to hug or kiss us or other adults, this includes relatives and grandparents, and at these times should not be forced to do so.





Tamati's Tips for Dads

Positive Parenting

During the courses we always encourage the parents that they can parent in a positive way. That it is hard at first but over time it becomes second nature. Just like anything we do in life that is new at the beginning it requires a lot of effort to change. However we aren't the only ones trying to adjust. Sometimes our children have a hard time understanding what is going on too.

For some children the change is so far from what they know about their mum and dad that they don't really know how to respond, or if we are being genuine. On our courses we come across parent/ child feedback that sometime says "My kids keep saying what's happened to you mum, and why are you being so nice to me?"

Sometimes our children even respond to our positive behaviour negatively as if we were parenting in our old sergeant major style. It seems as if they are still stuck in a defensive pattern of responding to us. I know what this is like because it happened to me. My kids would do things and automatically go into defence mode whenever I tried to speak to them. I know it wasn't their fault. They had learned that the pattern of communication in our house was I do something, and then daddy yells.

I think that was the hardest time for me. I was trying to use the skills and strategies but my kids still acted like I was an ogre. It felt like what I was doing was pointless. "What's the use of using these skills and strategies if my kids still think I'm a monster like Shrek?" Actually I was just like Shrek.

You start to feel a little down, like whatever you try doesn't work. But you know what? Like Shrek I just kept on practicing the skills and strategies and guess what. My children began to adjust to my new behaviour too. Once my tamariki realised daddy had changed and that he wasn't going to yell and carry on like a troll anymore they stopped yelling and carrying on like trolls too.

I suppose the point I trying to make is this - keep trying. Even if you feel like it's not working, keep going. Parenting in a positive way is the best for our tamariki and if they react in the same old way that's ok. They are practicing too. Learning that the changes mum and dad are making are going to stay and that they don't have to be afraid or react in a negative way.



海英的每月分享



拥抱的价值

著名家庭治疗师维琴尼亚·萨提亚甚至说：“拥抱有利于健康，有利于免疫系统，让你更健康，能医治抑郁、减轻压力，促进睡眠，它让人充满活力，恢复青春……拥抱可以极大地有利于体内内啡肽的产生。”

萨提亚用一句话简单地总结了这一原理：“每天 4 个拥抱是生存的根本，每天 8 个拥抱让我们精力充沛，每天 12 个拥抱帮助我们健康成长。”

如何把这个原理运用于孩子身上？我们多数人都明白，我们每天给孩子大量的拥抱和亲吻等爱的举动来表达我们对他们的喜爱，而这对孩子的健康与幸福是非常必要的。但是我们很多有爱心的家长也许还没有意识到，征得孩子同意后再用这种方式接触他们以表示我们对他们的尊重-也是至关重要的。

我们可以对孩子说，“宝贝，我能抱抱你吗？”，“亲爱的，妈妈能吻下你吗？”，“你愿意咱们来抱一下吗？”或者“我有一个大大的拥抱等着你！”

尊重孩子也意味着我们需要意识到，我们的孩子不总是想要我们或其他亲戚和祖父母等成年人或长辈的拥抱或亲吻，这些时候我们不应强迫他们。



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 [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).

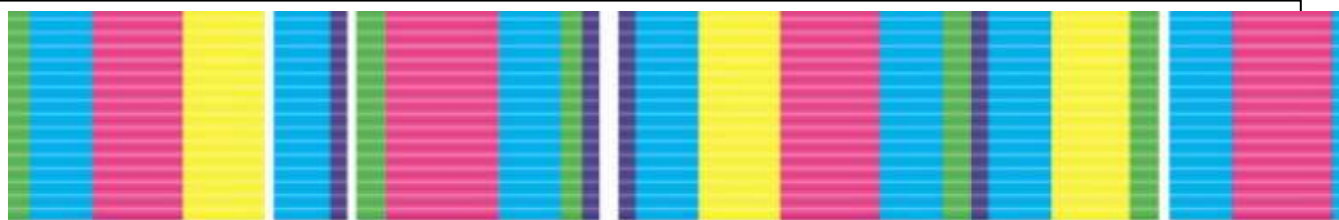
[Download the free Tiny Adventures App from Google Play](#) (for Android devices).

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 /
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

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 dpportcomm@xtra.co.nz

**Devonport-Takapuna
Local Board**
Auckland Council





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



STRIVING FORWARD



Feeling unsure which direction to take? Want to feel stronger and more confident? If so, this class is the opportunity for you to change things around and regain a sense of control.

Contact: North Shore Womens Centre on 444 4618 – **Registration Essential**

Course starts: Tues 21st Feb (7 weeks) **Time:** 10am-12pm **Cost:** \$2 per class

Email: women.ctr@xtra.co.nz **Website:** www.nswomenscentre.co.nz

Address: 5 Mayfield Road, Glenfield





I was able to repay my loan easily. They worked with me to set up affordable payments.

HOW DOES IT WORK?



1. ENQUIRE

Visit NILS.org.nz to find your nearest provider to see if you qualify for NILS.



2. INTERVIEW

Your provider will let you know what documentation and forms of identification you will need to bring along with you.



3. ASSESSMENT

The loans committee will assess your application.



4. APPROVAL

Once approved, you and your provider will agree on affordable repayments over a set period of time.

To find out more

Glenfield Salvation Army
Community Ministries
Phone: (09) 4412554 ext 1

Ask to speak the Nils Advisor

or visit www.NILS.org.nz

NILS was developed and is maintained by Good Shepherd Microfinance. In New Zealand NILS is supported and delivered by Good Shepherd New Zealand.



Good Shepherd
New Zealand

www.NILS.org.nz

THE NO INTEREST LOAN



NO FEES
NO INTEREST
NO CHARGES

Information for applicants on how to obtain a loan for essential household goods and services.


WHAT IS NILS?

The NO INTEREST LOAN SCHEME (NILS) provides individuals and families on low incomes access to safe, fair and affordable credit to purchase essential goods and services.


NO FEES
NO CHARGE
NO INTEREST

Maximum loan amounts are generally around \$1,000 but may be more depending on the NILS programme.

No credit checks are made as this is a program based on trust and respect.



With NILS, there's no interest. You only pay for what you get.



When I found NILS I was overjoyed as there is no interest.

HOW NILS WORKS IN YOUR COMMUNITY

With manageable repayments and a respectful assessment process conducted by an accredited NILS provider, NILS works through a process of circular community credit. When a borrower makes a repayment to NILS, funds are then available to someone else in the community.




WHAT ARE THE LOANS FOR?

Loans are generally available for the purchase of essential goods and services.

These may include:

- › Household items like beds, dining room furniture, lounge suites and fridges
- › Some medical and dental services
- › Educational essentials such as computers and text books
- › Some other items as requested



I couldn't get a look in through a bank.

DO I QUALIFY FOR NILS?

Programs are run by local community organisations across New Zealand.

To qualify you must generally:

- › Have a Community Services Card or be on a low income
- › Have lived at your current address for more than 3 months
- › Show a willingness and capacity to repay

Visit Nils.org.nz to find your nearest provider

How can I find out more?

Before the programme begins, potential participants are invited to an information meeting to find out what is involved and to meet other families and the EarlyBird coaches.



How do I apply?

Please apply by filling out the online application form on the Autism New Zealand website at www.autismnz.org.nz. Autism New Zealand will then contact you about available dates and details of the information meeting, and the EarlyBird programme.

For more information

Contact Autism New Zealand National Office

Email: training@autismnz.org.nz

Phone: 04 803 3501

Fax: 04 803 3502

Postal Address:

PO Box 33481, Petone, Lower Hutt 5046

Autism New Zealand is a registered charitable entity in terms of the Charities Act 2005.

Registration Number CC21220.

Note: The National Autistic Society is the UK's leading charity for people living with autism, and has licensed the EarlyBird programme to Autism New Zealand.



Your local EarlyBird Team is:

AUTISM^{NZ}

Every step together

The National Autistic Society UK

EarlyBird[®] Programme



A three-month programme for family, whānau and caregivers of a pre-school child on the autism spectrum



What is the EarlyBird programme?

The EarlyBird programme was developed by the National Autistic Society UK to empower and support family/whānau and caregivers of young children with a diagnosis of autism.

EarlyBird is a three-month programme that combines group learning sessions with individual home visits. Video feedback is used to help family/whānau combine theory with practice. Participants meet and work with other family/whānau – learning from and supporting each other.

This early intervention programme does not offer a cure, but does offer family/whānau hope and support to help their child reach their potential.

What are the aims of the programme?

- To empower family/whānau of a child with autism
- To support family/whānau in the period between diagnosis and school
- To help establish good practice in these very important early years of development

What will we learn?

The National Autistic Society UK EarlyBird approach will help you to:

- Understand your child's autism
- Structure interactions to develop communication
- Develop strategies to pre-empt problem behaviours and/or manage those which do occur.

Who can attend the programme?

EarlyBird is for families of a pre-school child with a diagnosis or a probable diagnosis of autism. Two places are allocated to each family/whānau. Participants need to live within 50 minutes drive of the local venue.

Who runs the programme?

EarlyBird is run by local professionals with experience and understanding of the autism spectrum. Our team have been trained by National Autistic Society UK EarlyBird trainers.



What do participants say about EarlyBird?

"Meeting other parents in the same boat gives you a boost. It was a pleasure getting to know them and exchange ideas."

"I loved the relaxed and supportive learning environment and meeting other parents. EarlyBird has made a massive difference in our lives and in the life of our son."

AUTISM_{NZ}
Every step together



This is a 2 day introductory programme that enables participants to create a framework for understanding and supporting a person on the Autism Spectrum.

It is a collection of evidence-based strategies and recommendations from the New Zealand Autism Spectrum Disorder Guidelines.

Practical application of the strategies is embedded in the exercises throughout the course.

Participants will leave the course with

- A better understanding of the Autism Spectrum, and how that impacts on the person.
- Practical strategies to apply immediately, including the use of visual supports, how to teach new activities and writing stories for understanding.
- A framework to support the person in a variety of settings.
- A better understanding of challenging behaviour, including how to prevent it happening again and how to manage behaviour when it does happen.

The course is delivered through presentation, video examples, parent interviews and practical role play exercises.

Would you recommend this course to others? What would you tell them?

"Yes. So helpful for parents and educators, giving them illuminating insights and showing experiences. Have gained lots of practical advice and tips on understanding and managing children with autism."

"Thank you – great work, very clear, very practical examples."

"Would totally recommend it! The story telling discussion really helped. Loved hearing from a parent: helps my understanding."

"A course that gives sufficient theory and heaps of practical suggestions."

"Yes, especially keeping the group mixed for people to include parents, teachers, speech teachers and teacher aids, etc...thank you."

For more details, including costs, contact:

Autism New Zealand

PO Box 33481, Petone, Lower Hutt 5046

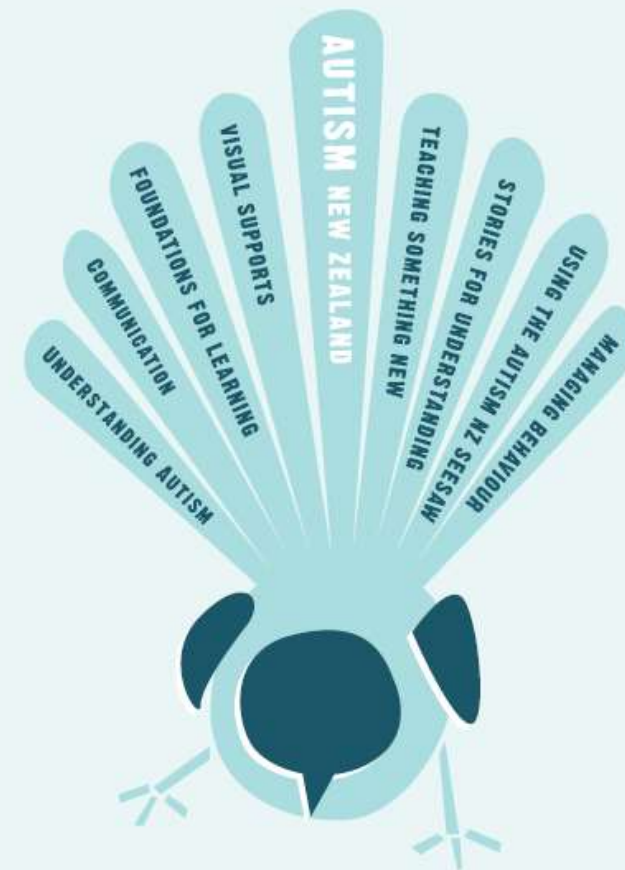
Tel: (04) 803 3501 Fax: (04) 803 3502 www.autismnz.org.nz

Email: training@autismnz.org.nz



F.A.N.Z

FRAMEWORK FOR AUTISM IN NEW ZEALAND



PROGRAMME COMPONENTS AND KEY MESSAGES

DAY 1

UNDERSTANDING AUTISM

- Identifying situations that are difficult for people with Autism.
- Social Communication, Flexible Thinking and Making Sense of the World.
- Applying your knowledge to the person with Autism.

COMMUNICATION

- Understanding that communication is more than words and wants.
- Simple ways for adults to adapt their communication.

PIVOTAL CAPACITIES FOR LATER LEARNING

- Development of underlying capacities is essential for later learning.
- Emphasis needs to be placed on these capacities when interacting together.

VISUAL SUPPORT STRATEGIES

- Visual supports are a vital support for children with Autism.
- Using visuals to support understanding of time and space, completing activities, knowing what's happening and what is expected.

DAY 2

SCAFFOLDING FOR LEARNING

- Naturalistic settings.
- Modeling.
- Prompting.
- Reducing prompt dependency and independence.
- Scaffolding.

STORIES FOR UNDERSTANDING

- Using stories to create positive memories, for affirmation, for understanding and information.

USING THE AUTISM NZ SEESAW

- Understanding why certain situations are difficult.
- Identifying what we can do about these situations to reduce anxiety.

BEHAVIOUR MANAGEMENT

- Using a functional assessment of behaviour.
- Identifying the right why leads to the right what to do about the behaviour. Preventing behaviours and making a plan.

FRAMEWORK FOR AUTISM IN NEW ZEALAND

The Framework for Autism in New Zealand (FANZ) is specifically designed for anyone who is involved with a child or adult on the Autism Spectrum and wants some understanding and practical strategies to enhance the lives and maximize the learning opportunities of those individuals.

PROGRAMME EDUCATORS

Autism New Zealand provides experienced programme educators throughout New Zealand for all education programmes.

Our educators have varying backgrounds, all with relevant experience supporting people with autism and their families. Through this experience, they have gained valuable insight from both a professional and family perspective as parents of children with autism, as well as practical strategies, and empathy for supporting people with autism, their families/whānau, teachers, adult support workers, and other professionals.





PREGNANCY, PARENTING AND LIFESTYLE SERVICE PROVIDER WORKSHOP

For service providers engaging with Asian & former refugee communities

When: Monday 20 March 2017

Where: Mt Albert War Memorial Hall, 773 New North Rd, Mount Albert

Who: Pregnancy, parenting and lifestyle **service providers** who engage with Asian and former refugees in Auckland and Waitemata DHBs.

There will be **2 sessions**. If you provide services **only in one** DHB catchment area (ADHB or WDHB), please attend **your** DHB workshop. If your services are **across both** DHBs, then please **attend both** DHB workshops.

ADHB workshop: 10am-12pm

WDHB workshop: 1pm-3pm

Programme (each session)

- * Welcome & setting the scene (15 minutes)
- * Introductions & presentations (1 hour)
- * Group discussions- barriers & enablers (2 x 15 minutes)
 - * Next steps (15 minutes)
 - * Close/refreshments/networking
(Tea, coffee and light lunch will be provided)

To register, email: Raj Singh at Raj.Singh@waitematadhb.govt.nz
(Number of participants for each DHB workshop is limited to 20)





AN INFORMATION PROGRAMME FOR PARENTS

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

LIFEWISE

turning lives around

PARENTING COURSES

Toolbox Parenting Courses

&

Parenting Through Separation

TERM 1 - 2017

Lifewise Family Services

3131 Great North Rd, New Lynn



It's All About Me!

FREE

**Self Awareness Workshop for girls attending
Intermediate and High Schools held in school holidays**

***Self-defense* *Positive Body Image*
Social media safety *Healthy Relationships***

Venue: Beach Haven Community House, 130 Beach Haven Road, Beach Haven

Date: Weds 19th April Time: 9-4pm

To Register: Contact North Shore Womens Centre on 444 4618



SPONSORED BY:



Giving YOU and BABY a HEALTHY start to every day!



Learn
in a FUN
& FRIENDLY
place

Learn
how to buy,
prepare, and cook
tasty dishes on any
budget!



Join in the
fun, meet other
mums, learn great
health tips, relax
and enjoy yummy
food!



Join
the
TextMATCH
programme for FREE
and receive healthy
messages for you
and baby

CALL
NOW to talk
about the FREE
Healthy Babies
Healthy Futures
programme
today!

"Have
a go" with
FREE Yoga, Power
walking, Box Fit,
Tai Chi, Pilates,
Meditation plus
many more.



TEXTMATCH:

We send you FREE expert advice suited to baby's development directly to your phone.



Call today

For the Māori coordinator call Danielle:
(09) 822 8010 or 022 657 8189

For the Asia coordinator call Fangfang:
(09) 570 1188 ext 330

For the South Asia coordinator call
Anjileena: (09) 815 2331

For the Pasifika coordinator call Maria:
(09) 838 0743 or 021 902 571



医疗健康服务



1

家庭医生 / 药剂师

对于不严重的健康问题, 如果想尽快就诊

- 请向您附近的家庭医生咨询
- 普通轻微病症请向社区药剂师咨询

2

事故及医疗诊所 (紧急医疗诊所)

在您不能访问家庭医生, 或在家庭医生工作时间之外, 对于不严重的健康问题, 如果想尽快就诊

- 请到离您最近的事与医疗诊所就诊 (紧急医疗诊所)

3

医院 急诊部

严重的健康问题, 需要紧急处理

- 请去您附近医院的急诊部或拨打111

您需要注册护士的7天24小时免费电话服务吗?
请致电 0800 611 116

请到离您最近的事与医疗诊所就诊
(请浏览) www.healthpoint.co.nz

Healthline
0800 611 116
www.healthline.govt.nz

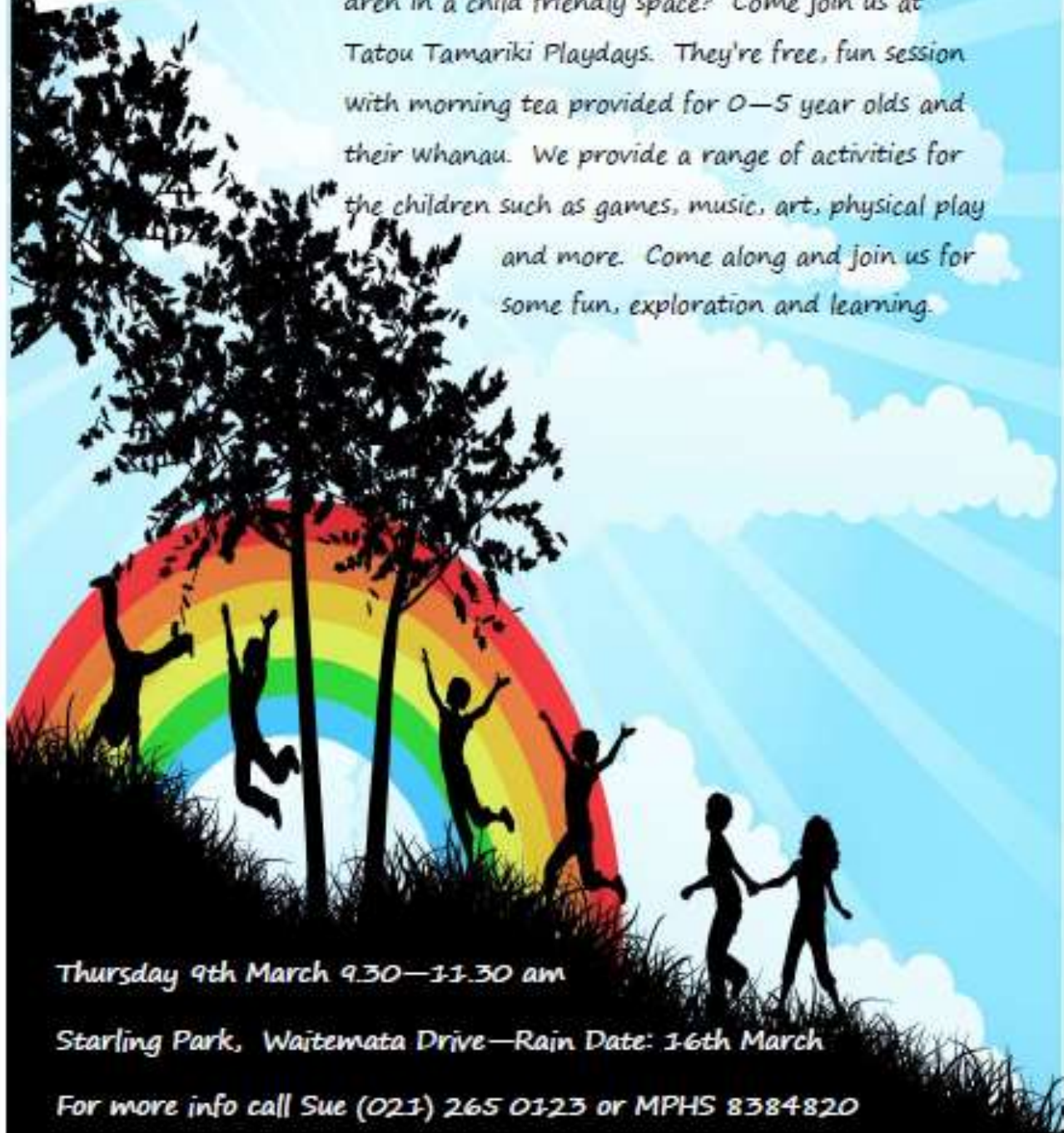
health
point
INFORMATION
NATURAL

AUCKLAND
DISTRICT HEALTH BOARD
Te Taka Tumai



Ranui Playday

Do you want to get out of the house, make some new friends and have fun exploring with your children in a child friendly space? Come join us at Tatou Tamariki Playdays. They're free, fun session with morning tea provided for 0–5 year olds and their whanau. We provide a range of activities for the children such as games, music, art, physical play and more. Come along and join us for some fun, exploration and learning.



Thursday 9th March 9.30–11.30 am

Starling Park, Waitemata Drive—Rain Date: 16th March

For more info call Sue (021) 265 0123 or MPHS 8384820





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 | aucklandnorth@theparentingplace.com



**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



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



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”

