

# Whanau Marama PARENTING

No. 54  
April/May  
2017

Welcome to our combined April and May Newsletter!

In each newsletter we will keep you informed with up to date information about 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 2 2017



### Introduction to Positive Discipline

Presented in English 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	Baby's brain development and the importance of keeping calm	10 <sup>th</sup> May
Week Two	Finding ways to de-stress that work for you	17 <sup>th</sup> May
Week Three	Giving baby full attention during such times as changing nappy, bathing etc.	24 <sup>th</sup> May
Week Four	Giving baby positive attention during play times and also other times during the day	31 <sup>st</sup> May



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**Kaipatiki  
Local Board**  
Auckland Council



2017

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

Na's Email: [na@whanaumarama.co.nz](mailto:na@whanaumarama.co.nz)

Course Facilitator: Na and Ayumi



# 正面亲子教育课程

由 Whānau Marama Parenting 非盈利组织提供

适于新生儿至 4 周岁孩子的家长 (欢迎带孩子一起来)  
Albany 图书馆连续四周的免费中文课程, 每周周四早上 10:00 至 11:00

Free

第一讲	家庭时刻	6 月 15 日
第二讲	暂停, 转身, 给予百分之百的关注	6 月 22 日
第三讲	清晰地表达我们的期待	6 月 29 日
第四讲	学习承担个人责任	7 月 06 日



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Auckland Council



2017

如果你有兴趣参加此次课程, 请在 Albany 图书馆报名, 或者发邮件给 Na  
Na's email: [na@whanaumarama.co.nz](mailto:na@whanaumarama.co.nz)



## 자녀사랑 부모교육코스

4 세-11 세 아이를 둔 부모대상

이코스에서는 우리자녀들과 유대관계들  
강화시키는 긍정적인 훈육법 24 가지  
실천가능한 기술과 전략을 배우게  
됩니다. 이훈육법은 자녀들이 부모의

일시: 매주 목요일 오전 9.30am-

12.30pm

(10 weeks)

주소: Training room behind

4 Locket Road, Glenfield

Ph: 09 551 6960

email: [jumi@whanaumarama.co.nz](mailto:jumi@whanaumarama.co.nz)

[betty@whanaumarama.co.nz](mailto:betty@whanaumarama.co.nz)



온라인 등록 [www.whanaumarama-parenting.co.nz](http://www.whanaumarama-parenting.co.nz)

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# ポジティブな子育て 入門編

## “Introduction of Positive Discipline for under 4's”

4歳以下のお子さんとその家族の方対象

日時：6月7, 14, 28日、7月5日 4日間コース

時間：毎週水曜日 10時から11時

場所：Glenfield Library 90 Bentley Ave, Glenfield

定員に限りがあります。参加希望の方は当日、図書館に  
直接お越しいただくか、事前に Kanami までご連絡ください。

PH: 09 5516971 / E-mail: socialwkstudent@whanaumarama.co.nz

### コース内容

1週目 (6/7) 短時間でも一緒に遊ぶ時間

2週目 (6/14) 子供への注意の引き方、目にした事を伝える方法

3週目 (6/28) 親が望む事を明確に伝える方法

4週目 (7/5) かんしゃくへの対応の仕方

このコースは Whānau Marama Parenting が開催します。

[www.whanaumarama-parenting.co.nz](http://www.whanaumarama-parenting.co.nz)

2017

Free

Proudly supported by



## **We appreciate your support**

**Would you like to give a little to support us in the work we do. Every dollar is appreciated no matter how small the amount. It is because of people like you supporting us financially that we can continue to deliver parenting courses in the community.**

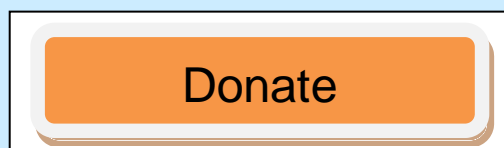
**Whānau Mārama Parenting delivers five, 10 session courses each term to approximately 50 parents in three languages – English, Korean and Mandarin.**

**We also deliver shorter courses in Schools and Libraries each term to between 20 – 30 parents.**

**A parent who attended one of our courses last term had this to say about attending -**

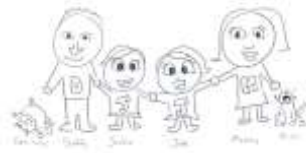
***“I found it an overwhelmingly positive experience. I had no idea that such simple changes could have such a significant impact on my relationship with my kids. I had always really only considered one way of bringing up kids - the way I was brought up - and it has suddenly dawned on me that there are other ways of doing it. I feel very optimistic about that”.***

***If you would like to support us you can click on the donate button below***



***Or visit our website  
[www.whanaumarama-parenting.co.nz/donate](http://www.whanaumarama-parenting.co.nz/donate)***





# Tamati's Tips for Dads

## **When you forget you're an adult**

**It's been a while but our girls are at their nanny's place for school holidays and you know what's funny.**

**Remembering that we parents are adults and we can finally watch those scary horror movies without the kids.**

**It blew our minds that even without the kids the TV was stuck on cartoon network. We had to transition from parents to just being regular people. Leaving dishes in the sink and only doing the washing twice a week.**

**You don't think about these luxuries as a parent. You're doing washing every day, you can't watch what you want to watch on TV and you kind of just adapt to your new role in life. Also another plus of not having the kids around is that you realize how much you miss them. They say absence makes the heart grow fonder and it certainly is true. Having space helps you realise how much a part of your life they are and what they mean to you.**

**Don't try too hard to hold onto them too tight, sometimes you need space to remember how much they mean to you.**



# 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。



# For Korean parents

## ‘왜’라는 질문을 주의하라.

최근 한 부모가 아들의 행동에 대해 이야기를 했는데 아빠가 “왜 그렇게 했어?”라고 질문을 하면 아이가 종종 ‘몰라’ (화난 목소리로) 라고 응답한다고 했다.

이것은 왜라는 질문에 방어적으로 답변한 것일 가능성이 크다. 물론, 아이를 공격하려는 의도는 없었지만 아이의 분노와 무례함이 어디서부터 나온 것인지 궁금증이 남게 된다. 사실 부모들은 아이들이 자신들의 행동으로 무엇을 배웠는지를 생각하게 함으로써 다시는 그런 행동을 하지 않게 하려고 왜라는 질문을 하는 것이었다.

한 부모는 그녀의 7 살 딸이 차 문에 손가락을 다친 사연에 대해 이야기했다. 그녀의 오빠가 내리면서 차 문을 닫았는데 딸이 손가락을 부여잡으려 고통스런 목소리로 울기 시작했다. 아빠가 자동차 근처로 왔고, 무슨 일이 일어났는지 보고 나서 “오빠가 문을 닫을 때 왜 손가락을 문에 끼게 했니?”라고 말했다고 한다. 사실 아빠는 이런 끔찍한 일이 다시 일어나지 않게 하기 위해 노력하고 있는 중이었다.

위의 이야기에서 아이는 아빠에게 ‘몰라’라고 반응하지는 않았지만 통증으로 고통스러워하지 않았다면 아마 똑같이 했을지 모른다.

우리는 아이가 ‘왜’라는 질문을 받으면 코너에 몰린 느낌으로 방어하기 위해 싸움을 할 가능성이 크다는 것을 기억해야 할 것이다.



# Elizabeth's tips for parents

**In the last few years one thing that I have learnt above all else when it comes to parenting is that we as parents tend to expect more from our children, and their behaviour, than we do of ourselves.**

**We get upset when they fight with their siblings, express their anger in less than positive ways, spend too much time on technology – iPad, computer and even mobile phone, don't read enough books, and of course, don't always listen to us – and a multitude of other less than desirable behaviours .**



**This could be seen as a little over the top when if we often argue with their father, express our anger by raising our voice, spend quite a bit of time on our phone, watching TV and searching the internet, with little time actually spent reading a book and sometimes even pretending to listen to them (at least I did all of the above when my children were younger – except being on the internet as I did not know how to even turn a computer on in those days).**

**So I guess it all come down to one thing. They learn from the best!**



**Thankfully they learn from us how to behave really well to!!!!!!**



# 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)

# Agency News



## 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](http://www.aucklandlibraries.govt.nz)

**Libraries**  
Ngā Whare Mātauranga o Tāmaki Makaurau

**Auckland  
Council**  
Te Kaunihera o Tāmaki Makaurau





# Global Food & Friends

## *Calling all Migrants and Kiwis*

Join us at our friendship group ...

- Learn about Kiwi culture
- Find out how local services can help you to settle in NZ
- Try foods from around the world and bring a small plate of finger food to share
- Wide range of speakers and activities
- Meet others, make new friends and have fun

***Everyone welcome – bring your friends and family along***

**Date:** Wednesdays

1 March, 15 March, 29 March, 12 April,  
3 May, 17 May, 7 June, 21 June

**Time:** 10am – 12pm

**Venue:** Level 1, Norman King Community Hub  
(opposite Northcote Library)  
65 Pearn Crescent, Northcote



**No need to book. For enquiries, please phone: (09) 441 8989  
or email: [info@raeburnhouse.org.nz](mailto:info@raeburnhouse.org.nz)**

**[www.raeburnhouse.org.nz](http://www.raeburnhouse.org.nz) or [www.facebook.com/RaeburnHouse](https://www.facebook.com/RaeburnHouse)**







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](http://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](http://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](http://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.



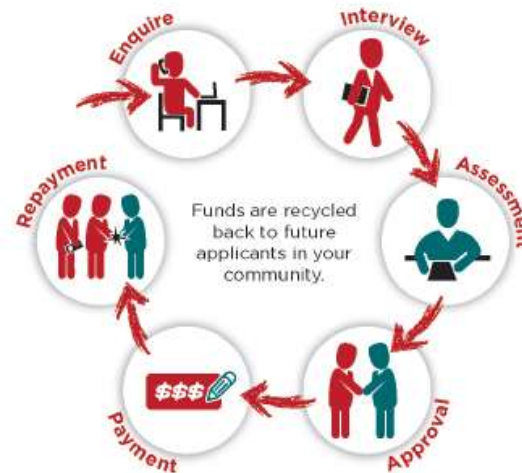
With NILS, there's no interest. You only pay for what you get.



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](https://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](http://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](mailto: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<sup>NZ</sup>

Every step together

The National Autistic Society UK

## EarlyBird<sup>®</sup> 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**<sub>NZ</sub>  
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."

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### For more details, including costs, contact:

Autism New Zealand

PO Box 33481, Petone, Lower Hutt 5046

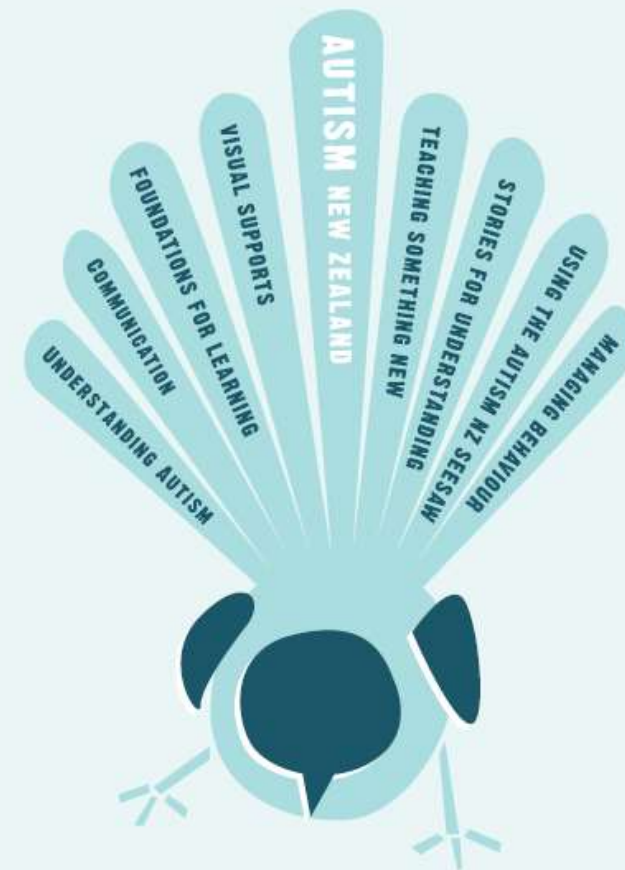
Tel: (04) 803 3501 Fax: (04) 803 3502 [www.autismnz.org.nz](http://www.autismnz.org.nz)

Email: [training@autismnz.org.nz](mailto:training@autismnz.org.nz)



# F.A.N.Z

## FRAMEWORK FOR AUTISM IN NEW ZEALAND



## PROGRAMME COMPONENTS AND KEY MESSAGES

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### 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.

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## 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.







## 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 8 <sup>th</sup> April	10am – 2pm
Thursday 13 <sup>th</sup> April	6pm – 10pm
Saturday 22 <sup>nd</sup> April	10am – 2pm
Thursday 27 <sup>th</sup> April	6pm – 10pm
Saturday 6 <sup>th</sup> May	10am – 2pm
Thursday 11 <sup>th</sup> May	6pm – 10pm
Saturday 20 <sup>th</sup> May	10am-2pm
Thursday 25 <sup>th</sup> May	10am – 2pm
Saturday 3 <sup>rd</sup> June	6pm – 10pm
Thursday 8 <sup>th</sup> June	10am – 2pm

### 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](mailto: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 [griff@lifewise.org.nz](mailto:griff@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](mailto:bellaw@lifewise.org.nz)

### ABOUT LIFEWISE FAMILY SERVICES

3131 Great North Rd, New Lynn

[www.lifewise.org.nz](http://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 2 - 2017**

Lifewise Family Services

3131 Great North Rd, New Lynn



## Venue

Lifewise Family Services,  
3131 Great North Rd,  
New Lynn

## Toolbox Courses Cost

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

## 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  
1<sup>st</sup> May 2017 to 5<sup>th</sup> June 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  
2<sup>nd</sup> May 2017 to 6<sup>th</sup> June 2017

### OR

**Thursday** daytime for six weeks  
10am – 12.15pm  
4<sup>th</sup> May 2017 to 8<sup>th</sup> June 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  
3<sup>rd</sup> May 2017 to 7<sup>th</sup> June 2017

**TO REGISTER OR MORE INFORMATION:**

**ph: 818 6834**

**email: [familyservices@lifewise.org.nz](mailto:familyservices@lifewise.org.nz)**

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



# 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!



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fun, meet other  
mums, learn great  
health tips, relax  
and enjoy yummy  
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and receive healthy  
messages for you  
and baby

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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](http://www.healthpoint.co.nz)

Healthline  
0800 611 116  
[www.healthline.govt.nz](http://www.healthline.govt.nz)

health  
point  
INFORMATION  
NATURAL

AUCKLAND  
DISTRICT HEALTH BOARD  
Te Taka Tumai



## **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)





**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



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) 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.doum.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](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
- 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**

# 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 taonga”**

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

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

