

MAKING A DIFFERENCE IN OUR COMMUNITY WITH FAMILIES OF ALL CULTURES



INTRODUCTION

It is our hope that this booklet may provide you with information about the work that the Whānau Mārama Parenting team does in the community.

Vision

We believe that parents have the power to transform the world for the better.

Mission Statement

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

The main way we achieve this purpose is by the delivery of parenting courses in the community and encouraging parents of all cultures to attend.

Parents attending the courses frequently share with us about the many positive changes taking place in their whānau as they put into practice what they learn.

Our goal is to not only impact the lives of the children whose parents attend the course, but the surrounding families and to see a generational change, that the children that benefited from our course would go on to become confident loving parents.

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OUR VISION



Whānau
Mārama
Parenting

HISTORY

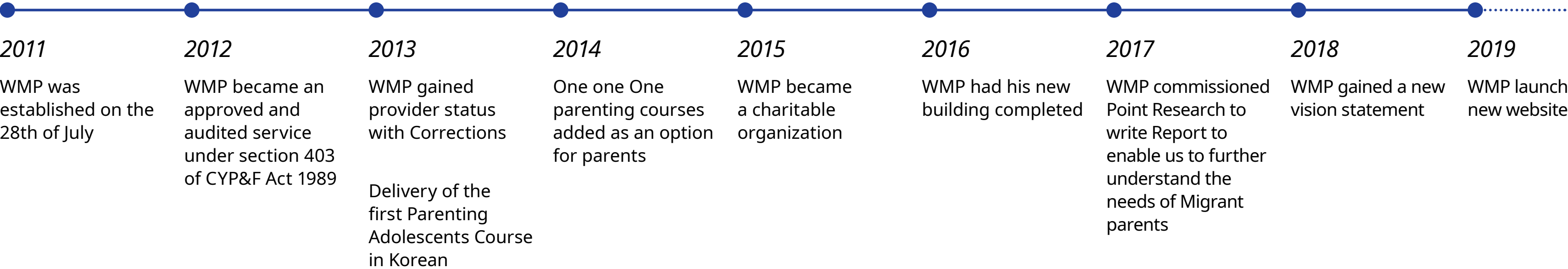
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Whānau Marama Parenting was established in 2011 when Elizabeth Cameron made the move from working for Barnardos in West Auckland, to work in Glenfield along side Tamati Ihaka to develop a new parenting programme within a bicultural framework.



First course delivered - Effective Discipline Course Term 3 2011

TIMELINE



PHILOSOPHY

Treaty of Waitangi

We honour the spirit of the Treaty and use it as a basis for our organisation's values. We do this by having Maori representation in our organization through our *kaumātua*, and our board. We believe we can help parents to discover their own *Tino Rangatiratanga* (Self Determination) over their own destiny to parent in a positive way. We make our courses available to parents of all cultures as we are all equal and people of the land.

Integrity/Professionalism

We believe in honesty, openness and fairness. We endeavor to demonstrate these values within our team, in our courses, and in the wider community.

To do this we create fantastic resources, consider our course content to be a living, dynamic document, that is continually edited and updated, and strive constantly to maintain high standards in course delivery and in all our professional relationships.

PHILOSOPHY

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Passion/Inspiration

We endeavor to demonstrate what we believe in all aspects of our personal and professional lives. Our zeal for positive parenting permeates every aspect of our work.

Te Whare Tapa Wha (Maori Health Model)

Taha Wairua (Spiritual Wellbeing) We open and close the learning environment with our own *tikanga* (a *karakia*, poem or saying) and we honour the spiritual diversity of all parents who attend our courses.

Taha Tinana (Physical Wellbeing) We provide a safe learning environment and healthy food.

Taha Hinengaro (Emotional Wellbeing)

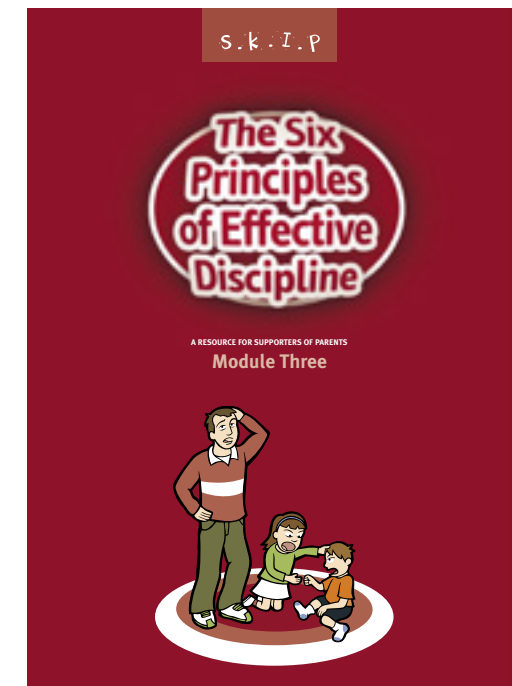
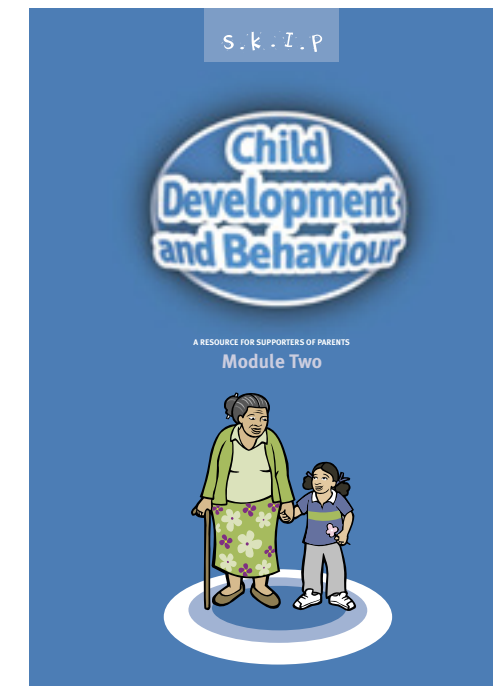
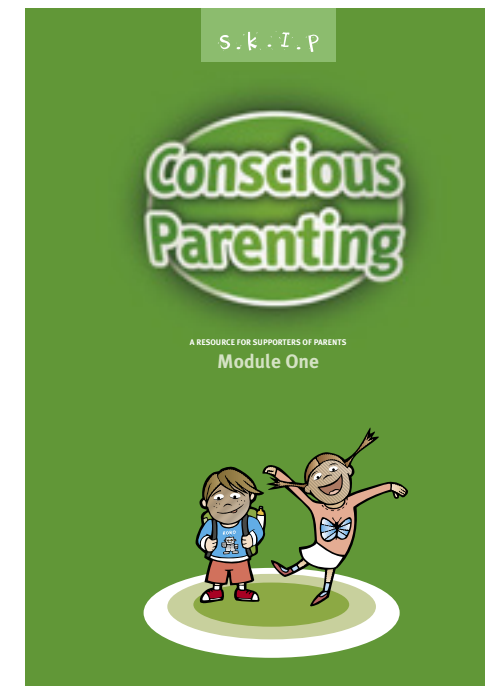
We encourage participants to work with a support person who also attends the course alongside them.

Taha Whanau (Family Wellbeing) We believe that each whānau member is a star with powerful potential to radiate and receive *aroha*.

RESOURCES

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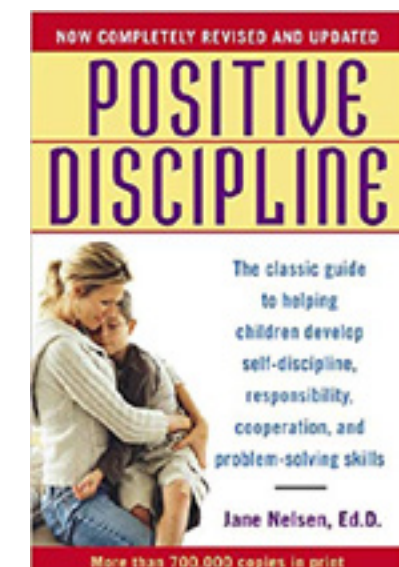
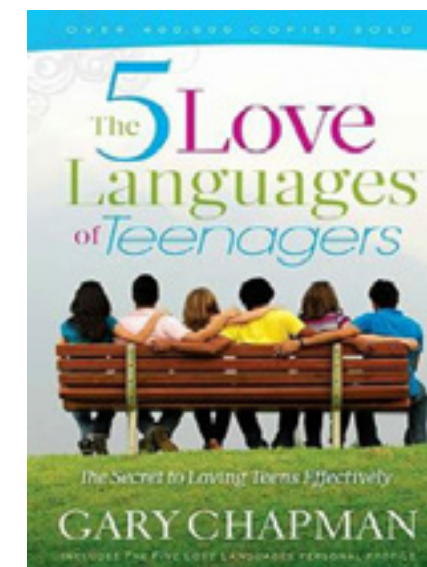
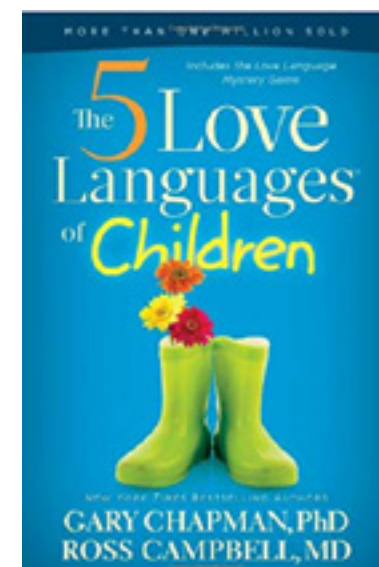
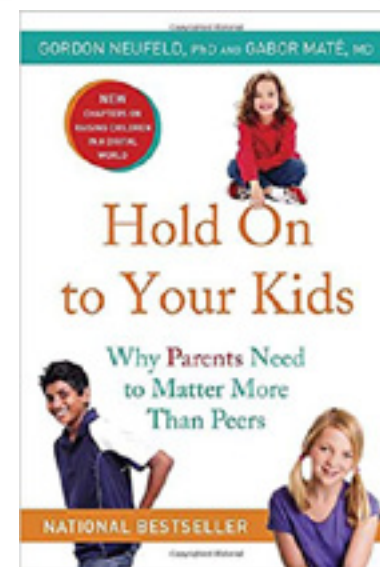
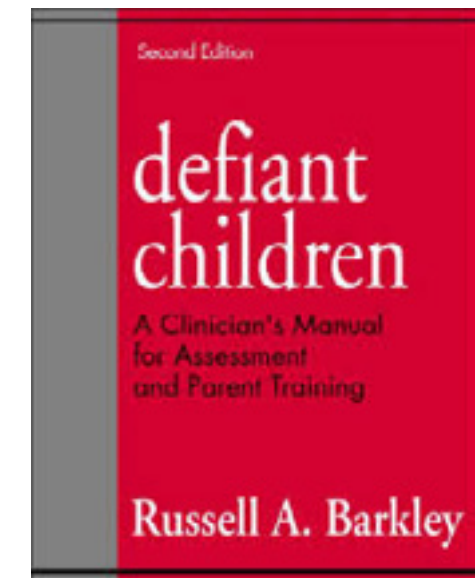
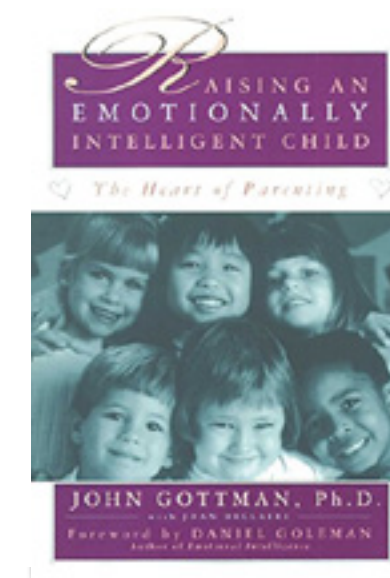
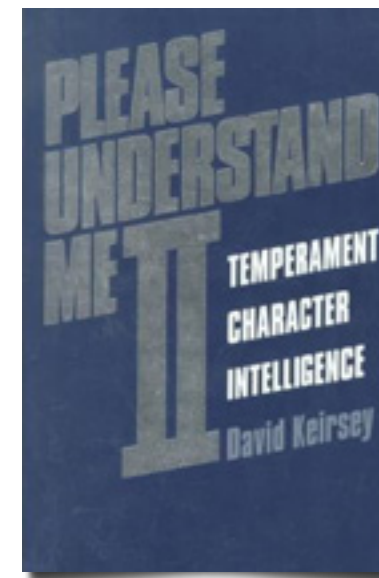
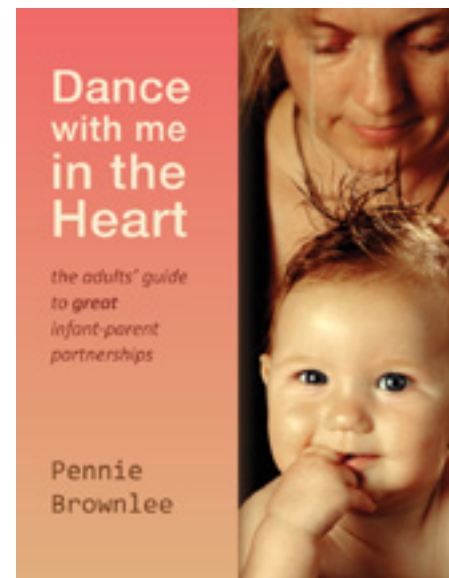
Whānau Marama Parenting courses are based on four New Zealand publications all which carry strong positive parenting messages.



RESOURCES

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Parenting ideas and theoretical concepts gleaned from the following parenting books and publications have also added to the development of the Whānau Marama Parenting courses.



OUR TEAM

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Elizabeth Cameron
Manager and
Programme Coordinator



Haiying Dong
Mandarin Programme
Coordinator and Social Worker



Gabriel Taranto
Course Facilitator and
Graphic Designer



Nadin Ismail
Course Facilitator



Jumi Lee
Course Facilitator



Suzie Chung
Course Facilitator



Na Wei
Course Facilitator



Betty Bae
Course Facilitator

OUR BOARD



Dan Walker
Chairperson/Board Director



Sue Heathwaite
Secretary/Board Director



Cameron Vos
Board Director



Tamati Ihaka
Board Director



Edith Yi
Board Director

OUR BOARD



Dan Walker
Chairperson/Board Director

My day job is that I am a Sales Executive at Dell EMC.

My current board roles include a Deputy Chair of Te Rūnanga o Ngāti Ruanui Trust, trustee of Ohangai Pā, Director/Deputy Chair at New Zealand Māori Tourism. Advisory Board Member to Massey University Business School. Executive Committee Member of Nga Taniwha (Maori Alumni of the University of Auckland). Chair of Indigenous Growth Limited.

And of course Chair of Whanau Marama Parenting.

I hold an MBA (University of Auckland) a Masters of Leadership (Massey University), Governance Essentials (IoD), a diploma in Te Reo Maori (Northtec) and completed Leadership NZ in 2011.

Sue Heathwaite

Cameron Vos

Tamati Ihaka

Edith Yi

OUR BOARD

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Sue Heathwaite
Secretary/Board Director

I'm a member of the Baha'i Faith, and this has influenced my commitment to our tamariki, mokopuna, and community – spending years being involved in a range of organisations – such as Playcentre, Baha'i children's classes, Scouts etc. I'm on the committee for Te Herenga Waka o Orewa Marae (20yrs), and in the past have been on the Rodney Women's Refuge Management Committee (3yrs); and Baha'i Local Spiritual Assembly (10yrs).

I have worked in Early Childhood Education in private, community-based, home-based, governmental, non-governmental, professional

development and tertiary positions for the past 40 years, finally graduating with a Bachelor of Education in 2005.

My most enjoyable years were spent working across diverse cultures – as an advisor to refugee playgroups for MOE, providing P.D. in Samoan, Māori, Tongan and Sikh EC environments, and now in a supporting role in a Puna Reo session at Silverdale Playcentre – a joint venture between P.C. and THWoO. Fun! :)

I've recently started doing short-term contracts for Kaipatiki Community Facilities Trust also.

Dan Walker

Cameron Vos

Tamati Ihaka

Edith Yi

OUR BOARD



Cameron Vos
Board Director

I am the father of my treasures four year old Delaney and two year old Avarne, and husband of 6 years to Cassandra.

My deep interest in the success of families began during my service as a church unit leader in Fiji, and I continued to develop my understanding and ability to work with people during the next seven years of undergraduate and graduate study in applied mental health, psychology and psychotherapy at Auckland University of Technology.

I bring my therapeutic training and experience to the Board as we work to create courses and policies that support our staff and clients to always get the help and safety that they need.

I am currently working as a regional sales manager for a solar and renewable energies company.

Dan Walker

Sue Heathwaite

Tamati Ihaka

Edith Yi

OUR BOARD



Tamati Ihaka
Board Director

My current role is working for Karrikins Group as a facilitator for the ASB Getwise team working in schools teaching kids how to be clever with cash.

I also facilitate and co facilitate for many Kauapapa including The Treaty Of Waitangi, Working with Maori and Indiginous Growth Limited.

I am a founder of Whanau Marama Parenting and am now a Director on the Board.

I have a Diploma in film and television. (Southseas Film and Television School)

Certificate in Te Reo Maori level 4. (Northtec)

Bachelor of Media Arts (WINTERC)

Dan Walker

Sue Heathwaite

Cameron Vos

Edith Yi

OUR BOARD

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Edith Yi

Board Director

I am a mother of a 7-year-old girl and have been in New Zealand for more than one year.

I worked in China for years as a software engineer and spent part of my time on children's education-related organizations and parent associations. I have always been a believer and practitioner of positive parenting.

I am really lucky to meet Whanau Marama Parenting. I attended an Effective Discipline

course in the first half of this year and my family benefited a lot from the course.

Now I'm volunteering to Whanau Marama Parenting, developing a new version of the website.

I hold a Master of engineering, a Bachelor of computer science in China. Currently I'm doing my postgraduate program of computer science in the University of Auckland.

Dan Walker

Sue Heathwaite

Cameron Vos

Tamati Ihaka

PROGRAMME

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Our programme is dedicated to parenting in positive manner and is taught in English, Korean and Mandarin. It is written from within a bicultural framework that honours the Treaty of Waitangi and Maori culture and sits within the wider area of primary prevention of family harm.

We work consistently to empower parents of all cultures with practical skills and strategies on how to effectively discipline their children without resorting to punishment, how to establish mutually respectful loving parent-child relationships, and how to successfully help their children learn what they wish to teach them.

Our three core courses are specially designed for different age groups, from new-born through to teenage years. The courses are parent-goal focused and skill and strategy based. All the parents are encouraged to move towards achieving their goals by practicing these discipline strategies each week at home with their children.

The courses are delivered by using PowerPoint presentations, large group and small group discussions, brainstorming, active learning exercises, the provision of handout pages and having a weekly sharing time about previously learned strategies, specifically the Home Learning tasks from previous week.

COURSES

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8 weeks course

**POSITIVE DISCIPLINE
FOR UNDER 4'S**

New born to 4 years old

English | Mandarin



10 weeks course

**EFFECTIVE
DISCIPLINE**

Children aged 4 - 11 years old

English | Mandarin | Korean



10 weeks course

**PARENTING
ADOLESCENTS**

Teens aged 11 - 18 years old

English | Mandarin



4 weeks course

**INTRODUCTION TO
POSITIVE DISCIPLINE**

New born to 4 years old

English | Mandarin | Korean



4 weeks course

**PARENTING SUPPORT
FOR DADS**

Children aged 2 - 18 years old

Mandarin

POSITIVE DISCIPLINE FOR UNDER 4'S

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You will learn about your child's brain development, their bonding to you, how to get them to listen, how to effectively manage when they test limits and how to deal with tantrums

- Module One: Brain Development, Managing Stress
- Module Two: Strengthening the Heart Connection
- Module Three: Managing Behaviour



Positive Discipline for Under 4's in Mandarin - Term 2, 2018

EFFECTIVE DISCIPLINE

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You will learn 26 practical skills and strategies of how to positively discipline your child by building a strong relationship with them.

Module One: Understanding our Parenting Style

Module Two: Building relationship with our tamariki/children and Parental Stress Management

Module Three: Teaching our tamariki/children how to behave



Effective Discipline in English - Term 4, 2018

PARENTING ADOLESCENTS

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

Module One: Understanding our adolescent

Module Two: Parental Stress Management

Module Three: Strengthening our relationship with our adolescent

Module Four: Teaching Behaviour



Parenting Adolescents in English - Term 3, 2018

INTRODUCTION TO POSITIVE DISCIPLINE

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You will be introduced about your child's brain development, their bonding to you, how to get them to listen, how to effectively manage when they test limits and how to deal with tantrums

Week One: Child-lead Play time skill

Week Two: Connecting by Saying what we see

Week Three: Communicating Expectations

Week Four: Positive response to Tantrums



Introduction to Positive Discipline in English at Birkenhead Library - Term 1, 2018

PARENTING SUPPORT FOR DADS

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You will be introduced to some of the practical skills and strategies to strengthen your relationship with your children and help them to be willing to listen to your guidance and consistently take care of their personal responsibilities.

Week One: Our example & De-stressing

Week Two: Stop, Turn and Focus

Week Three: Communicating One-off Request

Week Four: Teaching Personal Responsibilities



Parenting Support for Dads in Mandarin - Term 3, 2018

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CONTACT US

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Mārama
Parenting**

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