

Whanau Marama



PARENTING

No. 19
December
2013

Welcome to our on-line monthly newsletter.

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

Would you like one of our calendars?

Tamati has created a new animated DVD clip based on the famous Maori Song called Purerehua written by Hirini Melbourne in 1975. Click on the link below if you wish to see it.
<http://www.youtube.com/watch?v=gLcLWC538rs&feature=youtu.be>

He has also created an A3, 2014 calendar with the same images with the words in both Maori and English making it suitable for teaching aid for the song. If you wish to have a calendar please contact us. Tamati 09 4410208.

They are not for sale however we would appreciate a koha to cover printing costs.

Happy Christmas from our team

Tamati, Elizabeth, and Eunmi



A big thank you to and our wonderful volunteers, Sandy Marama, Jumi, and Betty. Without you we could not accomplish all that we do!

Also an enormous thank you to Steve and the staff at Glenfield Tax Accountants. Without you there would not be Whānau Marama Parenting

Term 1 Courses beginning next year

Parenting Courses for Parents of all Cultures

(4 Weeks)

The 5 Languages of Aroha

Begins at 9.30am to 12.30pm Monday 24th March and continues each Monday morning until the 14th April.

Course cost: \$35.00



Based on S.K.I.P.'s First Principle of Effective Discipline Parental Warmth and Involvement and the book "The Five Love Languages of Children" by Gary Chapman and Ross Campbell.

**Most Suitable for Parents of Children 4 - 14 years.
Great for adult relationships to.**

Learn about the many different ways you can give love / aroha, affirmation and understanding to your children

Become inspired in how to enhance the loving heart connection you have with your children and those around you.

Venue: Whanau Marama Parenting 212 Archers Road Glenfield.

For further information phone

Elizabeth Cameron: 441 0209 | Tamati: 441 0208 | Eunmi: 551 6960

Enrol online www.whanaumarama-parenting.co.nz



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



Where everyone is a star

Tito

On this course you will learn about Te Ao Maori (The Maori World) and how to create an Oriori song or chant for your child/ grandchild, no matter how old they are, which will express their heritage, identity and your hopes and aspirations for their future.

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

Begins Thursday 6th March, 6.30pm to 9.00pm and continues each Thursday evening until 26th March.

(4 weeks)

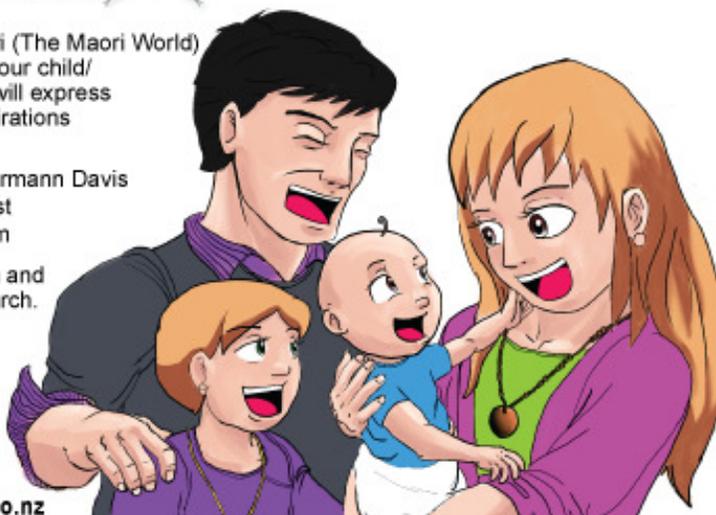
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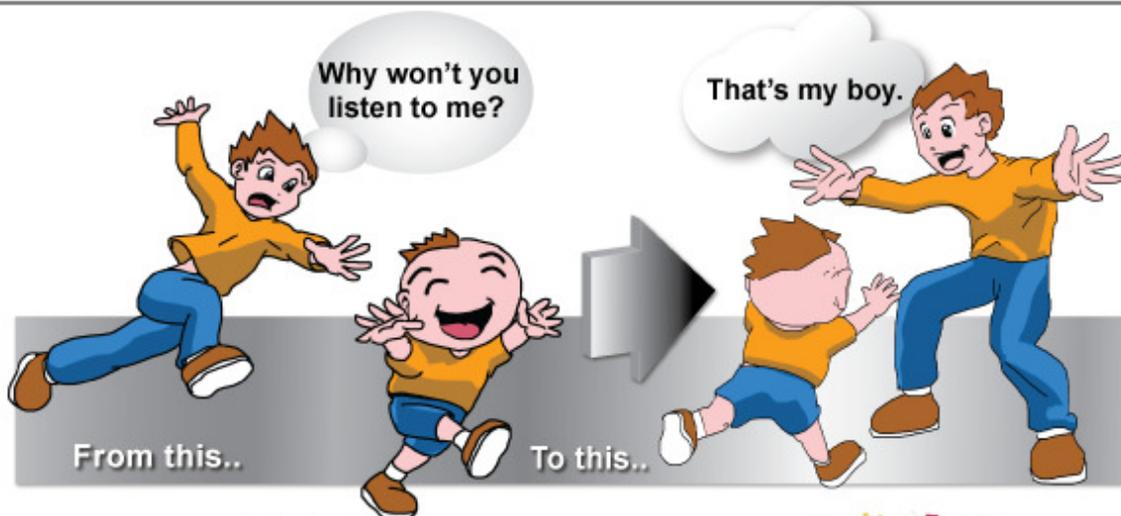


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Where everyone is a star

Parenting courses for parents of all cultures



The First 3 Years (10 weeks)
 Begins on Tuesday 11th February 9.30am - 12.30pm
 and continues each Tuesday morning until 15th April.
 Course cost: \$45

S.K.I.P
Strategies with Kids | Information for Parents
 Based on the S.K.I.P 6 Principles of Effective Discipline,
 "Dance with me in the Heart" by Pene Brownlee,
 and Brainwave Trust Information.



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This course has WINZ approval for those parents receiving the Young Parent Payment

Effective Discipline (10 Weeks)

Morning Course 9.30am - 12.30pm
 Begins on Wednesday 12th February and continues
 each Wednesday morning until 16th April.

Evening Course 6.30pm - 9.00pm
 Begins Wednesday 12th February and continues each
 Wednesday evening until 16th April

Courses cost: \$45

You will be inspired to strengthen your relationship
 with your children while at the same time establishing
 clear limits and boundaries around their behaviour.



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

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Parenting courses for parents of all cultures

Where everyone is a star

Parenting Adolescents (12 Weeks)

Most Suitable for Parents of Teenagers 12 years and over.

Learn about recent discoveries in teenage brain development and be inspired to strengthen your relationship with your teen, while at the same time establishing clear limits and boundaries around their behaviour



Based on the S.K.I.P 6 Principles of Effective Discipline, and "The Five Love Languages of Teenagers" by Gary Chapman

Course costs: \$50

This course is delivered over two school terms.

Sessions 1 - 6 begin Thursday 13th March and continues until Thursday 17th April.

Sessions 7 - 12 begin on Thursday 8th May and continues until Thursday 12th June

Parents are welcome to begin this course at session 7 if they have previously attended one of the following courses

The Five Love Languages of Aroha, Effective Discipline or Parenting Adolescents.

Enrol online www.whanauarama-parenting.co.nz

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

Venue: Whanau Marama Parenting 212 Archers Road Glenfield.
For further information phone
Elizabeth Cameron: 441 0209 | Tamati: 441 0208 | Eunmi: 551 6960



Parenting courses for parents of all cultures

Where everyone is a star

Parenting Adolescents (9 Weeks)

Most Suitable for Parents of Teenagers 12 years and over.

Learn about recent discoveries in teenage brain development and be inspired to strengthen your relationship with your teen while at the same time establishing clear limits and boundaries around their behaviour



Based on the S.K.I.P. 6 Principles of Effective Discipline, and "The Five Love Languages of Teenagers" by Gary Chapman

This course delivered in the Korean Language begins Friday 14th of February 9.30am - 12.30pm and continues each Friday until 11th of April

Course cost: \$45



Venue: Whanau Marama Parenting 212 Archers Road Glenfield.
For further information phone

Elizabeth Cameron: 441 0209 | Tamati: 441 0208 | Eunmi: 551 6960

Enrol online www.whanauarama-parenting.co.nz

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



Parenting courses for parents of all cultures

Where everyone is a star

Elizabeth's parenting tip for the month



The Young Dolphin Story

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

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

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

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

The whole room stopped.

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

How much more do our young copy our behaviour!

A story submitted by Noriko

(a parent who attended one of our parenting courses this year)



The Cracked Water Pot

By Sacinandana Swami

A water bearer in India had two large pots, each hung on one end of the pole he carried across the back of his neck. One of the pots had a crack in it, and while the other pot was perfect and always delivered a full portion of water at the end of the long walk from the stream, the cracked pot arrived only half full. This went on every day for two years, with the bearer delivering only one and a half pots of water to his master's house.

Of course, the perfect pot was proud of its accomplishment and saw itself as perfectly suited for the purpose for which it was made. But the poor cracked pot was ashamed of its imperfection and miserable that it was able to accomplish only half of what it had been made to do. After two years of what it perceived as bitter failure, it spoke to the water bearer one day by the stream. "I am ashamed of myself and I want to apologize to you."

"Why?" asked the bearer. "What are you ashamed of?"

"For the past two years, I have been able to deliver only half my load because this crack in my side causes water to leak out all the way back to your master's house. Because of my flaws you have to work without getting the full value of your efforts," the pot said.

The water bearer felt sorry for the old cracked pot, and out of compassion he said, "As we return to the master's house, I want you to notice the beautiful flowers along the path." Indeed, as they went up the hill, the old cracked pot took notice of the sun warming the wildflowers on the side of the path. The pot felt cheered.

But at the end of the trail, the pot still felt bad because it had leaked out half its load, and again it apologized for its failure. The bearer said to the pot, "Did you notice that there were flowers only on your side of your path, but not on the other pot's side? That's because I knew about your flaw and took advantage of it. I planted flower seeds on your side of the path, and every day while we walk back from the stream, you've watered them for me. For two years I have been able to pick these beautiful flowers to decorate my master's table. If you were not just the way you are, he would not have such beauty to grace his house.



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 has 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 Course Providers on the North Shore



FamilyWorks 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. **Book online** or contact Jenny Jackson.

The Parenting Place | Jenny Jackson | Auckland North Toolbox Coordinator |
Ph/txt 021 167 0308

www.theparentingplace.com | aucklandnorth@theparentingplace.com



aDapt Family Solutions

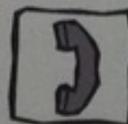


aDapt Family Solutions delivers a parenting program one on one by our trained Family Support Consultants. The program is delivered in the home by our mobile team, providing flexible dates and times to suit the client including weekends.

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

Agencies working with parents whose children live with an ASD disability



UNIQUE FAMILIES INC

(formerly Teenadders Plus Inc)

We are a specialist family support service providing information strategies and support to families with a child or young person who has an invisible disability such as ADD, ADHD, aspergers, dyspraxia or whose behaviours are similar.

We provide:

- One to one sessions for parents/whanau/caregivers
- One to one sessions with the young person as appropriate
- Strategies for home and school
- Liaison with health and education professionals
- Information
- Advocacy
- Phone and/or email support
- Regular newsletters.

We are based in Whangaparaoa and can provide face to face sessions for families/whanau and young people in the Hibiscus Coast and North Shore areas and phone or email support in other areas.

We are a not-for-profit agency registered with the Charities Commission. We do not charge but welcome donations.

Contact us:

- Phone: (09) 424 2880
- P O Box 54, Red Beach 0945
- 592B Whangaparaoa Rd, Stanmore Bay
- Email: jacqui@uniquefamilies.org.
- www.uniquefamilies.org.nz

WEST LINKS FAMILY SERVICES

Supporting children and their families where invisible disabilities such as AD/HD, ASPERGERS, ASD, ODD, CD etc, affect their daily quality of life - with the objective of achieving improvements & supporting a good life within an inclusive community.

We are a not-for-profit Community Group registered with the Charities Commission – CC41424

We are dedicated to:

- 1) Achieving positive outcomes through support for the child(ren) and their families.
- 2) Raising awareness within the community to improve knowledge, foster greater understanding and thus achieve increased tolerance & *willingness* to provide necessary accommodations to suit each child, as *they* may require.

We do this by:

Providing regular workshops to community groups/employers/businesses/parents and any other interested parties.

Please see below in purple for our contact details

West Links Family Services

8 Ratanui Street HENDERSON, 0650

P.O. Box 45-104 Te Atatu Peninsula, 0651

Office Ph: 09 836-1941 Mobile: 021 101 5864

www.westlinksfamilyservices.co.nz

