#### The Tāmaki Parenting Survival Guide

#### How this booklet came to be

This booklet has been created through out a user centred design process that HEART Parenting and SKIP ran together, over 2014 - 2015. The concept of creating something together for the community was discussed with several different groups of Tāmaki Community members - formally and informally. This is the outcome of those discussions. It is intended for this booklet to be used in conjunction with all of the other great work that is being developed in Tāmaki for Parenting. It is a simple tool, that can be put to use to create new friendships, has already developed working relationships, and is deepening strong collaborations. Tāmaki is unique, and this booklet highlights the amazing uniqueness of our local 'go to' people for parenting - as identified by our own local parents. This booklet was not created for just one purpose, but to be used and re-used by different groups of people in Tāmaki.

#### For Local Parents

- This booklet was created from requests of parents to learn about where other parents recommend as places that they can go to for support.
- Additional pages have parenting information that parents either wanted to share with other
  parents, or asked specifically for that information. A lot of this information is local knowledge that
  was shared between parents at different gatherings and identified as what they believe to be
  great tips when parenting in Tāmaki.
- Through out the user-centred design, it was highlighted how transient families can be in Tāmaki, especially with the re-development that is happening in our community right now. It was suggested that this booklet could help new families and ones affected by the current struggles that we are experiencing.

#### For Local Champions

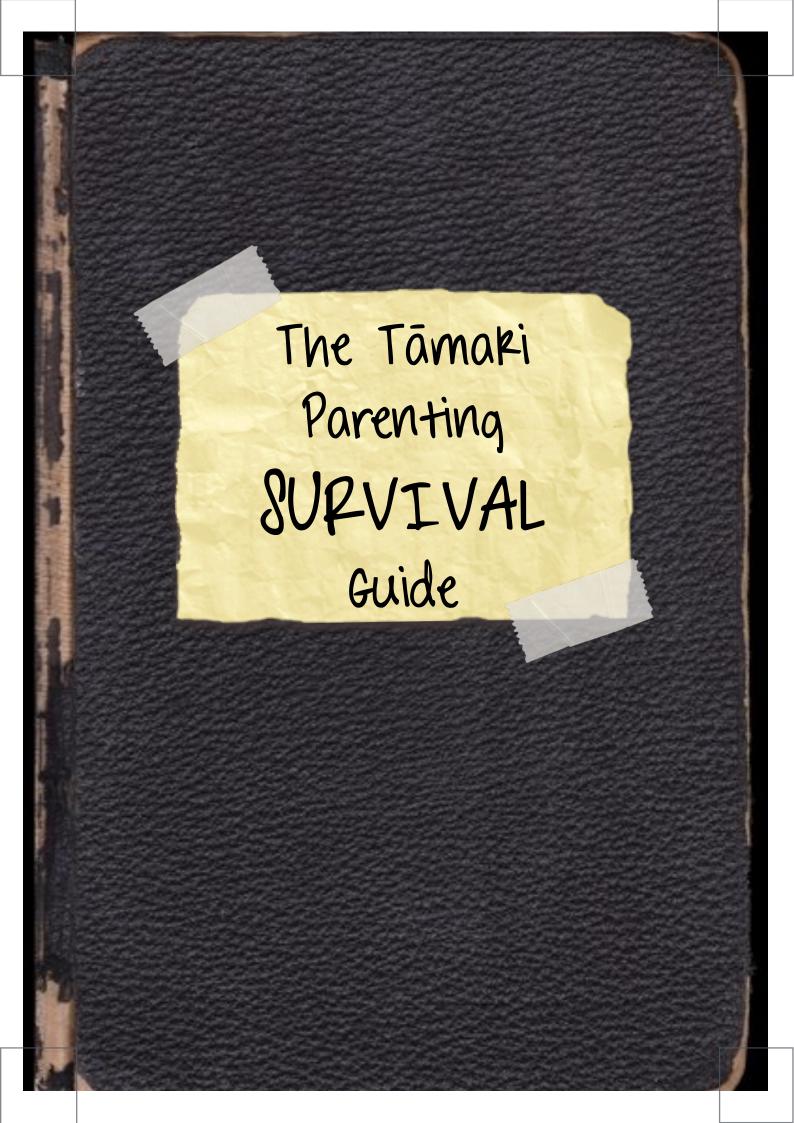
- The Tāmaki community have been developing local community champions in several different
  movements that are happening currently. These champions often seek opportunities to up skill
  themselves as community change agents, and interact with local parents on a daily basis. That
  learning of information and then sharing on to others, provides a natural path for these booklets
  to travel through.
- One group of these champions were a part of The HEART Parenting user-centred design process at the beginning. Some are now beginning a new process called 'The Whānau Awhina Project' - supporting parents of 0-5 yr old children to develop their own activities and mini community movements of change in parenting. This booklet is in response to these mini community movements, to provide them with a local resource - created with local parent information, for local parents.

#### For Local Organisations

• Since the very first gathering of local parents for HEART Parenting, there were local organisations right beside them, supporting. One key suggestion from local parents and community workers themselves was for these organisations - all whom are amazing - to work better together. Through out the development of this booklet, that connection and learning about each other has taken place. There is plenty more development to come, and it is anticipated that each organisation within this booklet receives copies to be able to share with parents about what other organisations do in Tāmaki, encouraging for parents to find the 'right fit' for them.

#### For Local Community Development

 This booklet was created as a response from local parents requests. It is a tool to help parents learn from each other. It is a resource for local champions to gather information and share it with others, and it has been a mini project within itself to connect and engage organisations into The HEART Parenting journey. I hope, that it has shown how empowering and enriching community development can be, for everyone.



## Working with our parents...

# HEART Parenting is about supporting local Tāmaki parents.

We created this little book with lots of local knowledge and parent tips to share with everyone.

Being a parent and bringing up children is the hardest and most important job in the world, to do it well we need to work together - parents, whanau, and organisations.

Enjoy this book and share it with another parent because together, we can create transformational parenting for the next generation.

- The HEART Parenting Team



### Kid friendly ideas in Tamaki

Here are some ideas that local Tāmaki parents have suggested as great places to take kids in Tāmaki...

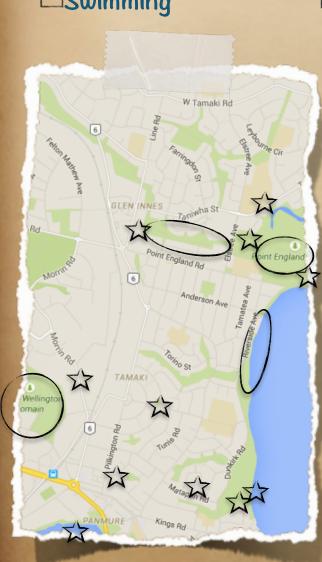
- Basketball Courts
- Beach
- Bike rides/ parks
- Community Gardens
  - Tahuna Torea Reserve
- **Swimming**

- Fishing at Panmure Wharf
- Mount Wellington Summit
- Point England Reserve
- Walks/Bush walks
- Panmure Basin
- Parks/Playgrounds.



- Glen Innes Shops
- Heritage house
- □ Marae
- Local Library
- Mount Wellington Rugby Club
- Netball Courts
- Rock Climbing
- pools
- School
- Skate park Grace church
  - Crossfields Park
- Sylvia Park
- Tamaki Recreation Centre
- ITen Pin Bowling.

Other Ideas...
Friends, family, neighbours,
Meal times, Shopping,
Community Events, Special time
at home - movie nights etc, Sports,
Train rides, Kai Markets.



# Glen Innes Family Centre



Kathleen

We work with individuals, youth and whānau in the community. We've learnt that parents/ caregivers are just doing the best that they can - with the skills and knowledge they have learnt along the way. Raising children has its challenges and rewards. At GIFC, we encourage and support positive parenting and building healthy relationships within whānau.

122 Elstree Ave, Glen Innes admin@gifc.co.nz (09) 570 6250



# Ulhanau to Uhanau is the Tamaki Ulay

"Who do you turn to when you need to talk to someone about one of your kids? Nan? Dad? A close friend? We all have times when our kids are being hoha and we need new ideas - that's being an engaged and awesome parent.

We've asked around, everyone agrees that the #1 place to look for support is family and friends.



Why? Because we can trust them and their parenting is probably like our own. So next time you're struggling, ask someone you know.

How connected are you to other parents?

If you are bringing up kids or have already brought them up, how do you help others with the **most important job in the world**? Think to yourself, 'When have I helped out a tired Mum? Or talked about how a new Dad is feeling?' Tamaki is an amazing community with strong whānau.

By supporting each other, we will be that much stronger. "

- Tara Moala (local mum and SKIP Champion)

## Te Waipuna Puawai



Adelaide

TWP - a place of non judgement. A place that makes you feel welcome. A place of people who understand you as a person, mother and woman. The Sisters of Mercy are people whom I grew to love and are a big part of my life and whānau. The education classes that I took were one of my biggest steps that I ever achieved. I love the mahi and the people I work with.

5A Waddell Ave, Glen Innes support@twp.org.nz (09) 527 6380



#### When you feel your temper rising, here are some things to try

- Tell your child you need a minute to calm down. Reassure them you'll be back.
- Move away somewhere you can still hear your kids are safe.
- Breathe deep breaths help to slow down your heart rate and calm you further.
- Count to ten, sing, jump use that energy up in safe ways!
- If you've calmed down, give yourself a pat on the back and go back and talk to your child.

#### Pemember:

It's okay to get angry, and for the kids to know it, but it's not okay to lose it with them or for them to get scared. We need to know, and to show, how to manage big emotions.

# Ngati Whatua o Orakei

Waimirirangi



The Tamariki Ora Team provide support to access information for ALL whānau/family with tamariki/children. We provide culturally appropriate and sensitive support for parents, hapu/pregnant mama, rangatahi/youth, parents, kaumatua/elderly and their whānau. We support: Whanau Health, Child Birth, Breastfeeding, Positive Parenting, and Tamariki Ora/Well Child Checks.

272 Apirana Ave, Glen Innes tamarikiora@orakeihealth.org.nz (09) 578 1700



safety

### Keeping Children Safe in Tāmaki

Everyone wants to make sure that our children are safe in our community. Here are some tips that can help us do that...

- Talk to your children about feelings. What feels safe? What doesn't? What do we do if we feel unsafe?
- Teach them what places are safe in our community and where isn't. Every whanau will be different where is out of bounds for your kids?
- Have safety rules for your children and make sure you keep to them. Keep drinking and smoking away and never leave children alone. Think what's safe and unsafe for our little ones?
- If you're unsure about the safety of any child, check with a trusted friend, family member or community worker "do you think it's okay if..."
  - If you are worried about the safety of any child call (0508) 326 459 and talk to a CYF Social Worker. If a child is being hurt right now and you need help to stop it call 111

## Ruapotaka Marae

Georgie



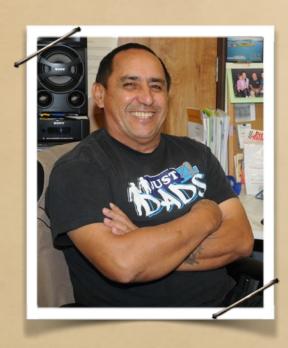
Ruapotaka Marae is our local Marae for Tāmaki Community where whānau, groups and all other cultures can come and be a part of the Marae whānau. The Marae is the perfect place where anyone can come along and seek advice and/or support using Maori cultural values. Nau mai, haere mai!!!!

Line Rd, Glen Innes ruapotakamarae@xtra.co.nz (09) 570 5340

### Who are your role models?

An awesome Dad I know is
An awesome Mum I know is
Someone that is amazing under pressure is
Someone that has great discipline ideas is
Someone that has the best fun with kids is
Now talk to these people about their skills, ask what advice or ideas they can share!

# Just for Dads



Chris

Just for Dads is a Tāmaki grown project that provides a space for dads. We come together and support and learn from each other in our journeys as dads. We do regular get togethers and activities. If you're wanting to know more, call Chris at The Glen Innes Family Centre.

122 Elstree Ave, Glen Innes chris@gifc.co.nz (09) 570 6250



If you want things to change with your children - Step up and believe that you can do it. Start by answering these...

The BEST thing about my role as a dad is...

> what is the difference between a dad and a father?

How do I effect my children by what I say and do?

My goal this year is...

# The Pacific Community



Lealofi

Support in the pacific community can be found in many different groups, churches and regular gatherings. No matter what island you are from; connect together and we can support each other. Rev. Setefano and Lealofi are from Tāmaki PIC, and there are many other churches in the community that support local families as well.

Health Star Pacific Trust 136 Queens Rd, Panmure (09) 527 2300

Pacific Islanders Presbyterian Church 216 Pilkington Rd, Glen Innes (09) 527 7364

Tongan Tamaki Langafonua Community Centre 183 Taniwha St, Glen Innes (09) 528 8280 Different Roles in Children's Lives
Every whānau looks different and no one way is
better than another. The most important thing
for children is that the adults in their life are
loving and consistent. Who in your whānau fulfil
these roles for your children?

Is Loving and Warm...

Maintains Good Boundaries...

Plays and Engages...

Is consistent and holds consequences...

# HIPPY Programme

Kiri



HIPPY (Home Interaction Programme for Parents and Youngsters) is a 2 year, home based programme that supports parents to be actively involved in their pre-school child's learning. Parents and children work together with story books, puzzles, and learning games, which are all provided. Parents are coached by other parents. We ask for \$1 per week to go towards the materials.

Tamaki Primary School hippy@twp.org.nz (021) 822 547



Discipline and Children

We need to re-wire our brains to think differently about discipline. We know this is one of the hardest things that Tāmaki parents struggle with - that's because it takes time to figure out what works for you as a parent. Think about...

- ·What type of parent do you want to be? Do you know that there are different parenting styles?
- ·What are your relationships like? Effective discipline works when a parent is engaged and has a strong relationship with their child/children.
- •Do your children know what rules they have? The rules, boundaries and expectations of behaviour can't change all the time for children.
- ·How would you create a discipline plan? You and the other adults in your child's life need to work together. If you all try things together, it will make a big difference.

If you want to talk more, or need help to figure this all out, talk to someone you think is a 'go to' for parenting help soon!

## Glen Innes & Panmure Library



ANU

The libraries have wonderful staff like Anu that will always greet you with a smile. They host activities like Wriggle and Rhyme and can help you with any type of book that might be good for you to read about children, or with your children.

108 Line Rd Glen Innes (09) 374 1313 7-13 Pilkington Rd Panmure (09) 374 1318

# Other places local whanau can go to for support

\*Your families, friends and neighbours \*Churches in the community \*Other parents at your kids school \*Your local Doctors \*Citizens Advice Bureau (09) 528 3682 \*East Auckland Home & Budgeting (09) 570 9023 \*Family Start (09) 276 3729 \*Genesis Trust (09) 524 1938 \*Island Child Charitable Trust (09) 574 5530 \*Plunket (09) 528 6106 \*Police (09) 524 1910 \*Salvation Army(09) 527 7143 \*Tongan Langafonua Centre (09) 528 8280 \*Healthline (0800) 611 116 \*WINZ (0800) 559 009 \*Child, Youth and Family Services

(0508) 326 459

# HEART Parenting



Anne

HEART Parenting is all about raising tamariki together in Tamaki. Everyone can be involved by encouraging and supporting whānau on their parenting journey - from the little ones through to teenagers and beyond. Together we can create opportunities to talk about being a parent, the joys, the challenges and to learn from each other.

The Glen Innes Family Centre anne@gifc.co.nz (09) 570 6250



### Children need things

to grow into happy, capable adults

Think about what happens in your home.

#### Talking + listening

Do I listen enough? Or, is it mostly me telling them what to do?



#### Love +

How do they know I love them? Are we calm enough?



#### limits + boundaries

Do they understand what's expected of them and are they capable of doing it? Or am I asking too much for their age and stage?

## Guidance + understanding

Do I help them work out better ways to get what they need?

Consistency + consequences

Do the adults in our household behave in the way they want kids to behave?



#### a structured secure world

Do the kids have a routine and know what to expect next?

Find out more at skip.org.nz or visit facebook.com/SKIPcommunity

## Tamaki Community Development Trust



Sirikit & Poxanne

We have been supporting families in Tamaki for over 20 yrs. Our vision is 'partnering for change'. We partner with families by offering long-term support so that Whānau can be healthy and thriving members of their local community. We also run 'Building Awesome Whanau' parenting programmes with The Glen Innes Family Centre.

4A Court Crescent, Panmure office@tcdt.net.nz (09) 570 4314



# S. L. I. P

#### Strategies with Kids | Information for Parents

Thank you SKIP for being our key funder and supporter! SKIP has a range of support and resources for parents and organisations alike:

- info@skip.org.nz
- f /SKIPCommunity www.skip.org.nz

They have even made an app that local, young Tāmaki parents helped to create. Search for SKIP Tips in your Google Play or App Store.



We all need help or fresh ideas at different times along our parenting journey. Look out for local Whānau Awhina (parent leaders) in Tāmaki that are working alongside local parents to create parent-led actions and activities.

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Thank you to Jeanette Bell and Humans of Tāmaki for the local 'go to' people photos.

