

Whanau Marama



PARENTING

No. 13
May 2013

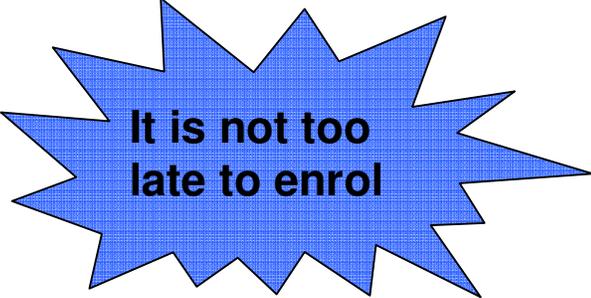
Welcome to our on-line monthly newsletter.

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.

What have we been doing this last month?

We are again taking enrolments for our courses for term 2.
You can enrol on line www.whanaumarama-parenting.co.nz
Venue: Whānau Marama 212 Archers Road, Glenfield.

**Begin next
week**



**It is not too
late to enrol**

Information about our courses below

Life Changing Parenting Courses



For Parents of all Cultures. Begin first week of each school term.

 Tamati Ihaka 441-0208

or Elizabeth Cameron 441-0209

or Eunmi Kim (Korean available) 5516960 /
0210490447

Effective Discipline

(Every Wednesday evening for 10 weeks)

Begins 8th May. Course cost: \$45.00

Based on the S.K.I.P. (Strategies with Kids Information for parents)

6 Characteristics of Effective Discipline.

Suitable for parents of children 4 to 11 years.

Parenting Adolescents

(Every Tuesday morning for 10 weeks)

Begins 7th May. Course cost: \$45.00

Based on the S.K.I.P. (Strategies with Kids Information for parents)

6 Characteristics of Effective Discipline and the books

“The Five Love Languages of Teenagers” by Gary Chapman

and “The Anger Toolbox” by Tricia Hendry, John Smith and

Jenny McIntosh

Suitable for parents of adolescents 12 to 15 years.



The 5 Languages of Aroha

(Every Thursday Morning for 4 weeks)

Begins 20th June. Course cost: \$35.00

Based on The first S.K.I.P. (Strategies with Kids Information for parents)

Principle or Characteristic of Effective Discipline and

The book “The Five Love Languages of Children” by Gary

Chapman and Ross Campbell.

Most suitable for parents of children 4 to 14 years.

Also helpful for adult relationships.

Eunmi's Drawing and Painting Club

Eunmi is planning to form a Drawing and Painting club. If anyone is interested in drawing or painting as a hobby please let her know. Beginners are most welcome. We are all learning together. Eunmi likes having fun using acrylic paint in her art.

We welcome people of all cultures – even if you are still learning to speak English. Let's get together once a week and do our artwork and enjoy morning tea together. No teacher but enthusiastic people helping each other. (gold donation for morning tea)
eunmi@whanaumarama.co.nz



Did you know?

All children 16 years and under can get into any Auckland Council swimming pool free!



What a great way to have fun with out tamariki and mokopuna !!!

Tamati's Tips for Dads



Motivating Factors

The call to action can take many forms. For some it can be something small while for others it can be something drastic. I've heard that two things motivate people. They are inspiration or desperation.

As a parent we find that we can experience many of these moments. We may be alone with our children and find a moment where we are moved in our hearts and think to ourselves that this is what it means to be a parent. Other times we may be with our children, pulling our hair out thinking, is this what it means to be a parent?

If we think back and remember these moments we can find markers where we have been motivated to do something different. I remember I made my daughter clean up the bathroom floor because she made it wet. Now this may sound like guidance but the way I did it was anything but. I yelled at her and watched her cry while she wiped up the mess. I honestly didn't handle that very well. This is one of those examples of desperation coming into play. I felt so guilty that I decided try doing that again differently.

The next time she wet the floor I showed her how I do it and said that when she wets the floor to clean it up like daddy. The next day she made a mess, and this time I said, don't forget to clean the floor like daddy and she did. When she finished wiping floor she said... Dad this is a dumb job.

I smiled and hugged her and said. Yes it is my darling, yes it is.

Elizabeth's parenting tip for the month

Consequences

In nearly every parenting book we read, in nearly every parenting series on TV, in parenting information on the Internet and included in almost all parenting courses is the concept of consequences. We are encouraged to use consequences as a way of teaching our children how we would have them behave. Consequences are seen to be a good alternative to using physical discipline which is now unlawful in Aotearoa and certainly detrimental to any child.

So it is helpful for us to understand what this idea of consequences is all about. Most parenting information talks about two types of consequences - natural consequences and logical consequences.

What are Natural Consequences?

It is not always obvious what the natural consequence of a behaviour might be. A good test is to ask yourself "What would happen if I did nothing?" (Learning from making mistakes)

As adults we can find many examples of natural consequences. For example the natural consequence of not putting the rubbish out on the right day is that our rubbish stays around for another week; if we let the dishes stack up for days we run out of plates; if we keep driving when the petrol gauge is on empty, the car will stop. Unfortunately, there are some consequences that maybe dangerous for us. For example some of us smoke even though we know the natural consequence is likely to be serious illness.

Sometimes the natural consequence for children may also be dangerous and we have to intervene. However if there is no serious safety issue involved, natural consequences tend to be effective.

Examples of natural consequences

- * Child forgetting to put homework in bag and getting into trouble with teacher**
- * Hurting feet on stones after choosing to not wear shoes**

As parents we want our children to learn from their mistakes so they will make wiser decisions next time. So it is important that when we use the ‘natural consequences’ method that we are not just letting them get away with what we have asked them to do. If we ask them to do something then just let them get away with not doing it our child learns that they don’t actually need to listen to our requests. And this causes a big problem for us as parents.

One way this type of ‘negative’ learning can be avoided is by *clearly* giving our child a choice in a given situation.

eg “Would you like to bring you jandals because the sand was very hot last time?” Is giving them a choice. All instructions beginning with “Would you ...” “Could you ...” “Can you ...” indicate our child has a choice. If then our child decides not bring their jandals and their feet get hot they will hopefully learn from their mistake. This is allowing a natural consequence to be our child’s teacher.

However if we say “Honey I want you put your jandals on as the sand was too hot for you last time” This does not offer them a choice and we need to make sure our child listens to us and puts them on.

What are Logical Consequences?

Logical consequences often involve some form of rule that has been imposed by those in charge.

For children this means parents, caregivers, teachers and perhaps other people in the community such as shopkeepers, the local librarian or the swimming pool attendant.

Adults hope by enforcing a consequence the child will learn not to do the behaviour again. This seems to work for some children because they worry about receiving a similar consequence again. Fear then becomes the motivator rather than the desire to do the right thing. The desire to receive their parent's approval may also be the motivating factor for a small number of children.

In some cases such as a child defiantly breaking pool rules by dive bombing after being continually not to, it would seem the logical course of action would be to ask him to leave. However whether this would teach the child not to do it again is debatable but would certainly make the pool safer for other swimmers.



As adults, we experience logical consequences all the time, which may involve official laws and rules such as getting a speeding ticket for driving over the speed limit. This kind of consequence is also given with the hope that the offender will learn not to repeat the offence. However what many people learn instead is to be on the sharp lookout for speed cameras and police cars.



Adapted from 'The Six Principles of Effective Discipline' a S.K.I.P./ MSD publication page 28

Sergeant Major type of Logical Consequences

This type of logical consequence, from our tamariki/ child's point of view, tends to look and feel like punishment because it is designed to make the tamariki/ child pay for their undesirable behaviour.

eg. "You didn't put your bike away in the shed so you can't ride it for a week."



"You were both fighting over the computer so you can't use it until I see some better behaviour from you."

So we need to exercise caution around the use of this type of consequence.



There's a fine line between a logical consequence and a punishment.

Most logical consequences focus on making the child pay for the past mistake (Power assertive methods of discipline) instead of finding a solution.

In other words, they are designed to make tamariki/ children feel bad in the hope that it will motivate them to do better.



Punishment hardly ever motivates children/ tamariki to do better in the future. Instead, they are motivated to rebel, get revenge or defend them selves (often by arguing) or be more careful about getting caught next time. *For these reasons it is far more effective for us to focus on teaching our child by instruction what we want them to do instead of punishing them.* ¹

1. Adapted from www.positivediscipline.com No More Logical Consequencesby Jane Nelsen

In our June On-line newsletter we will include two positive ways of using logical consequences that are less likely to be seen by the child as punishment.

A CHANCE TO HAVE YOUR SAY



The Glenn Inquiry is an independent inquiry looking into why child abuse and domestic violence remains such a problem in Aotearoa, and what we can do to address the issue.

“Our goal is to speak to as many people as possible who have personal experience of child abuse or domestic violence, or those who work with them, to get a clearer understanding of where the system is working well and what isn’t working and needs to change.”

We will do this by setting up an Inquiry Panel to listen to your views. They will be available to speak with you in person on your own, in person with a group of other survivors or front line workers, or via Skype. Or if you don’t want to speak to anyone but you have something to say, you will be able to send us your views via an online submission template. Any information you provide will be completely confidential.

We will then collate everyone’s information to help us write an evidence-based blueprint of what the ideal system response should look like. We are coming to your area really soon so if you would like to meet the Panel, please contact Leonie Morris on 09 376 3227, extension 205. Or if you want to know a bit more about the Inquiry, visit our website at... gleninquiry.org.nz

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.





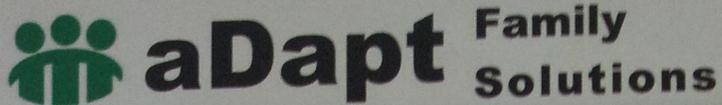
PARENTING GROUPS STARTING – POSITIVE, PRACTICAL AND FUN!

- **Early Years (0-6)** starting Tues 4 June 7.30-9.30pm, Northcross Community Church, 826 East Coast Rd, **Northcross**
- **Middle Years (6-12)** starting Mon 3 June 9.30-11.30am, St Barnabas Anglican, 470 Glenfield Rd, **Glenfield**

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 |
P 09 479 7442 | M 021 167 0308
www.theparentingplace.com | aucklandnorth@theparentingplace.com



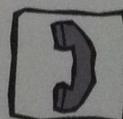
The logo for aDapt Family Solutions features a green icon of three stylized human figures on the left. To its right, the word "aDapt" is written in a bold, black, sans-serif font, with the "a" in lowercase and "Dapt" in uppercase. Further right, the words "Family Solutions" are stacked vertically in a smaller, black, sans-serif font.

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@uniquedefamilies.org.
- www.uniquedefamilies.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

