**Ara Mātua – Parenting Pathway Te Köhuri 1 19-24 months**

**What we want to work on:**  **Check**

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**Te aroha me te mahana - love and warmth**

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| Spending time enjoying doing things together |  |
| Praising them when they try new things |  |
| Encouraging them to do things for themselves |  |
| Comforting them when they’re hurt, tired or upset |  |
| Making sweet treats something just for special occasions |  |

**Te kōrero me te whakarongo - talking and listening**

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| Getting down to our child’s level to listen and to talk |  |
| Making sure we’ve got their attention before we speak to them |  |
| Talking slowly and clearly to them |  |
| Asking our child if they’ve understood |  |
| Speaking to them in our family’s language/s |  |
| Repeating back what they try to say to us, using correct grammar, so they can hear the right way without feeling that they’re being ‘corrected’ |  |
| Sharing stories, rhymes and games (sometimes over and over again if they want us to) |  |
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**Te ārahi me te māramatanga - guidance and understanding**

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| Encouraging our child’s exploring |  |
| Talking about shapes, colours and sizes of things we see (this is early maths learning) |  |
| Providing a small collection of ‘dress ups’ and things to encourage pretend play |  |
| Making simple rules and explaining them |  |
| Looking for opportunities to catch them being good |  |
| Noticing and commenting when we see our child trying to behave well |  |
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**Te tūāpapa mō te tika me te hē - limits and boundaries**

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| Making ‘tidying up’ into a game and getting them to help |  |
| Having a few rules that are reasonable for their age |  |
| Modelling the behaviour we want to see in our child |  |
| Having all the adults at home understanding and supporting the family rules |  |
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**Te mahi pono - ngā hua me ngā hapa - consistency and consequences**

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| Providing healthy food choices |  |
| Keeping mealtimes calm and pleasant |  |
| Being consistent over the family rules – If it’s ‘No’ today, it needs to keep being a ‘No’. |  |
| Having consequences which are reasonable, respectful and related |  |
| Kissing and making up after there’s been an upset between us |  |

**Te hanga ao tōtika, ao haumaru - structured and secure world**

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| Showing them family photos of important people and places |  |
| Making sure they get the scheduled Well Child Tamariki Ora check |  |
| Giving our child opportunities to ‘blow off steam’ with plenty of noisy, messy, outside play time |  |
| Making our home a ‘yes home’ by moving breakable, precious and dangerous stuff out of reach. |  |
| Remembering a loving and trusting relationship is the best foundation we can give our child |  |
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