**Ara Mātua — Parenting Pathway Te Māhuri 2 4–5 years**

**What we want to work on:**

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|  |[ ]
|  |[ ]
|  |[ ]
|  |[ ]
|  |[ ]

**Te aroha me te mahana — Love and warmth**

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| Encouraging and helping our tamaiti to be involved in activities around the house |[ ]
| Showing appreciation when our tamaiti is helpful or tries to be  |[ ]
| Being in tune with our tamaiti as they experience challenges such as starting kura or having a new pēpi in the whare |[ ]
| Be understanding when our tamaiti is shy or reticent about situations |[ ]

**Te kōrero me te whakarongo — Talking and listening**

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| Sharing conversations often with our tamaiti |[ ]
| Patiently listening to and answering the many questions |[ ]
| Saying many more positive things than negative to our tamaiti |[ ]
| Sharing funny stories, jokes and games with our tamaiti |[ ]
| Listening to their stories with interest |[ ]

**Te ārahi me te māramatanga — Guidance and understanding**

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| Noticing how our tamaiti is becoming more aware of what others think, feel and say |[ ]
| Giving our tamaiti opportunities to practice playing with and learning to get along with others |[ ]
| Giving them the words to say and the tone to use — “You could say…” |[ ]
| Giving our tamaiti quiet times and a safe place for indoor activities like drawing, building and so on |[ ]
| Guiding and modelling behaviour we want at special community places |[ ]

**Te tūāpapa mō te tika me te hē — Limits and boundaries**

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| Agreeing on the family rules with our tamaiti |[ ]
| Being sure the rules we have are fair and reasonable for their age |[ ]
| Don’t sweat the small stuff |[ ]
| Play games that have rules with our tamaiti  |[ ]
| We make rules about screen time and help our tamaiti keep them |[ ]
| We know what they’re watching or playing and make sure it’s not harmful material |[ ]

**Te mahi pono — ngā hua me ngā hapa — Consistency and consequences**

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| Keeping our promises |[ ]
| Modelling the behaviour we want |[ ]
| Having consequences that are reasonable, related and respectful |[ ]
| Using a calm, clear voice when talking to our tamaiti about their behaviour |[ ]

**Te hanga ao tōtika, ao haumaru — Structured and secure world**

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| Giving our child lots of vigorous playtime outside |[ ]
| Giving them quiet times and activities like drawing, building, sharing stories |[ ]
| Keeping calm when our tamaiti has a tantrum |[ ]
| Encouraging our tamaiti to help with some household jobs |[ ]