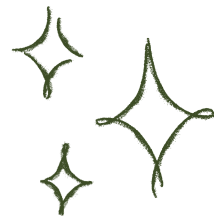




The best environments for tamariki to thrive



Tamariki need		Lots of praise and encouragement	A calm environment	Kai
Help with big emotions	Time to play with you and on their own		 Routine (bedtime, school time, dinner time)	
Support when they make mistakes	Friends and social interactions			
 To know what your whānau values	To know their whakapapa		To be listened to	
To feel connected to you	To feel aroha	 Pūrākau	Whānau kawa or tikanga	
Cuddles			Learning at school, preschool or kōhanga	

What else do your tamariki need to feel good?

Sometimes our children get overwhelmed and need some extra support



If you find your children are:

- Aggressive
- Argumentative
- Bossy
- Clingy
- Having toilet mishaps or sleeping difficulties
- Withdrawing
- Unable to focus or pay attention
- Seem to have too much energy
- Not playing as much
- Not following the rules

Then you can:

- Stick to your routine as much as you can
- Kōrero about who your tamariki can talk to
- Name the emotions for them “you seem sad”
- Give them some extra support
- Flip over and check what might be missing from their world
- Support them with big emotions
- Be patient with them