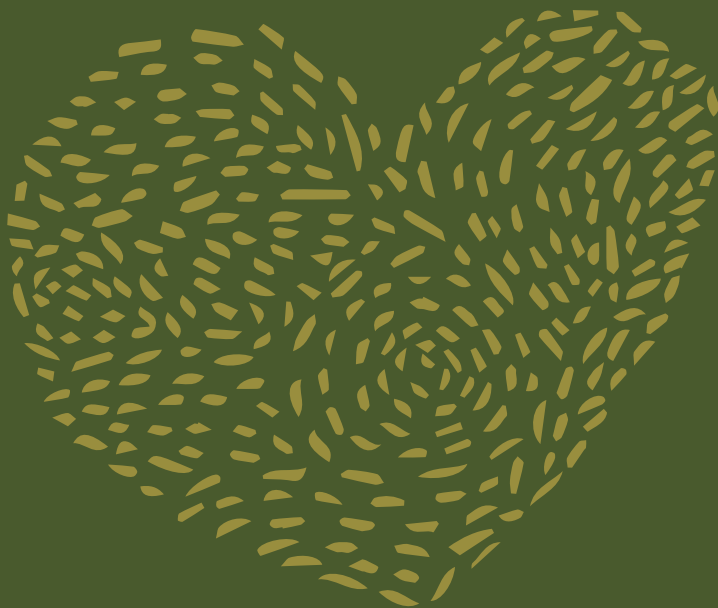




Aroha
in action

tākai

A photograph of two children in a lush, green forest. The child on the left is seen from the back, wearing a light blue shirt and has dark hair tied in a ponytail with a red hair tie. The child on the right is also seen from the back, wearing a light pink shirt and patterned leggings, reaching up with both hands to touch a thin tree branch. The forest floor is covered with ferns and other green plants, and the background is filled with dense foliage and trees.

**Mokopuna
are taonga**

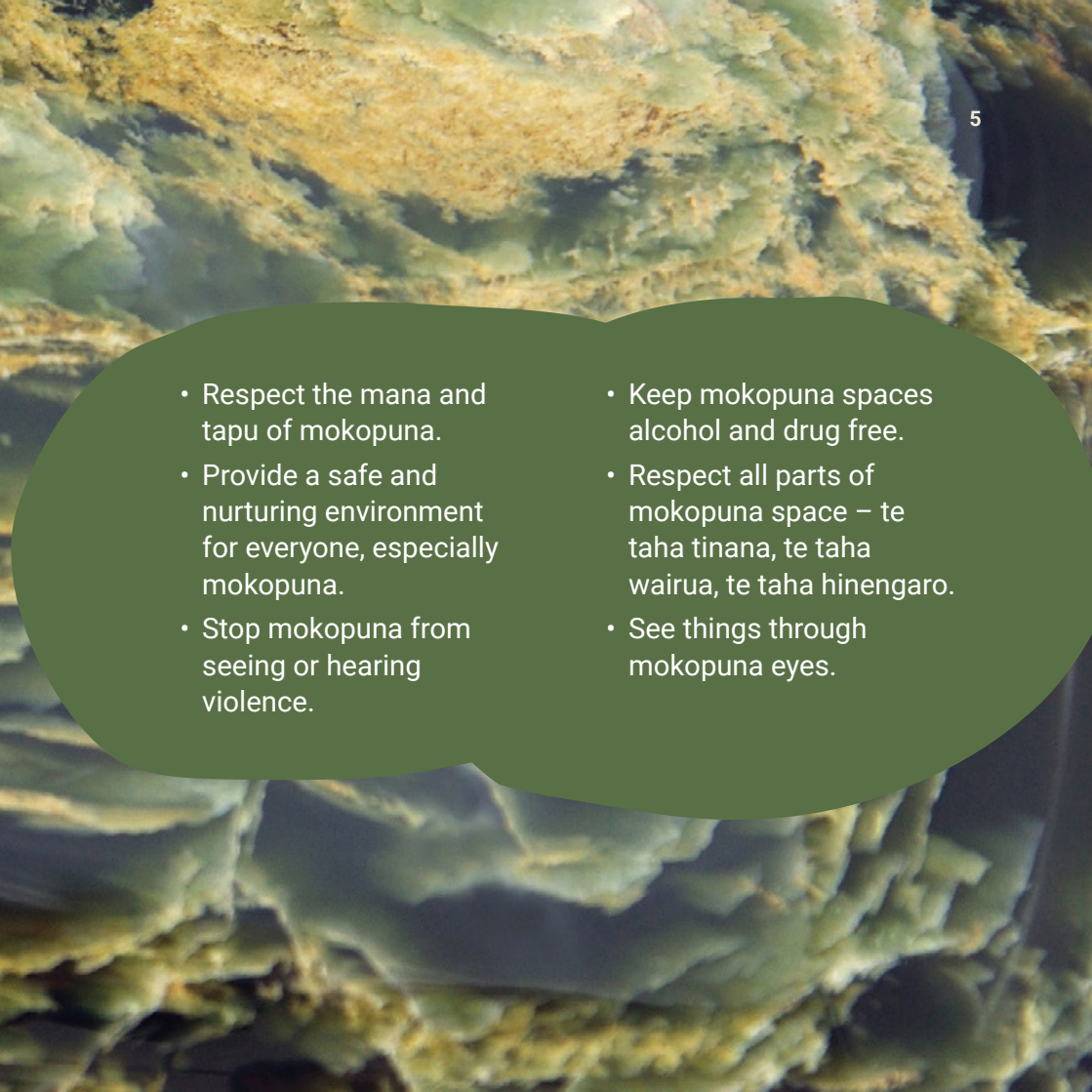
He taonga te tamaiti. Every child is a treasure.

Mokopuna are our greatest treasure. However, we all know about tragic situations where mokopuna have been seriously hurt by someone either close to or in their immediate whānau. We all share responsibility for keeping mokopuna safe. It is important that we know what changes we can make to stop harm from happening.

Mokopuna are an expression of our tīpuna. They are our legacy and our future. Our whakapapa will be carried by them mō ake tonu atu, forever more.

Parenting like our tīpuna

In pre-colonial times, tīpuna Māori parented in gentle and respectful ways, free from violence. We reclaim the ways of our tīpuna when we:

- 
- Respect the mana and tapu of mokopuna.
 - Provide a safe and nurturing environment for everyone, especially mokopuna.
 - Stop mokopuna from seeing or hearing violence.
 - Keep mokopuna spaces alcohol and drug free.
 - Respect all parts of mokopuna space – te taha tinana, te taha wairua, te taha hinengaro.
 - See things through mokopuna eyes.

Respect the mana and tapu of mokopuna

Mokopuna carry the mana and tapu of their whakapapa and tīpuna. By acknowledging their mana and treating our mokopuna with respect, they will learn respect and uphold ngā kaupapa tuku iho, ancestral and traditional values.

To shame and hurt mokopuna is to takahi, to trample on the mana and whakapapa they carry.

Mokopuna who are humiliated, threatened and shouted at may seem obedient and respectful on the outside but often their anger and mamae shows up in their teenage years.

Mokopuna learn by watching. If they grow up with violent behaviour they are more likely to repeat these behaviours or expect future partners to treat them this way.

**Stop
mokopuna
from seeing
and hearing
violence**

It's not OK for our mokopuna to see or hear violent and aggressive behaviour. It hurts mokopuna, even when they don't seem to notice what is going on.

Seeing or hearing violence can have a lasting impact on their brain development and can also affect physical and mental health.

Seeing or hearing violence, or experiencing violence, increases the chance of later issues like:

- Violent behaviour or outbursts.
- Mental health issues, including anxiety and depression.
- Increased risk of suicide.
- Addiction to drugs, alcohol, smoking or vaping.

**Keep
mokopuna
spaces
alcohol and
drug free**



Adults who are drunk or out of it shouldn't be caring for mokopuna.

If we are on drugs or drinking alcohol, we are more likely to:

- Be clumsy and injure a mokopuna by accident.
- Become distracted and not watch mokopuna closely enough to keep them safe.
- Swear, shout or be verbally abusive.
- Get aggro with other adults and expose mokopuna to violence.
- Disrespect the boundaries of our mokopuna.
- Think that humiliating, frightening or hurting mokopuna is funny – especially if there is a group of adults and the mokopuna does something they see as annoying or naughty.

Here are two ways to care for mokopuna if drugs or alcohol are involved at an event.

Send mokopuna to stay with safe and trusted friends or whānau if you're holding an event that will include drugs or alcohol.

Plan whānau celebrations, marae and community events so that there are always alcohol and drug free times and spaces.



Guide mokopuna positively

Physical punishment is not tikanga. Traditionally children were not viewed as naughty and were very much celebrated as taonga. However, many of us were physically punished as children and grew up thinking it was normal and OK.

We now understand a lot more about the negative effects of physical and emotional violence, and how these kinds of punishments harm mokopuna.

The simplest
tikanga we
can have for
our whānau is
'no hitting'.

Providing a safe, nurturing
environment will allow
mokopuna to thrive.
Safeguarding mokopuna this
way maintains the mana
and tapu of all whānau
members and reduces the risk
of anyone getting hurt.

There are some simple,
positive tikanga we
can use every day in
our whānau life.

Calm spaces

Supporting mokopuna
when they make mistakes

Aroha and
lots of
cuddles

Time to play

Listening to what our
mokopuna think

Friends and social
interactions

Whānau
values

Learning at school,
preschool or kōhanga

Praise and
encouragement

Sharing
whakapapa

What else do your
mokopuna need?





Raising mokopuna together

There can be moments where being a parent can be stressful and tiring, especially in tough times or when we're dealing with financial pressure.

In these times we can lean on people that we trust to tautoko us and reduce stress. Something as simple as having kaumātua, aunties or uncles look after mokopuna for a bit so we can have a breather can make a big difference.

We can ask for support from whānau and friends with practical things like helping out with household mahi, sharing a kōrero and kai together and help with finding extra support if you want it.

Every whānau is different. Who helps you to raise your mokopuna?

Kuia Nana

Koro Grandad

Māmā Mum

Pāpā Dad

Mātāmua Eldest child

Pēpi Baby

Kiritata Neighbour

Taraiwa pahi Bus driver

Kaiāwhina Supporter

Kaiako Teacher

Kaihoko Shopkeeper

Matua Uncle

Whaea Aunty

Kaihana Cousin

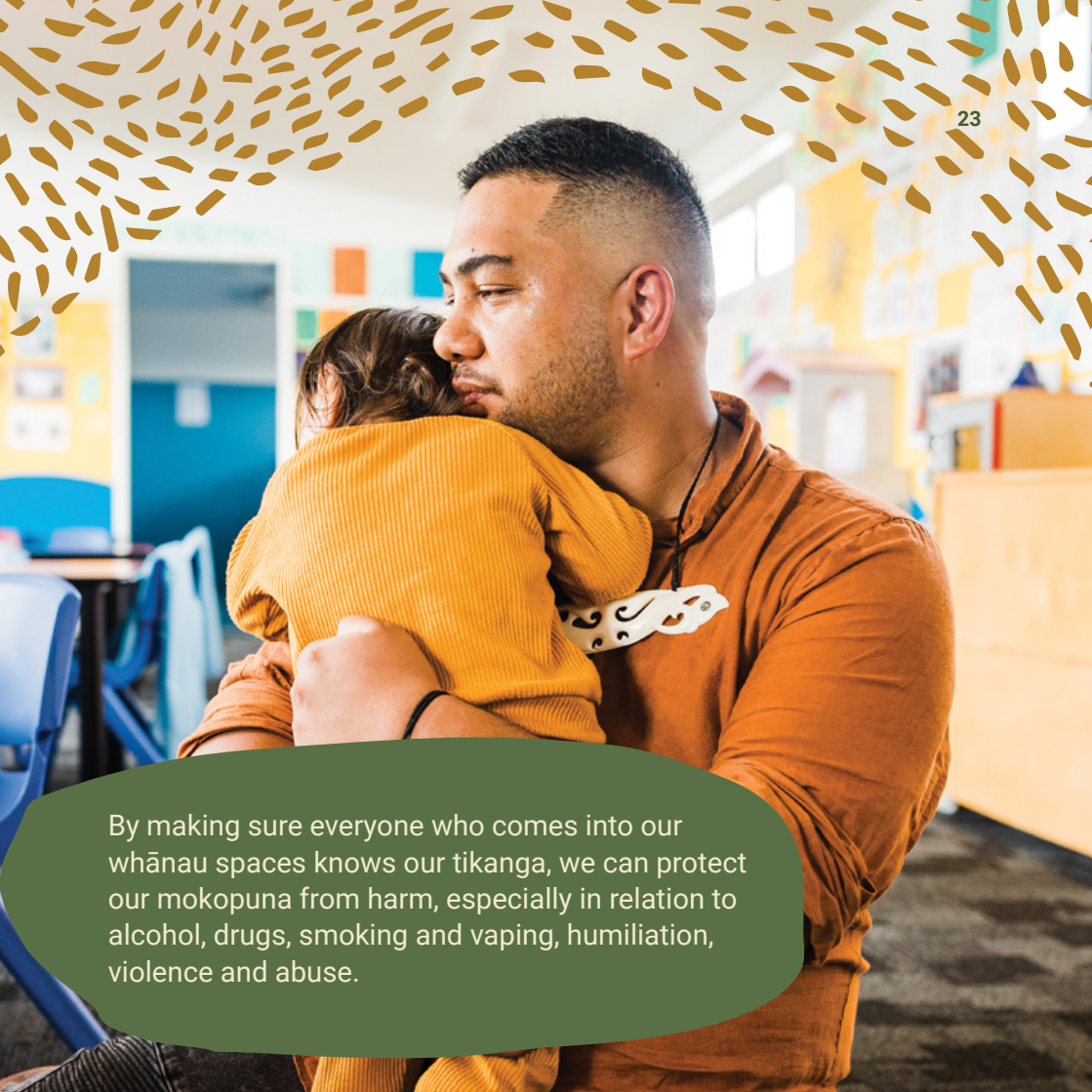
Hoa Friends



Caring for mokopuna

Whānau life can be busy and stressful. We can tautoko our mokopuna by making sure there is always someone trusted around who knows their:

- Kai preferences and times that they eat.
- Sleep patterns and safe sleeping arrangements.
- Emotional needs and how they can support these.
- Health needs including medications and allergies.

A photograph of a man with short dark hair and a beard, wearing an orange hoodie, hugging a young child from behind. The child is wearing a yellow ribbed shirt. They are in a classroom setting with colorful shelves and toys in the background. The top of the page has a decorative pattern of brown leaves. A green speech bubble is overlaid on the bottom left.

By making sure everyone who comes into our whānau spaces knows our tikanga, we can protect our mokopuna from harm, especially in relation to alcohol, drugs, smoking and vaping, humiliation, violence and abuse.

Pēpi can't be naughty

Tā te tamariki,
tāna nei mahi he
wāwāhi tahā.

It is the job of children to
smash the calabash.

There are times when we can feel frustrated or annoyed in response to mokopuna behaviours. They can be messy, dirty their pants, throw up, cry and stay awake when adults want to be asleep, but we need to remember that it is all part of normal development.

Sometimes they do these things all at once – but they don't do it on purpose or because they are trying to upset someone.



It's helpful to know about the stages babies and young children go through, so we can understand what is going on. Understanding mokopuna stages also helps us to cope with our responses and feelings, and support other people with theirs.

It can be helpful to kōrero with someone we trust or to seek support for ourselves, our mokopuna or whānau.

You could reach out to:

- A friend or whānau member
 - PlunketLine
0800 933 922
 - Free call or text 1737
- 
- 

We can also try some simple things to help us keep calm. Try getting outside for some fresh air and sunlight, take a moment for some deep breaths or have a kanikani. These help reset us when we're feeling overwhelmed.

What are some other ways to stay calm?

Respect mokopuna space

It's OK for mokopuna to say no to unwanted physical contact. They create the boundaries for their tinana and it's important to respect this. It's up to them whether or not they want physical contact such as kisses, hugs or tickling, even from people in their whānau.



At different stages mokopuna can become tangitangi and anxious if they are separated from their main caregivers or if someone they feel uncertain about comes into their physical space.



- This is a good sign – it means they are learning about relationships and trust.
- It shows their brain is developing the way it should.
- Don't take it personally or overreact.
- Be glad they are going through these important stages.
- Give them time to get used to you being around.

Being heard and respected as a baby helps mokopuna develop the confidence to talk to a whānau member if they feel unsafe when they are older.

See things through mokopuna eyes

Mokopuna hold the wisdom of the world and they can teach us the power of unconditional love. They remind us about how each one of us began, and they are our connection to our tīpuna and to our future. Whānau are the centre of their world, and they learn from us.

When we love them they learn to love, when we respond to their needs they learn to respond to others, when we are peaceful then peace flows through them. Everything they learn, they learn from us.

They are our aroha in action.

A photograph of a woman with long dark hair and a young child with curly hair at a playground. The woman is wearing a white long-sleeved shirt and light-colored trousers, and she is smiling at the child. The child is wearing a white long-sleeved shirt with a red star and the word 'little' on it, orange corduroy pants, and white sneakers. They are standing next to a wooden post and a metal horizontal bar. The background shows trees and a wooden structure.

Tēnei te mihi ki ngā kaiwhao
i te kōrero, ki ngā ringa tā i
te whakaaro o tēnei rauemi
o aroha in action, e te kāhui
o Amokura, tēnā koutou. E
kore e mimiti te aroha ki a
koutou ko Di Grennell.



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