

Mātuatanga

Thinking about parenting



tākai

We all want the best for our kids



Imagine when they're 5, 15, or 30 years old...

What kind of people will they be?

What will they tell their kids about what growing up was like for them?



I'd like our kids to:

Your childhood influences how you parent

What was it like for you when you were growing up?

How did your parents manage your behaviour?

How did that make you feel?

Did that help you to behave better?

How has it influenced the way you parent?



How will you make good childhood memories for your kids?

Create moments

Make memories

Share stories

"My father told me that he will know the result of his work when I have children."



Everyone has their own style of parenting



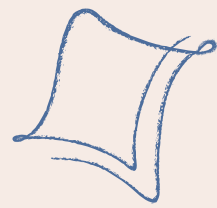
The rock

Parents are sometimes too hard and inflexible.



The tree

Parents are fair and firm, flexible when appropriate but strong and grounded when needed.



The paper

Sometimes parents give in too easily.

Fair and firm works best for kids.



What are my kids learning from me?

“Don’t worry that children never listen to you, worry that they are always watching you.” – Robert Fulghum

What does fair and firm parenting look like?

- There are a few rules. We explain and discuss them with our children.
- We guide and support our children to keep the family rules.
- We consider the age, stage and temperament of each child.
- There are reasonable and related consequences for breaking the family rules.
- We catch them being good, and tell them what we like and why we like it!



“Keep consequences focused on learning, not punishment.”



“Behave the way you want your children to.”



What are some of your fair and firm whānau tikanga?

Things to think about

Choosing the fair and firm style

Tamariki are more likely to be confident, motivated, communicative and respectful when parents or caregivers are fair and firm. When parents are busy, tired or feeling stressed it can be hard. But remember it's not your kids' fault if you've had a bad day.

Some ideas:

- Show tamariki what you want them to do, and if you need to, show them again.
- Think about how you learned to do new things. Not many of us get it right the first time.
- It's okay to dislike something your child does, but remember it's the behaviour you don't like, not the kid.

Whānau say

"Tell them you love them often. Try and say five positive things for every negative one!"



"If we've had a hard day together, I go and sit in their room when they've gone to sleep. Then I remember how much I love my tamariki."



Things to try

Whānau say

**“You can learn many things from children,
for example how much patience you have.”**



- **Tell kids what you want them to do, rather than what you don't want them to do.** “Please sit down when you're eating.”
- **Give reasons why you have a rule.** Talk about how their behaviour can affect others. “So you don't choke on your bread, and crumbs don't go everywhere.”
- **Explain what will happen if they break a rule.** Speak calmly and follow through with a consequence that is reasonable and related. “Okay, I'll put your food in the fridge until you're ready to sit down.”
- **Notice, praise and thank them when they do what you ask.** “Ka pai Ruby! Sitting and eating! Thank you!”



Whānau say

**“Āta kōrero – be clear in your instructions.
Āta whakarongo – listen carefully.”**



Children are born to learn

Let them explore

When pēpi touches, shakes, bangs, drops or puts things in their mouth they are learning about stuff.

They need to repeat things over and over again so their brain makes all the necessary connections needed for life-long learning.

Move the things you don't want tamariki to touch. Children learn best when they are allowed to explore safely.



Act quickly

When you see behaviour that is not safe, or that you don't like, be calm and act quickly. Distract them. If you keep giving warnings and then yell at them, they'll learn to wait until you start yelling before they respond.



How could you make your house more tamariki friendly?

Avoid problems before they start



Plan ahead

- Let your tamariki know a change is coming. “After I’ve finished these dishes, it’s bedtime.”
- Balance the day so tamariki get a mixture of activity, rest, time with others, time alone, and some time with you.
- Watch their behaviour for signs that a change might be needed. Notice grizzling, fighting or whining.

Each child is different

Keep expectations reasonable for your child’s age and personality.



What are some things that might help you avoid problems?



Whānau say **“Pēpi is showing signs of their own mana motuhake. They want to make little decisions and to do things for themselves. Give them simple choices – Red socks or blue socks? Marmite or jam? Praise them when they try hard.”**



Acknowledge their feelings

Think about how you like to be treated when you're feeling upset.

Avoid power struggles

Don't pick a fight that you can't win! Children's eating, sleeping and toileting habits can cause a lot of stress but you can't make them do things your way. You need them to cooperate.

Watch for signs of readiness:

- Eating – are they more interested when they have their own spoon?
- Tired – are they starting to rub their eyes, or suck their thumb?
- Toilet learning – are they telling you when they need a nappy change?

Set up routines so children can learn to anticipate what's happening next.

“I think because we'd sung ‘Moe moe pēpi’ to Ella every time we put her to bed, it became a little sign to her that meant sleep time now. She'd start to suck her thumb and away she'd go.”

Visit takai.nz/waiata to learn this and more waiata.



What things can you do together this week?

Parents make mistakes

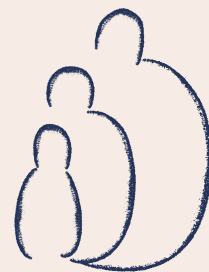
Show your children you love them as soon as possible after you've had some trouble.

Maybe they've had a tantrum and then you've lost your temper. Awahi and make up as soon as possible afterwards. It helps everyone feel better. And it's okay to say sorry to them too if you misbehave – you're modelling what you want your children to do.

"We saw early on that our different ways of parenting our son really affected his behaviour. We agreed to be more consistent, more united and we've never looked back."

Tamaiti ako ki te kāinga, tū ana ki te marae tau ana.

A child nurtured in a community contributes strongly in society.

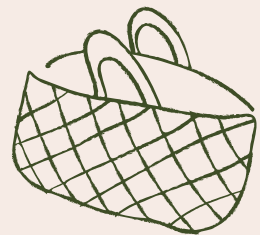




Making changes

- Choose one or two new strategies to try out first. Stick with those for a couple of weeks before adding any new ones.
- Don't be too hard on yourself – some days you'll go back to your old habits without thinking.
- Look for others who want to make changes in the way they parent too.
- Support each other.
- Take it slowly – lasting change takes time and practice.
- Talk with whānau or other parents and friends.
- Reward yourself when you are consistent with your new strategies.
- Time, effort, patience and persistence will bring their rewards.

"We always have a choice about the way we parent our kids."



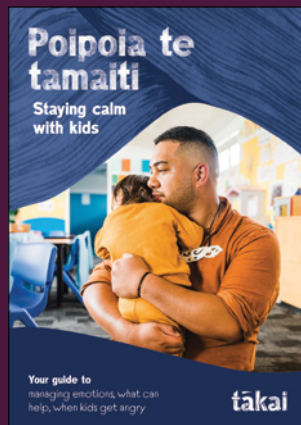
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