

Ngā tohu whānau

Tamariki now want to make their own choices. Their growing independence can sometimes end in tears. Compromise and negotiation are key. Tamaiti might need extra reassurance as they learn to deal with frustration and big emotions with limited language.

There are 6 things that promote a strong relationship between parents, whānau and their tamariki. In these months, they might look like this.

Love and warmth

- Enjoy doing things with tamaiti and invite them to join in with jobs around the whare.
- Encourage them to do things for themselves.
- Notice when they try new things and let them know we're proud of them for having a go.

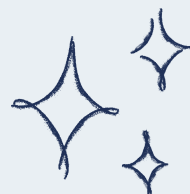


Talking and listening

- Listen to what tamaiti is saying and repeat it back, so they know we understand and they hear the right way to say things without feeling corrected.
- Share stories, songs and games, sometimes over and over.
- Kōrero with them about how we're feeling, so they learn to connect our words and expressions. Remember to talk about positive feelings too.

Guidance and understanding

- Explain why we have a whānau rule.
"Hitting hurts. We don't hit in our whānau."
- Notice when they behave well and praise them.
"Kia ora e tama, thanks for giving that toy back."
- Talk about the feelings and emotions we see them experiencing.



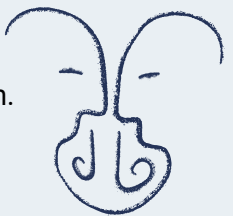
Limits and boundaries



- Make a few whānau rules that are reasonable for their age.
- Clearly explain to all the whānau what the whānau rules are.
- Remember that tamariki watch what we do and say, and copy.

Consistency and consequences

- Help tamariki to follow whānau rules by explaining them.
- Make sure we 'kiss and make up' with our tamaiti after a raruraru over breaking a whānau rule.
- If they've broken a whānau rule, help them to work out what to do next time instead, so they feel good.



A structured and secure world



- Understand they need time to let off steam with plenty of noisy, messy and outside play.
- Make our kāinga a yes-home by putting breakable and precious things out of reach.
- Encourage tamariki to do things for themselves and others – get into the car, choose their clothes, help sort washing.