



June 2005

## Grandparents supported in Blenheim



Ngati Apa Social Services, grandparents programme *Te Matauranga o Nga Taua - The Wisdom of the Grandparents – Growing Great Grandchildren* had its first community event in early March at Omaka Marae, Blenheim. The programme began with a powhiri and blessing. The grandparents and the presenters then had a great two hours together sharing the issues faced by grandparents caring for grandchildren. Organisers report that everyone left with a kete, both physically and metaphorically, of resources and ideas from SKIP.

A small subgroup was then set up to plan future events. These have been designed to respond to the most significant issues identified at the first hui.

The second event was a stall at an expo for seniors in the Marlborough region. Comments were favourable to the SKIP message and of those 80 spoken with almost all taking at least some item from the table.



The Saturday Express

Grandparents Glenyss Norton, left and Lovey Walsh enjoy time with their grandchildren Maximillian Norton and Siryn and Kotuku Walsh-Adams.

### Research

Some interesting information from SKIP research.

- 95 percent of parents and caregivers report that they think about the way they are raising their child at least once a week.
- 19 percent said they had attended a parenting class, seminar or workshop in the past three months.
- 90 percent had talked about parenting issues with family and friends, 49 percent to an early childhood teacher, 44 percent with someone at work and 19 percent with their GP.
- 83 percent of parents said they used timeout as a parenting technique.
- 60 percent are using, or trying to use, positive parenting techniques more often and 37 percent said they are making an effort to use smacking, yelling, shouting and screaming less.
- 39 percent were not confident that they are applying positive parenting techniques correctly.

# New ordering system for resources

We have changed our system so that all resources can be ordered from one place.

Everything is now ordered through the SKIP office. Just fill in the form on the back page and fax it to us. Don't forget to give us a bit of notice so we can get things to you in good time.

## A bit about each resource:

The **nine pamphlets are for parents**. There is a colourful **wall hanger** which can be easily fixed to a wall for display. There is also a SKIP envelope for posting or handing out pamphlets.

The **Children's Issue Centre Research** is a summary of a comprehensive summary of research into the guidance and discipline of children. This was commissioned by the Office of the Children's Commissioner and carried out by the Children's Issues Centre at the University of Otago.

**Managing Our Anger** is an extract from a resource developed by Skylight. It is a useful resource for workshops that look at ways to manage anger in both adults and children.

The **Introduction to SKIP** describes the background to the SKIP programme.

The **height charts** are colourful wall charts covered in SKIP messages. They are great for new parents and for early childhood centres. These are fairly expensive, so we aren't able to provide large numbers for giveaways at fairs etc.

The **badges** have colourful messages and are designed for children to wear. They are great for giveaways. The **balloons** are also designed for giving away. There are SKIP **plastic bags** for events where people are collecting lots of bits and pieces. The **fridge magnets** are also popular giveaways.

The **postcards** have SKIP illustrations and key messages can be used in the mail. The **business cards** can be used as name badges at workshops, or for handing over names and phone numbers.

The A1 **posters** are very large and perfect for conferences, displays etc. The smaller posters can be used to advertise SKIP events or for pinning on walls where space is a bit tight.

**WALL Hangers: We have reordered these with eyelets at the top. If you are having trouble keeping yours on the wall, please return it and we will replace it.**

## Local Initiatives Fund

Applications for Round 3 closed on May 31st.

The 82 applications are currently being assessed for decisions to be made in mid-July. Applicants will be advised shortly afterwards.

### Round 4 closes on September 30th.

Information will be available on the SKIP website, and from the SKIP office, in early July.

If you're planning to apply make sure that

- you read the information and use the correct application form

- all the information required on the application form is given
- you get your completed application in in plenty of time – late or incomplete applications are unlikely to be accepted

It is disappointing for applicants to find that a rushed application that misses some important details lessens their chance of receiving funding.

Remember that the panel is considering over 80 applications and if information is missing or unclear it can impact on their decisions.

**For information or advice about the Local Initiative Fund call Barbara Lambourn 04 9163531**

## Far north

A focus group of young mums met in Dargaville in May to talk about parenting and SKIP, and how they can support each other. The group has decided to meet again.

Another pilot workshop was held in Pouto, an isolated rural area. Three local facilitators ran the workshop, with activities under the guidance of Kath Nathan, a local farmer, and waiata by Terewai Hunter, the local Kohanga Reo teacher. The group was so successful it has now set dates for two further workshops.



Richard Wood, MSD Deputy Chief Executive, and Paul Baigent Chief Executive of Plunket, sign a memorandum of understanding which will guide the partnership between SKIP and Plunket.

## Wanganui up and away

SKIP Wanganui has launched with the first of a series of events for parents.

The first, a day-long seminar with the Brainwave Trust, was held in mid-June. Coordinator Janet Mace reports an enthusiastic response to the day, with lots of ideas for future events. More seminars are planned, along with a parenting day

## Training takes off

A network of 70 SKIP trainers is all set to spread the SKIP positive parenting messages throughout Aotearoa New Zealand.

The trainers have all attended three-day training workshops and are now all set to train people who support parents in their local community.

"The trainers all came with considerable experience and expertise," explains SKIP Training Coordinator Kim Chamberlain. "The workshops were designed to cover specific SKIP messages, including parenting styles, the principles of effective discipline, using windows of opportunity and conscious parenting."



The Hamilton Group

"The response from participants was really enthusiastic and they're all fired up to go out and spread the message."

Anybody who would like to attend local SKIP training can contact the SKIP team on [skipinfo@msd.govt.nz](mailto:skipinfo@msd.govt.nz) or telephone 04 913 6602, we will pass your details on to the trainer network.



Getting to know the SKIP resources



Getting moving after lunch



Joe Waru shares with Moka Tamapeau

# SKIP messages reaching Somali women



The Somali mothers with educator Patricia Allan

A group of Somali women are attending the first SKIP parenting course run by Refugee Resettlement Support in Christchurch.

The course focuses on the particular needs of refugee parents who not only experience the usual challenges of bringing up children, but who also

have the additional difficulties of doing this in the context of a different culture and society.

Parent educator Patricia Allan is working with an interpreter to explore the six positive principles of effective discipline in the weekly sessions. These are used as a focus for discussion each week alongside resources developed by Patricia.

The group attending the first courses have 20 children, and one of the women is expecting her first child. They are enjoying learning by sharing information and experiences of bringing up children in a different cultural setting.

Acting manager of Refugee Resettlement Support, Elizabeth Uttley, says it can be difficult for resettling families raising children in New Zealand.

"All have moved from one culture with its own set of parenting practices, roles and expectations, to living in a different culture with a different set of values, rules and customs."

## From Our Place

*In the embrace of my family I am  
nourished with stories  
I see my past, and have no fear to walk  
to the future*

*In the embrace of my family I am strengthened  
To treasure those that came before me,  
so I can treasure me, and those to come after me.*

*In the embrace of my family I know justice  
I learn to value relationships*

*And look after the sacred spaces between  
me and others*

*In the embrace of my family I am sheltered  
To speak and be heard.*

*In the embrace of my family I have space  
To learn and be me*

*In the embrace of my family I am  
treasured and loved*

*To laugh  
To sing  
To dance*

We have successfully parented children for thousands of years, and in the wisdom of our ancestors we have been guided through our own challenges to navigate to different shores we choose to live. There have been many challenges through those thousands of years, but we are descended from peoples who have navigated fearlessly the seas, using the stars, the tides, the birds, and the fish. Every ripple in the water was filled with meaning, and nothing was taken for granted.

In our roles within our families everyone has meaning, and a contribution to the continued growth, and strengthening of our families. Our children understood and were nurtured within this knowledge, and making meaning of who they were, and then able to carry on what was modelled to them. They were nourished with words... *E fafaga le tama a le tagata I upu, ae e fafaga le tama a le manu I fugalaau....* The child of a person is fed with words, and the child of a bird is fed with flowers.

**Moka Tamapeau SKIP Pacific Advisor**

# Toddlers treated to day out

The amazing Waitakere Toddler Day Out/Great Parenting Fair attracted between six and seven thousand people in April.

This huge project was organised by Violence Free Waitakere, with support from the SKIP Local Initiatives Fund. The day included music, puppet shows, balloons, drumming, walk about characters and a nurturing the nurturers tent for parents. Over 2000 SKIP packs were distributed.



A celebration of children and parenting



## A goodbye

Many people will have got to know Andrew Cameron when they ring the SKIP office. Andrew has managed all of our systems, set up the distribution of resources, got people from every corner of the country to training sessions, paid accounts, tracked all the reports and payments, set up databases and generally been the engine room of SKIP.

He is off back to England to get married, but is planning to come back to New Zealand where he can continue his busy life, running, cycling, kayaking, climbing, and exploring.

*The SKIP team wishes him all the best.*

## Contacts

SKIP fax 04 917 2080

### Gael Surgenor (Project Manager)

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### Barbara Lambourn (Local Initiatives Fund)

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### Kim Chamberlain (training and capacity building)

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### Elizabeth Goodwin (communications and resources)

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### Moka Tamapeau (Pacific advisor)

phone 04 9163949

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### Nicky Cockburn (Maori advisor)

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email: nicola.cockburn007@msd.govt.nz

### Andrew Cameron (general inquiries)

phone 04 913 6602

email: andrew.cameron008@msd.govt.nz

*Ima Tavite will be taking over from Andrew from 25 July.*

# SKIP Resources

To order resources please complete the order form and fax it to the contact details below.

Fax order number **(04) 917 2080** or email **skipinfo@msd.govt.nz**

In order for us to keep track of SKIP resources please describe the number of people the requested resources are aimed at and how they will be distributed, or provide a project plan. (please use a separate sheet if necessary)

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| Title   | Order number   | Come in bundles of | Qty required |
|---|----------------|--------------------|--------------|
| Ages & Stages                                       | SKIP 001       | Bundled in 50      | Bundle(s)    |
| Tantrums  | SKIP 002       | Bundled in 50      | Bundle(s)    |
| Supermarket Survival                                | SKIP 003       | Bundled in 50      | Bundle(s)    |
| Temperament   | SKIP 004       | Bundled in 50      | Bundle(s)    |
| Keeping Kids Safe                                   | SKIP 005       | Bundled in 50      | Bundle(s)    |
| Jealousy and Fighting                               | SKIP 006       | Bundled in 50      | Bundle(s)    |
| Managing Behaviour for Under Fives                  | SKIP 007       | Bundled in 50      | Bundle(s)    |
| Tips on Stress                                      | SKIP 008       | Bundled in 50      | Bundle(s)    |
| Children with Special Needs                         | SKIP 009       | Bundled in 50      | Bundle(s)    |
| Wall Display  | SKIP 010       |                    |              |
| Pamphlet Envelope                                   | SKIP 020       |                    |              |
| Envelope with one of each of the pamphlets included | SKIP 021       | 50 Max             |              |
| Managing our Anger                                  | SKIP 036       |                    |              |
| Childres Issue Centre Research                      | SKIP 019       |                    |              |
| An introduction to SKIP                             | SKIP 030       |                    |              |
| Height Charts                                       | SKIP 035       | For display        |              |
| Badges - English                                    | SKIP 040 - 043 |                    |              |
| Badges - Maori                                      | SKIP 044 - 046 |                    |              |
| Badges - Pacifica                                   | SKIP 047       |                    |              |
| Postcards   | SKIP 050 - 057 |                    |              |
| Business Cards                                      | SKIP 060 - 069 |                    |              |
| A1 Poster - Red Girl                                | SKIP 080       | 3 Max              |              |
| A1 Poster - Orange Boy                              | SKIP 081       | 3 Max              |              |
| A1 Poster - Green Mum                               | SKIP 082       | 3 Max              |              |
| A1 Poster - Blue Dad                                | SKIP 083       | 3 Max              |              |
| A4 Poster   | SKIP 090 - 093 |                    |              |
| SKIP Plastic Bags                                   | SKIP 017       |                    |              |
| Balloons  | SKIP 100 - 104 |                    |              |
| Fridge Magnets                                      | SKIP 120 - 124 |                    |              |

## Delivery details (please note that we need a street address not a PO Box number)

Contact name

Email

Organisation

Tel no.

Street Address

City



**family & community services**  
*ratonga ā-whānau, ā-hapori*

A service of the Ministry of Social Development