

Training update

A network of writers is busy writing SKIP training modules. Topics covered include ages and stages, the principles of effective discipline, conscious parenting and windows of opportunity (WOOPs).

Training for trainers is to begin in May. The aim is to build a network of trainers who can train people who support parents. To nominate yourself or someone else for training for trainers contact Kim for more details.

There will be an opportunity for community groups to attend SKIP training from June onwards.

Resources

The parent pamphlets are flying out the door and have already been reprinted. These can be ordered directly from Wickliffe using the form on the back of this newsletter.

The pamphlets also come in sets of nine with an envelope for either handing to parents or posting.

Other resources available from the SKIP team include

- Pens
- Fridge magnets with parent messages
- Postcards with parent messages
- Balloons
- Height charts

If you would like any of these resources please give us plenty of notice to make sure we meet your deadlines.

You can order these by emailing skipinfo@msd.govt.nz or phoning Andrew on 04 913 6602.

Parenting styles

The way New Zealanders parent has gone through many changes. Once parents were authoritarian, they expected their children to be seen and not heard and punishment was used to make sure parents were obeyed.

In the 50s there was a swing to the other extreme, with some parents choosing to not have any limits or boundaries around their children.

Now research has shown that children need limits and boundaries, as well as love and nurture. This type of parenting is called authoritative or positive parenting. Authoritarian parents don't teach their children to learn from their behaviour. Punishment teaches a child to be frightened of their parents and that they can break rules as long as they don't get caught. Children of authoritarian parents can become difficult during the teenage years when they try to break out of the restrictions placed on them by their parents.

Authoritative or positive parents believe in giving choices and have simple rules with consequences. They spend time discussing these rules and their children understand them. They listen to their children who grow up knowing their opinions are important. Children raised in this way become independent and responsible.

Permissive parents have few rules and consequences and get frustrated when their children don't do as they're told – but they don't follow through. Children who grow up with permissive parents get used to doing what they want and can develop trouble getting on with others.

Most parents will be a mixture of all three styles of parenting. Sometimes if a parent is under stress they may become very strict for a while in order to control things around them, or alternatively they may lack the energy to have any control at all and become permissive.



SKIP Parent Pamphlets

To order **parent pamphlets** please photocopy this form and either fax or email to the contacts below. Or you can order by phone and quote the order number and quantities you require.

Customer Service tel number **0800 226 440**

Fax order number **0800 802 126**

Email address for orders **customer.services@wickliffe.co.nz**

If you would like to order small numbers, or a set of the parent pamphlets, **please e-mail skipinfo@msd.govt.nz** and include your postal address.

Title	Order number	Come in bundles of	Quantity required
Ages & Stages	SKIP 001	50	bundle(s)
Tantrums	SKIP 002	50	bundle(s)
Supermarket Survival	SKIP 003	50	bundle(s)
Temperament	SKIP 004	50	bundle(s)
Keeping Kids Safe	SKIP 005	50	bundle(s)
Jealousy and Fighting	SKIP 006	50	bundle(s)
Managing Behaviour for Under Fives	SKIP 007	50	bundle(s)
Tips on Stress	SKIP 008	50	bundle(s)
Children with Special Needs	SKIP 009	50	bundle(s)
Wall Display	SKIP 010	1	

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

	<input type="text"/>
	<input type="text"/>
Contact name	<input type="text"/>
Organisation	<input type="text"/>
Street address	<input type="text"/>
City	<input type="text"/>

SKIP Newsletter



March 2005

It's time for another round

The Local Initiatives Fund funded 64 projects in its first two rounds. It's now time for another round.

Applications for Round 3 of the Local Initiatives Fund need to be in **5pm by 31 May 2005**. Forms and information for applicants are available from skipinfo@msd.govt.nz or on the website www.familyservices.govt.nz/skip/

Community groups can apply for funding (up to \$75,000) for projects aligned to SKIP's objectives. The fund aims to support community organisations to promote the benefits of positive parenting and provide practical knowledge and skills on safe, effective, non-physical discipline to parents and caregivers of children aged 0-5.

Projects most likely to be funded are those that encourage local leadership and collaboration and propose innovative ways to get positive parenting messages widely spread across communities to parents and caregivers of 0-5 year olds.

If you want to discuss an application or idea about the Local Initiatives Fund contact Barbara Lambourn **04 9163531** or e-mail Barbara.lambourn008@msd.govt.nz

TIPS for making an application

We read and process dozens of applications to the fund. Here are a few tips to help you to submit a first-rate application

- Read the Information for Applicants thoroughly before you begin your application. If you have queries, contact the SKIP team in Wellington.
- Use the application form and write or type clearly.
- Fill in each section of the form and provide all the information requested
- Provide additional information to support your application if you think it will be useful. If it is not relevant to your proposal leave it out.
- Describe the project activities and how they will match SKIP's objectives – be specific.
- Choose a referee who knows about your group/organisation and your SKIP application but is not involved with either.
- Get your application in on time. Late applications are unlikely to be considered.

Contacts

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family & community services
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S . k . I . P
Strategies with Kids | Information for Parents

Projects funded in Round Two

Marama Hou Ministries: Waiuku

Munchkins Month – Events and workshops with other community groups to promote positive parenting, child development and anger management information.

Te Aupouri Maori Trust Board: Far North

Lead community groups to provide:

- Workshops on positive/effective parenting for all parents of 0-5s.
- SKIP at the Park two-day residential event to incorporate positive parenting workshops and family time.

Tairawhiti REAP: Gisborne

Strengthen regional networks to provide education, information and support throughout rural Tairawhiti region – to include workshops and events in conjunction with Marae, Hauora and Kindergarten Association.

Tu Kaha Whanau Trust: Oamaru

Provide monthly workshops on aspects of effective parenting from a kaupapa Maori perspective.

Positively Clutha Women: Balclutha

Collaboration to organise one day parenting event with parenting author and educator Diane Levy in the Clutha District in May 2005, for target group of 350 parents.

Lifecare Centre: Auckland Central

Deliver positive parenting programmes and information through church leadership, congregations and community. Follow up by parenting trainer.

Anger Change Trust: Auckland

Auckland Parenting Programme and Information Service (APPIS): Collaborate/coordinate development and management of database of parenting programmes for parents of young families.

Living Without Violence: Waiheke Island

WPP/SKIP (Waiheke Positive Parenting/SKIP). Programme of around 25 community wide activities at fortnightly intervals to encourage raising children without hitting.

Piki Ora House: Gore

Project AWHI - develop and deliver matua/parenting programme aimed at Maori parents/caregivers.

Raukura Manaaki Trust: Hamilton

Project Paua (Parents are Unique Assets): A multifaceted approach to promote positive parenting messages and SKIP effective discipline messages to as many people as possible in community through various collaboratively planned activities, for example family fun days, workshops, information displays at local Maori organisations, dissemination of SKIP information to community groups and media promotions in the Waikato.

Eastbay REAP: Whakatane

Parenting courses and information in isolated rural areas.

Presbyterian Support Canterbury: Timaru

Future Champs - coordinate creative parenting skills days in rural towns of South Canterbury (Geraldine, Temuka, Fairlie, Waimate and Timaru) to promote positive parenting and minimise/prevent use of inappropriate discipline.

Wairaka Kokiri Trust Community Services: Whakatane

Parenting workshops and wananga, newsletter and form parenting support/education group.

Plunket: Nelson/Marlborough

Lead network and convene discussion groups of new parents to meet to discuss year one parenting issues.

Hibiscus Coast Parent Aid: Whangaparoa

Celebration of Parenting community event, incorporating water safety for pre schoolers, to introduce SKIP to community. Includes Plunket, Parents Centre, Playcentres and Red Beach Surf Club

Southern REAP: Queenstown

Establish parent support groups for parenting and self care/knowledge programme. Deliver Bag of Tricks to three isolated rural communities.

Te Ora Hou: Gisborne

Facilitate development of local positive parenting expo and related initiatives.

Niu Development Inc: Auckland

Parent Support Programme to bring all Niue parent communities together to work on strategies for non-physical discipline.

Central Otago REAP: Alexandra

Joint venture with Plunket to bring parent educator/speaker Diane Levy to Central Otago for three presentations and series of parenting courses for Otago rural district.

Kapiti Parents Centre: Raumati Beach

Choice for members and community parents to attend one day seminar with Diane Levy. Support group post attendance.

Chinese New Settlers Services Trust: Manukau

Little Kiwi Dragon Education Programme - activities, information for Chinese/NZ parents.

Refugee Resettlement Support: Christchurch

Parenting programme for resettling refugee families - ethnic specific.

Parent and Family Counselling Service: Whangarei

Coordinate activities of four agencies to promote/deliver variety of parenting support/education activities, including discussion groups, family camps, theatre/music/film events, talkback radio, family days, programmes for parents.



Beatrice and Merania from Wairaka Kokiri in Whakatane.



Yvonne and Jenny from Hibiscus Coast Parent Aid.

Manaaki Oranga: New Plymouth

No Sweat Parenting Seminar and parenting analysis scoping project for North Taranaki region.

Wellington Community Childcare Association: Wellington

Coordinate intensive parent education through 10-12 early childhood centres in Wellington, distribute SKIP material/messages and provide activities for parent education in context of childcare relationship.

Te Aroha Noa Community Service: Palmerston North

Lead collaboration for action research development of various community wide positive parenting initiatives.

Otorohanga Parent Education Centre: Otorohanga

Parent Expo Week March 2005 to showcase agencies in the area. Follow up day each two months on various topics.

Christchurch Tongan Association: Christchurch

Fono on parenting - Tongan v Western values, presentation of results, radio interviews and material disseminated.

Te Tutahitanga o Hauraki: Thames

Programme of events including wananga, workshops throughout 2005 for kohanga whanau, some emphasising tane involvement.

Running a successful project

Elaine Dyer of Violence Free Waitakare in Henderson is holding a number of events to promote positive parenting using SKIP messages. SKIP asked Elaine to share her thoughts on organising a successful event.

Things that help make a project or event successful, some ideas distilled from organising many events, but particularly the Promoting Great Parenting Providers Forum for Waitakere.

- Have a good core team who you enjoy working alongside... ideally about four to six.
- Make your bookings of venues, caterers, (and after more planning) facilitators, resources and equipment needed.
- Meet and share why you are excited/inspired by this work that you are involved.
- Talk together about what you want to achieve, and try to get everyone's input included.
- Brainstorm your ideas on how you might achieve those aims.
- Develop your session plans in detail and create a programme summary to let people have when they register.
- Ensure that you consider peoples needs in terms of:
 - variety of activities, (pairs sharing/discussions/brainstorms in groups/whole group activities)
 - time to hold the event (mornings are often the clearest thinking times, starting with morning tea, ending with a lunch)
 - the flow of activities, generally moving from person to political.
- Consider how you want to open and close the event and who you might get to do this. Anchoring it in a wider context is a



good idea, especially when so much of what we are doing with SKIP is creating our peaceful future by looking after the children of today.

- Who are the best people to 'front' this facilitation for your event. What other roles are needed, a welcome and registration desk, (to check peoples details and contacts. The real treasure from the event is getting your network consolidated.) discussion leaders, recorders, cleaners afterwards.
- Who can you use from your own group, who is it good to consider getting in from outside, for example facilitator, graphic recorder etc.
- Work out your publicity. Is it putting out the message you intend... visuals, words, target groups.
- Network your invitation through as many of the relevant or related networks that you can access. Ask people to forward on the invitation to others who they may know who would be interested.
- Have a central RSVP site and respond to the emails or calls that come in.
- Try and get interest from local media... what's an angle that may capture their attention? Prepare a press release afterwards too.
- Have a great day!!!
- Record the event... charts, photos, feedback, 'where to next' type of activities.
- Process your achievements and learnings with your core group.. be generous to yourselves about both!
- What gaps have become obvious?
- Feedback the information to your network and your funders.
- Get excited about planning the next steps and events!!!

