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**No time for stress**

Small changes make a big difference for busy Dannevirke family



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**Teaching tools**

Hugs help kids learn



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**Get free help**

Where to find Triple P near you



# Tippaper

Parenting tips and information for every parent

## No.5

> Triple P, Positive Parenting, Have a positive learning environment, Winter 2014

[www.triple-p-parenting.net](http://www.triple-p-parenting.net)



### Free parenting help for NZ families

The world-acclaimed Triple P – Positive Parenting Program is available free to families in four New Zealand regions. Families living in areas serviced by the Waitemata, Counties Manukau, Bay of Plenty and MidCentral district health boards can access Triple P through two main programmes: Triple P Discussion Groups and Primary Care.

The delivery of Triple P is co-ordinated by the Werry Centre, a workforce development organisation. Lead agencies in each region recruit teams of health and welfare professionals who are trained to deliver Triple P to families in their area. The lead agencies are Kaitiaki Nursing Service (Bay of Plenty), ACROSS Social Services (MidCentral), ProCare Psychological Services (Counties Manukau) and Te Whanau o Waipareira Trust (Waitemata).

### When parents are the experts

The Triple P – Positive Parenting Program, developed by New Zealand's Professor Matt Sanders, recognises that parents are best-placed to know what is best for their child. Triple P gives parents the strategies to encourage the kind of behaviour they would like to see from their kids and the confidence to know their children are getting a great start in life.

The program is backed by more than 350 clinical trials, studies, published papers and evaluations that show it works for most families. It's used in 25 countries around the world, including the US, Australia, Sweden, the Netherlands, Germany and New Zealand.

## Say goodnight to the bite



Young Cassidy's grandmother used to call her the smiling crocodile. One minute she would be playing happily. Seconds later she would be biting or hurting her sister or someone else.

Not surprisingly, parents Rachel and Jason Griggs were worried by their darling 3½-year-old's sudden, aggressive outbursts. Especially when this new behaviour showed no signs of stopping and even got worse.

"She'd randomly flip out and bite her younger sister – apparently without reason – causing severe bruising," Rachel says.

"Or she might randomly hurt a stranger. Once, we were sitting happily at a show when she suddenly jumped up and pulled the hair of a woman in front of us.

"We were very concerned and couldn't take her anywhere. We were even more worried when we found there were problems with her behaviour at daycare too.

We knew we needed help."

The Pahiatua couple asked their Plunket Nurse where they could go for expert advice and soon they were working with parent educator Sam Williams, starting to learn the parenting strategies from the Triple P – Positive Parenting Program that would turn their lives around.

A year ago, Rachel and Jason met with Sam for four sessions in a programme called Primary Care Triple P, learning strategies to try step by step at home.

The changes were gradual, says Rachel, and there were disappointments and setbacks along the way as the couple began to change the way they were handling Cassidy's behaviour.

"Sometimes it was very tough and sometimes she'd still get aggressive but we were determined to make the changes work. Sometimes we felt discouraged but we were also seeing some improvements within weeks."

A year later, and their dedication has paid off. Everyone is happier in the Griggs family. Young Cassidy doesn't get angry often these days and hurting others is a thing of the past.

"I'm very, very pleased with what the Triple P strategies did for us and I'm very happy to share our story," says Rachel. ■

*How life changed for the Griggs family, Page 2*



## Contact?

Go to the website  
[triple-p-parenting.net](http://triple-p-parenting.net)

## 2 About parenting

64

The percentage of NZ toddlers who watch between one to three hours of TV a day

Source: [www.growingup.co.nz](http://www.growingup.co.nz)

15

The number of languages that stories by New Zealand children's author Margaret Mahy have been translated into

Source: New Zealand Book Council



8

The percentage of the world's children with some sort of food allergy

Source: [www.sciencekids.co.nz](http://www.sciencekids.co.nz)



# From snappy to happy: The Griggs get on track



Continued from page 1 »



Rachel and Cassidy Griggs

**Rachel and Jason Griggs knew they needed to get their little daughter and their family life back on track fast.**

So any misgivings they might have had initially about seeking parenting advice were outweighed by their absolute determination to try to change the behaviour that was making life with 3½-year-old Cassidy difficult.

Working with Triple P provider Sam Williams in Pahiatua, their first task was to observe and record how frequent the incidents were and exactly when they were occurring. Then they started making changes.

Triple P provider Sam says the couple was "incredibly conscientious" about sticking with what they learned.

"They were loving and persistent and took the time to learn and understand the strategies," Sam says. "They're wonderful role models for any parents wanting to tackle parenting problems."

One of the first plans of action was to give this impulsive little girl something positive to do when she started to feel angry and show her how they would like her to behave.

"She was learning to be gentle with her body, to keep her hands to herself, to stay calm and we were learning new positive house rules," Rachel says.

Once, mum and dad might have raised their voices to tell their three kids off. The new positive approach was to tell them what they'd like their girls to do, such as to walk quietly and speak in a nice voice.

"We had a family meeting and explained the new rules to the girls and then we did a role play of what would happen if someone didn't follow the rules," Rachel says.

"This seemed quite a strange thing for us to do, but it did work and the girls actually enjoyed acting out the consequences."

The couple had strong support from Sam on a journey they said was often very challenging, as well as rewarding.

Sam says they were diligent about getting a thorough understanding of positive parenting strategies and sticking with the strategies.

Cassidy can still be an impulsive little girl, says mum, and from time to time needs to be reminded to keep her hands to herself.

"But she's happier and much calmer and has made a very good start at kindy where she's meeting lots of other children and not behaving aggressively," Rachel says. "We are way less stressed and finding her so much easier to handle." ■

**To find help like Rachel did, locate a Triple P provider near you. Page 8**

## Triple P choices explained

Triple P is one of the few parenting programmes in the world with the evidence to show that it works for most parents. And the good news is help is available for every problem, large or small.

In New Zealand, families can access Triple P for free through Triple P Discussion Groups and Primary Care Triple P. So, what can you expect at these Triple P sessions?

### Discussion Groups

Triple P Discussion Groups are small group sessions offering practical advice to tackle one specific problem behaviour, such as supermarket meltdowns, bedtime dramas, disobedience, or fighting and aggression.

In a relaxed, two-hour group session, your provider will give you tips and suggestions to deal with your child's specific problem behaviour. A take-home workbook will give you simple exercises and information to help you try these new strategies at home.

### Primary Care Triple P

When family life is more difficult than it should be, Primary Care Triple P may help. In four private sessions lasting 15 minutes to half an hour, you and your provider will talk over the problem you're having.

You'll discuss what might be causing your child's behaviour and work through strategies of how to deal with it. A take-home tip sheet will remind you of the things you have discussed.





# Simple steps to reduce the stress



When Krystal Dorizac saw a flyer for Triple P Discussion Groups on the noticeboard at daughter Chyra's daycare in Norsewood, she didn't hesitate to sign up.

It wasn't because she had a particular problem with her four-year-old daughter's behaviour.

The big problem was time. Krystal and partner Andre Roygard both work long hours and put in big commutes from their home in Dannevirke. So life could get stressful, particularly around bedtime.

"I have so little time with Chyra, I wanted to be sure I was parenting well and not constantly on her case and saying 'no' in the time we have together," Krystal says.

"I thought we were doing well although sometimes I'd become frustrated with Chyra when I was under pressure."

## Learning opportunity

Krystal says she didn't hesitate to sign up for Triple P Discussion Group sessions because of the learning opportunity they presented.

The strategies were easy to put into practice at home. And it didn't take long before she noticed things changing for the better.

One of the main problems had been the loss of Chyra's usual bedtime routine after an illness, a common setback that many parents can relate to.

This was quickly sorted by establishing



Krystal, Chyra and Andre Roygard at their home in Dannevirke

routines and boundaries and sticking to them. Krystal also learnt the importance of families speaking nicely to each other.

"I'd have to admit I used to raise my voice a bit," she says. "Now we are really watching ourselves on how we are talking to each other and it's something we are really working on.

"Chyra keeps us on track with this."

## Effective praise

Learning how effective praising a child can be to encourage good behaviour was another really positive breakthrough.

"Triple P just made so much sense to me," Krystal says.

"It's all about positive parenting – to us that's a real focus on parenting with love.

It's about investing in parenting for your family and your child. It's about taking responsibility for your own behaviour and how you parent.

"It's worked very well for us. Chyra is a much happier child. I've learned to be calmer and less stressed. It's full on for our family with all we have to juggle but we're doing really well." ■

# A perfect fit for teachers and parents



Emma Henderson and Sarah Goacher love supporting parents in the everyday challenges of raising children.

So when these two experienced kindy teachers were given the opportunity to become Triple P providers they jumped at the chance.

Between them, Emma, who is head teacher at Milson Kindergarten and Sarah, a teacher at Linton Kindergarten, have brought the Triple P – Positive Parenting Program to many families in the Manawatu region, with very positive results.

They say parents are happier and much less stressed, their kids are happier, and more and more parents are coming along to Triple P Discussion Groups where they're picking up great tips and strategies for managing behaviour.

At first, Emma and Sarah were both seeing parents individually. But the two-hour discussion groups have been so well received



Sarah Goacher and Emma Henderson

by parents, they would like to be able to hold them more often – and for more parents.

Aware that parents often confide in a kindy teacher about their concerns, Emma and Sarah were not surprised mothers and fathers welcomed the extra support that they could provide them.

"Often they will open up about what they're struggling with at home even though we may not be seeing that behaviour from their child at kindergarten," Emma says.

At kindy, both teachers have noticed parents gain confidence as they start to try the Triple P strategies at home. And the

children's behaviour and self-esteem have changed as well, with life-long personal development skills forming.

Sarah says it's great to see parents realise that the strategies they are given are simple but effective and easy to use.

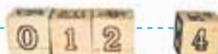
"At the groups I really like the use of the DVDs of family scenarios and interactive activities which lead to all sorts of discussion among parents," she says.

"You see them relating it all to their own families and that 'lightbulb' breakthrough moment when they realise that they too fall into 'parent traps' and that they can make a difference to their child's behaviour.

"These groups are great for parents to share ideas with other parents, who feel just like they do."

Emma and Sarah work with the Ruahine Kindergarten Association and have also run groups at other district kindergartens.

"To see the changes from tears of frustration to happiness for parents and see them really start to shine, is very rewarding for us too," says Emma. ■



## 4 Have a positive learning environment

# Look, listen and hug your kids

Kids who know that their parents like to spend time with them grow up into confident, healthy individuals ready to go out into the world and learn new things.

Something as simple as spending time with your children is actually a great way of creating the perfect learning environment.

But this doesn't mean you have to squeeze appointments with your kids into an already crowded schedule or take the whole day out to do something lavish.

It's the simple, everyday things that can be just as important as the big occasions.

Spending quality time with your children includes just noticing what they are doing, taking two minutes out of the day to have a chat, or listening carefully when they ask a question.

Most kids love to be noticed but there are

many ways to give attention. A smile, a wink, a pat on the back or a high five are all forms of attention they'll appreciate.

Playtime is a great opportunity to give your child some brief, but important, attention.

As your child is playing, watch what they are doing for a while.

Encourage them by talking to them or asking questions. But be careful not to take over or tell them how to play and gently prompt them to find their own solutions to any problems they encounter.

When you have a chat with your child, ask them about their day but make sure you also share your own news. This is a great way

for kids to learn that having a conversation is also about listening as well as talking. They will be learning important social skills which will help them make new friends (and keep them).

Also, make sure your kids know how much they are loved and cared for with regular hugs and kisses. It's important, however, to tune into the level of physical attention your child is comfortable with and try to match it. And don't forget to tell them that you love them. Kids who feel loved are more likely to become confident little learners.

— Professor Matt Sanders



## Ten minutes with... Ashlee Tata



Ashlee Tata is a Triple P provider for Te Whanau O Waipareira in West Auckland. She has been delivering Triple P Discussion Groups to local families for the past six months.

### We know children learn by example. What kind of good examples do parents like to set?

Parents soon realise just how much their kids pick up from them. They know that being good role models is very important. For example, when the adults are speaking nicely the kids soon work out that that is how they too should talk to their siblings and friends. Some parents can make the mistake of thinking kids know things when in fact they might need to be shown how to do things, particularly new things. A toddler, for example might need to be shown how to be gentle with a new baby.

### Is it common for parents to worry about whether they're spending enough time with their children?

I would say it's common but it's really not anything to worry about if children are getting the love and commitment that they need.

### What sort of changes do parents say they see when they show their child more affection?

Parents give a lot of good feedback on this. They're always very pleased at the much more positive behaviour they see from their children once the kids start to get more positive attention and affection from them.

### Some people like to reward kids for good behaviour. What are some of the interesting examples from parents that you've seen?

A lucky dip reward system is one example. Wrapping up different things, putting in



a box and letting the child pull something out. Another is baking with mum or dad and letting the child choose what to bake or choose the icing. Another idea is to paint nails with the child doing mum's nails and/or vice versa.

### What happens if a parent always does everything for their child because it is quicker or easier?

It's easy for parents to fall into the trap of just doing everything. But if a child doesn't learn to do things for themselves because they've never been expected to and everything has been done for them they are going to struggle to learn new things. It's important to get kids started on doing things for themselves. ■

## PARENTS SAY

On the streets of Auckland we asked parents: What do you like to talk to your kids about?

Corrin Phillip, West Auckland  
Mother of two – Keisha–Tarewa, 11 and Christian, 8

"I love to talk to my children about all sorts of things. I talk to them about how they are, how their day went at school or wherever they've been. How they feel, maybe what they've learnt that day. I like to talk to them about what they've enjoyed and what they've been doing. It's how I keep close to them and how things are for them."

Lex Wong, Manukau City  
Father of one – James, 8

"I like to just chat to him about the things he's interested in and find out what he's been up to each day. Because I am a single father I sometimes feel I have to spend too much time talking about the everyday stuff like homework and lunch boxes and all the things we have to stay on top of. But I know how important it is to stay connected to him. Mostly I love our quiet talks in the evening about what he thinks and feels and maybe talking about the fun things we might do."

Venus Tamapeau, Hobsonville  
Mother of four – Terence, 14, Konrad, 12, Javena, 9 and Tyga, 4

"I like to talk to them about family and about values and to talk about everyday things like what's on the news and what's happening in the world. I like to get them talking about what they think about life all around them and I find this is the way to find out what's going on with them."

Virginia Pullan, West Auckland  
Mother of one – Zyrach, 2

"I like to talk to her about what we are doing and what we are going to do. She does like to talk about food too. It's great to see her getting more and more words."

Ann-Marie Peck, West Auckland  
Mother of three – Ezekiel–Matthew, 6, Phaye–Skye, 5, and Aurora– Maree 3

"We are a Maori family so I like to talk in our family about our Maori heritage and our culture. And the kids like to talk about those things too. Like why we go home to the marae. But we also talk a lot about values, things like having respect and how to be respectful. Although we talk of course about lot of other things too. I love talking to them."

Karen Evans – Manukau City  
Mother of three – twins Taylor and Jess, 9 and Jack, 6

"The big thing for me is to talk about who they play with and what they are doing at school and if they are happy. For me those conversations flag a lot of things about how they are really getting on and how I can help guide them."





## Nurture children with love and watch them grow

Children are born to learn and it's at home where the lessons first start. That might be hard to remember when you're late home from work, trying to get dinner on the table and the kids are fighting for your attention. But little eyes are always watching – and learning. How we speak to our kids and deal with the stress of everyday life are among the first lessons we give to our children.

With this in mind, one of Triple P's five steps to positive parenting is to create a positive learning environment. The idea is to make sure your child has the best chance to learn and grow, and be happy and successful in life.

Creating a positive learning environment starts simply with the everyday things, like paying attention when your child comes up to you with a question, giving out hugs and kisses and noticing what they are doing.

It's not always easy to remember to do these little things, especially when you are busy. But this kind of attention not only shows your child that you love them, it also teaches them how to get on with others.

Kids who know they are loved and cared for will become confident little people capable of making friends and doing their best at school.

As they grow, encourage your kids to take pride in the things they can achieve. This can help them cope when things don't always go their way. Kids who have learnt to take pride in what they have achieved are better able to deal with their emotions without having to rely on temper tantrums.

As we speak to our children at home, it's important to remember that parents are always setting an example.

Even when you are stressed, try to speak to your children in a pleasant voice. This shows your child you respect them and teaches them how to speak politely to others.

**“Try not to answer their questions directly as this doesn't encourage kids to learn for themselves”**

On the other hand, yelling when you want them to do something only teaches them that it's best to shout to get what you want.

Children like to know that you want to spend time with them so try to make yourself available when they come to you asking for help.

To encourage your child to learn when they come to you with a question, try not to answer their questions directly as this doesn't help kids to learn for themselves.

Instead, talk to them about the problem and encourage them to try to find the answer for themselves. You can do this by gently asking them questions.

Try not to take it too far and turn these occasions into a mini-test. If your child doesn't know how to respond to your gentle questions, tell them the answer and try again next time they ask a question.

With everyday strategies such as these, soon you'll be noticing a few changes around the house. Not only will your children have the confidence to learn and develop new skills, there will be a lot less stress and conflict around the home. And that's going to be good for everybody.

– Professor Matt Sanders



### A problem solved

**Problem solving is a hugely important life skill and a vital key for your child's academic and social development. What are the best ways to encourage your child to have a go at solving their own problems?**

1. The best way to introduce your child to problem solving is to let them observe. A family meeting to discuss a problem is a good place to start.
2. Let your child see you dealing with problems and explain how you came up with a solution.
3. Encourage your child to participate in finding a solution by saying encouraging things like: "That's a good idea."
4. It's important not to jump in and solve all their problems for them. Instead, encourage your child to work things out for themselves.
5. Prompt your child to express their own opinion when they come to you with a problem.
6. Encourage them to think of all the options by asking, "Is there anything else?" when they come up with a solution.

– Professor Matt Sanders



Getty Images

**Contact?**  
Go to the website  
[triplep-parenting.net](http://triplep-parenting.net)



## Get ready for the sound of music (and drama and painting)

Want to encourage your child's artistic pursuits? Here are some tips to make it easier for everyone.

### Music and performing arts

- Be prepared for noise. A piano in the family room is better than sending your child off to another room to practise.
- Help your child move furniture around if they need space to rehearse a dance or play.
- Be the audience. Don't force your child to perform if they don't want to, but involve other family members who can show an interest in your child's progress.
- As often as possible, go to formal performances that your child is in.
- Remember to say something positive about your child's performance and leave any criticism for their teacher.

### Visual arts

- Keep small items for collages and art projects handy.
- Store art supplies where your child can easily get them to set up their own activities.
- Be prepared for spills and mess – use old aprons or shirts and an area that can be cleaned up easily.



### And remember

- Your child will be encouraged if you are interested and involved in what they're doing.
- It's a good idea to let them try out a few different things. They may start out thinking they're very interested in doing one thing. But as time goes on they may feel it's too difficult or something they don't enjoy.
- Try not to let your child withdraw from lessons before the end of a term though, unless the activity is clearly upsetting them. Children need to learn that confidence comes with practice over time. ■

– Professor Matt Sanders

# Learning begins with creativity

Playing with play dough, finger painting and craft activities might seem like a great way to create one big mess. But letting little ones express themselves as soon as they are able is actually a great way to encourage lifelong learning.

The creative arts play a big part in children's development, says Dr Louise Keown, developmental psychologist at the University of Auckland's Faculty of Education.

She urges parents to encourage the development of their child's inner artist right from the start.

"Creativity is a very important stimulus for cognitive development," Dr Keown says.

"It's also very important for academic confidence and for dealing with life in general. It should be very much a part of a child's education.

"Playing with dough, for example, is a form of expression for a pre-schooler. But it's also about learning concepts of space – there's a bit of early science going on too."

Dr Keown says creative activity, such as painting or making things from simple materials, also encourages problem-solving and goal-setting in children of all ages as they go through the process of developing a concept and seeing it through to completion.

It's also great as a way for children to develop their own sense of self-esteem. "Kids feel good when they make something and that in itself makes it likely they'll keep exploring and making."

Parents can help children develop their creative sides by giving them the tools for painting or making things. But Dr Keown says it's also important that parents try not to intervene too much in the creative process by telling kids what to do.

"That can knock their confidence and put them right off trying," she says.

Auckland Art Gallery arts educator Megan Nicoll says parents wanting to encourage their children's creativity don't need to spend large amounts of money.

Like many New Zealand galleries, Auckland Art Gallery runs a vibrant

schedule of free creative activities for children of all ages.

These include school holiday programmes, weekend workshops and workshops for whole families, where parents work together with their kids.

"It's very accessible for families and it's free with all materials supplied," Megan says.

"Everyone gets a chance to engage with art and the chance to make something. It opens kids up to new ideas as they go through processes of wondering and exploring, expressing themselves.

"It can also be a real inspiration for carrying on with creativity together at home. We use very basic, simple

materials that anyone can get at home like cardboard, paper and paint."

"Parents who aren't confident about being creative with their kids take away ideas on how to give it a go."

The big revival of kapa haka is also allowing plenty of Kiwi kids the opportunity to express themselves while embracing Maori culture.

Manu Kawana, cultural adviser at Te Manawa Museum of Art, Science and History in Palmerston North, says thousands of kids around the country are joining dynamic groups at school or at marae and becoming part of the modern spin on traditional Maori song and dance. ■



## How to reveal your child's inner artist

A visit to one of these fantastic creative outlets in the North Island might be just the spark you and the kids need to explore your family's creative side.

### Auckland:

- **Auckland Art Gallery**, Kitchener Street central city. Phone 09 379 1349
- **Auckland Museum**, Auckland Domain. Phone 09 309 0413
- **Art Station**, Ponsonby. Phone 09 376 3221
- **Lake House Arts**, Takapuna. Phone 09 486 4877
- **Corban Estate Arts Centre**, Henderson. Phone 09 838 4455
- **Art Academy**, West Harbour. Phone 09 416 7985

- **Nathan Homestead**, Manurewa. Phone 09 267 0180
- **Te Tuhi Centre for the Arts**, Pakuranga. Phone 09 577 0138
- **Young@Art Childrens Art and Craft Classes**, Pukekohe. Phone 09 238 1939

### Bay of Plenty:

- **Tauranga Art Gallery Kids Art Studio**, Phone 07 578 7933
- **The Artery**, Tauranga. Phone 07 543 2287

- **Young At Art Downunder**, Tauranga. Phone 07 578 4648
- **Creative Ideas**, Whakatane. Phone 07 307 2257

### Manawatu:

- **Te Manawa Museum of Art**, Science and History, The Square, Palmerston North. Phone 06 355 5000
- **Fielding and District Art Society**, Phone 06 323 2323 ■





Children take part in the Garden to Table project

## Hungry for fresh ideas?

Trying to get the family to adopt healthy eating habits but don't know where to start? Try these top tips from 5 + A day to get the family on the right track:

- Let your kids see you eating lots of fruit and vegetables yourself
- Keep a bowl of fresh fruit on the counter. Refrigerate small bags of chopped fruit and veggies for an easy snack
- Involve kids in choosing fruit and vegetables and get them to decide how they will be included in your meals, for example cooked or raw
- Serve fruit and/or vegetables in some form at every meal
- Offer new fruits and vegetables in combinations with old favourites
- Raise interest and awareness by growing fruit or vegetables of your own.

# Make the healthy choice

These days it's almost impossible to miss the message that healthy eating is extremely important for children's wellbeing.

We're told that if we don't get our kids off to the best start in life with healthy eating habits, we could be setting them up for a lifetime of struggle with obesity and obesity-related health issues.

But just about every mum or dad will also tell you how difficult it can be to get the whole family on board when it comes to making healthy eating choices.

The 5 + A Day organisation advocates that each member of the family eat five or more serves of fresh fruit and vegetables every day.

And while that might sound daunting to a parent of a young veggie hater, 5 + A Day nutritionist Bronwen Anderson says every child can be taught to eat well.

Bronwen says if parents want their children to eat well, they first need to lead by example and make their own healthy eating choices.

The next step is to make sure there's plenty of healthy food available at home. Leaving healthy eating choices to chance sets you and the family up for failure.

"If you have a cupboard full of chips and biscuits that's what your kids will grow up eating," Bronwyn says.

Bronwyn says very young children naturally prefer sweeter food but kids can be taught to appreciate different flavours and tastes.

If your child at first doesn't like something you are offering them, don't give up. Try again another time but this time take a different approach.

"It can take up to 10 attempts to successfully introduce new food," Bronwyn says.

"Try serving something a different way – mashed, grated or diced for example. Some children like their food soft or smooth and some like it chunky or crisp. But never be too

quick to say your child doesn't like various foods and decide to stop serving them.

Most young children prefer their fruit and raw vegetables cut into small pieces. Another tack is to get kids involved in preparing their food, and that includes the growing part.

Catherine Bell, founder of the Garden to Table programme in New Zealand, says getting families growing and preparing veggies increases a family's intake of fresh produce.

The Garden to Table project brings families together to work in gardens established in local New Zealand schools. The children prepare dishes at school sourced from their gardens.

"We're seeing kids who hated eating green stuff getting to like eating the vegetables they've grown," Catherine says. ■

## Eat well by working the web

If you want help to get your family's eating habits on the right path, there's a heap of information and inspiration at these New Zealand websites:

- [www.heartfoundation.org.nz](http://www.heartfoundation.org.nz)
- [www.feedingourfamilies.org.nz](http://www.feedingourfamilies.org.nz)
- [www.gardentotable.org.nz](http://www.gardentotable.org.nz)
- [www.5aday.co.nz](http://www.5aday.co.nz)
- [www.foodswitch.co.nz](http://www.foodswitch.co.nz)



# No more mealtime madness

Fidgety kids, fights over food or squabbles with siblings are some of the reasons why parents often dread family mealtimes.

Some of the best ways to avoid stressful mealtimes begin away from the dinner table.

For a start, try to establish a set time and routine for meals and don't let your child

snack or have a big drink of something like milk within an hour of a scheduled meal.

Once at the table, have realistic expectations. When little ones first eat at a table, expect spills and messes. Try to stay calm and look for opportunities to praise your child.

Some mealtime problems are directly related to the way a parent and child interact at a dinner table. Children may refuse to eat because it gets them attention. You may find yourself always

bargaining with your child about how much they eat.

Instead, set appropriate consequences for such behaviour, stick to those consequences and praise your child when they eat an acceptable portion of what's on their plate.

– Professor Matt Sanders





## Triple P helps 2000 families

Up to 2000 families from four regions in the North Island are now finding life a lot easier thanks to the Triple P – Positive Parenting Program.

Parents are discovering tremendous differences in their kids' behaviour and they're feeling less stressed – all because they've learnt to do a few things a little differently, says Lisa Maughan, project co-ordinator at the Werry Centre, the workforce development organisation in charge of co-ordinating Triple P in New Zealand.

"Once they start using the strategies they're learning, parents are telling us that changes in behaviour are happening faster than they expected and that it's been much easier than they'd thought it would be," Lisa says.

Triple P has been made available free to New Zealand families by the Ministry of Health in the Bay of Plenty, MidCentral, Waitemata and Counties Manukau regions.

Parents of children aged from three to seven are the Ministry's main focus but

parents of children aged up to 12 can also access the programme.

Developed by New Zealand psychologist Professor Matt Sanders, Triple P is designed to give parents just the right amount of support they need for their particular circumstances. It's based on the principle that we can all do with a little help at some time in our parenting lives.

Parents are taught Triple P strategies by trained providers who are already working with New Zealand families.

Around 340 providers have now been trained to deliver Triple P to parents and more will be trained soon.

Parents work one-to-one with these providers to learn how to manage behaviour issues with their kids or they join with others in popular small discussion groups to deal with common issues such as disobedience, aggression and more.

As the parenting help initiative has been rolled out to parents in the four regions over the past two years, Lisa says parent feedback has been very enthusiastic and has encouraged other mums and dads to seek support.

"Not only are family relationships improved, the parents are happier, the children are more co-operative, parents are less worried about behaviour at school and they're spending more time on family activities," Lisa says.

"They might have been a bit dubious about asking for help but now many are glad they did ask and they're proud of themselves – and their tamariki."



### Your Tippiaper

**Photography:** Graeme Brown, Garden To Table, Getty Images

The content of this paper should not be construed as legal or clinical advice.

Tippiaper content

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## CONTACT

Find your local Triple P practitioner in Counties Manukau and Waitemata, Bay of Plenty and MidCentral region.

### MidCentral

#### Palmerston North

**ACROSS**  
Nikki Walden  
T: 06 356 7486  
E: nwalden@across.org.nz

#### Abuse Rape Crisis Support

Ruth Steven  
T: 06 356 5868  
E: rsarcs@gmail.com

#### All Saints Church

Alison Waldrom  
T: 027 8135221  
E: acleverword@hotmail.com

#### Barnardos

Jane Seymour  
T: 06 3681668  
E: Jane.seymour@barnardos.org.nz

#### Pauline Watson

T: 06 3681668  
E: Pauline.watson@barnardos.org.nz

#### Methodist Social Services

Andrea Horne  
T: 06 350 0307  
E: nikki@methodistsocialservices.org.nz

#### Linda Martin

T: 06 350 0307  
E: jaimee@methodistsocialservices.org.nz

#### Open Home Foundation

Belinda Prinsloo  
T: 06 358 4024  
E: Belinda.prinsloo@ohf.org.nz

#### Robyn Booker

T: 06 358 4024  
E: Robyn.booker@ohf.org.nz

#### Parentline

Jo Te Paitho  
T: 06 355 1655

#### Karen Gillam

T: 06 355 1655  
E: couns1@parentlinemanawatu.org

#### Vicki Holmes

T: 06 355 1655  
E: groups@parentlinemanawatu.org

### Refugee Services

Antoinette Umugwaneza  
T: 06 355 1415  
E: Antoinette.umugwaneza@refugeeservices.org.nz

#### Indra Dulal

T: 06 355 1415  
E: Indra.dulal@refugeeservices.org.nz

### Relationship Aotearoa

Vaulette Hooper  
T: 06 357 6483

### Ruahine Kindergarten Association

Emma Henderson  
T: 06 354 7992  
E: Emma.henderson@ruahinekindergartens.org.nz

#### Sarah Goacher

T: 06 325 8761  
E: Sarah.goacher@ruahinekindergartens.org.nz

### Salvation Army

Deborah Radley  
T: 06 358 7455  
E: debbs@salvationarmypn.org

### Te Aroha Noa

Rebecca Conway  
T: 06 358 2255  
E: teenparents@tearohanao.org.nz

#### Shirley Jourdain

T: 06 358 2255  
E: Counsel5@tearohanao.org.nz

### Te Upoko Peer Support

Addiction Service  
Leilani and Carole Maraku  
T: 06 538 5444

### Horowhenua

**Family Matters Foundation**  
David Atkinson  
T: 021 939681  
E: familymatters@clear.net.nz

### Horowhenua Family Support Services

Carol McEwing-Anderson  
T: 06 367 5056 or 021 2370443  
E: hfss@xtra.co.nz

### Levin Life Chruh

Fiona Anderson  
T: 021 2869135  
E: Feanderson70@gmail.com

### Prime Life

Lynda Robb  
T: 06 367 0901  
E: robbal@xtra.co.nz

### Super Grans

Rose Cotter  
T: 06 367 0680  
E: horowhenua@supergrans.net.nz

### Te Runanga O Raukawa

Gwenda Hetariki  
T: 027 3327151  
E: gwendah@rauikawa.iwi.nz

#### Rosanne Kuiti

T: 027 6213322  
E: rosannek@rauikawa.iwi.nz

### Dannevirke & Tararua

**Pahiatua Community Services Trust**  
Lyn McNair  
T: 06 376 7608  
E: Lyn.pcst@inspire.net.nz

### Tararua REAP

Beck Latchford  
T: 06 374 6565  
E: becks@tararua.reap.co.nz

#### Alice Jonathan

T: 06 374 6565

### Bay of Plenty

#### Tauranga

**Kaitiaki Nursing Services**  
Ardell Unsworth  
T: 07 571 0144 ext 720 or 027 3112140

#### Angela Saunders

T: 027 3099851

### CAMHS

T: 07 579 8380

### Families Achieving Balance

Donald Welsh  
T: 07 543 3194

### Footsteps Counselling Services

Teresa Sage  
T: 07 548 2103 or 021 1661148

### Relationships Aotearoa

T: 07 576 8392

#### Sharon Coxon

T: 027 458 8124

### Te Runanga O Ngai Te Rangī Iwi Trust

Kataraina Paraire  
T: 07 575 3765 ext 207  
or 021 02584239

### The Omokoroa Centre Trust

Vanessa Coultas  
T: 07 548 2414

### Te Puke Community Care Trust

T: 07 573 5614

### Whakatane

**Supporting Families**  
T: 07 308 9430

### Relationships Aotearoa

T: 07 307 2655

### Vanessa Coultas

T: 07 548 2414

### Voyagers

T: 07 308 8803

### Opotiki

**Whakatohea Iwi Health & Social Services**  
T: 07 315 6042

### Helensville

#### Te Ha Oranga

T: 09 4208523  
E: robyn.griffith@tehaoranga.co.nz  
donna.tapurau@tehaoranga.co.nz

### Women and Family Centre

T: 09 420 7992 or 0275160457  
E: cummingsjeanette@yahoo.com

### Waitemata

#### Te Whanau o Waipareira Trust

T: 0800 924 924  
E: referrals@waiwhanau.com

### Dayspring Trust

Linda  
T: 09 827 6321 or 09 834 4893  
E: lindadayspring@xtra.co.nz

### Vision West Counselling Centre

T: 09 818 0760  
E: counselling@visionwest.org.nz

### Counties Manukau

#### Counties Manukau District Health Board

Contact Jasmine Murphy (jasmine@procare.co.nz) or Linda Cooper (09 3757761) at ProCare Psychological Services, to be put in contact with a practitioner from one of the following organisations:

- Asian Family Services
- Barnardos
- Blossoms Educare Limited
- Catholic Social Services
- Chinese New Settlers Services Trust (CNSST)
- Counties Manukau Kindergarten Association
- East Tamaki Healthcare
- Family Works Northern
- Franklin Family Support Services
- Huakina Development Trust (Franklin)
- IOSIS Family Solutions
- Karaka Learning Centre
- Kids Count ECE (Papakura)
- Kindercare Learning Centre
- Mangere East Family Service Centre
- Papakura Marae
- Papakura Support and Counselling
- Plunket
- ProCare Health Limited
- ProCare Psychological Services
- Refugees as Survivors
- Sandy McPhee Next Steps Training
- Strive Community Trust
- Takanini and Papakura Family Service Centres
- Taonga Education Trust Centre (Clendon)
- Te Hononga O Tamaki me Hutuora (Otahuhu)
- Tongan Health Society
- Turuki Health Care (Mangere)
- Waiuku Family Support Network
- Weymouth Early Discoveries Centre

Shirley Emmett,  
Family Solutions and Mediation  
027 4232349

