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Tippaper

Parenting tips and information for every parent

No.3

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www.triplep-staypositive.net



Parenting help now reaching more New Zealanders

The Triple P – Positive Parenting Program is now available to parents in four North Island regions, thanks to a government initiative that aims to boost parenting skills and raise awareness of parenting support.

The latest region to offer Triple P is Waitemata, where the Waitemata District Health Board is training practitioners from community agencies to deliver the programme to parents. Last year, Triple P was introduced to families in the Counties Manukau District Health Board area, while Triple P has been in Bay of Plenty and MidCentral District Health Board zones for the past year.

The project 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 their local families. The lead agencies are: Kaitiaki Nursing Service (Bay of Plenty), ACROSS Social Services (MidCentral), ProCare Psychological Services (Manukau), and Te Whanau o Waipareira Trust (Waitemata).

Tried and tested

Most people want to be reassured the parenting programme they do will give them more than homespun advice handed down from someone's friend's grandmother.

The Triple P – Positive Parenting Program is reliable because it's the most extensively researched parenting programme in the world, and has been shown to work with most families, in many different settings and cultures. In fact, Triple P is now used in more than 20 countries around the world.



Blended family gets over behaviour bumps

Tauranga's Yvette McLeod and Mark Francis head a blended family with new twin boys and Yvette's two sons Jacob, 8, and Josh, 7, from a previous relationship. The "McFrans", as they sometimes refer to themselves, are a happy bunch though a tad tired right now with the new babes, Dylan and Samuel.

But before Yvette fell pregnant with the twins, things weren't so rosy. She was struggling with the stress that had come with raising kids in a blended family.

The trouble was, the harder Yvette tried to deal with almost constant disobedience from Jacob, the worse things got. Soon she was finding Josh hard to handle. And Mark was struggling with the challenging behaviour of the boys too.

"Things just escalated all the time," says Yvette.

"The firmer I got, the worse Jacob behaved. You'd ask and ask and ask him to do something and he was just totally disobedient. I had no idea what to do, but

I was afraid I had totally lost control. It was such an unhappy scene as, day after day, things would turn to custard with whatever we were trying to do together. And then bedtimes were a disaster zone too."

Fortunately, the Bay of Plenty was part of a New Zealand Government initiative to train health and welfare professionals in the Triple P – Positive Parenting Program, a world-acclaimed programme that was the brainchild of New Zealand-born psychologist Professor Matt Sanders. So when Yvette visited her local GP, Triple P was offered.

"I burst into tears at the doctors one day and luckily they knew that Triple P parenting

support was available to families here in the Bay of Plenty," she says.

"We were really excited about getting some help and the (Triple P) practitioner, Ardell, was just fantastic. Over the four times we saw her we learned so many useful strategies and from there we have been able to sort things out and to make things so much better at home. I had a tough pregnancy so thank heavens we found help before the babies came into our lives." ■

Go to page 3 to read how Yvette and Mark used Triple P to settle their family.

Contact?

Go to the website
triplep-staypositive.net



Mum couldn't take kids anywhere

Talk about having your hands full and a huge load! The mix of long working days and three small children was stretching a young Mangere couple – almost to their limits. A ton of love and energy just wasn't enough to keep things safe and happy at home. It was getting to crisis point.

Jozina O'Connor and Larkin Sao-mafiti have three gorgeous kids – Liam, 5, and two-and-a-half-year-old twins, Kingston and Paige. Both parents work fulltime, so they're up before sunrise to get the kids to daycare and themselves to work. But no matter how hard they tried, they couldn't handle the kids.

"I'd had no trouble with Liam but once the twins arrived his behaviour started going down hill and then they started playing up too, once they were toddlers," says Jozina.

"They were jumping all over the furniture; running away. I couldn't get them dressed. They were so disobedient I really couldn't get them to do anything."

Taking the kids out of the house was virtually impossible.

"I couldn't take them anywhere – it was just too dangerous. I couldn't go out with



Jozina O'Connor and two of her children, twins Kingston and Paige

them anywhere without Larkin," says Jozina.

"In the end I was just driving around in the car with them strapped into their car seats. There was no way I could stop and get out with the three of them. Sometimes we could visit family but that was it.

"The kids were driving me insane and I was getting pretty down."

Luckily, Jozina works at Turuki Health Care in Mangere, and when Triple P Discussion Groups started there, she signed up for a Dealing With Disobedience group, hoping

for positive strategies and tips to help her cope.

"It saved my life!" she says now. "It just turned everything around for our family. I was only there for two hours but that was enough to learn some really important things. The group was run well and it was all very easy to understand and see how it could work. It was really great to share our stories. I realised I wasn't the only one not coping very well."

Since then, there's been a huge turnaround at home, and family life is starting to look a lot happier. Larkin is now fully supportive of the positive parenting approach, and with the help of the workbook Jozina brought home, he too understands the way Jozina manages the kids' behaviour. Even Jozina's grandmother, who they live with, is using the new Triple P ideas.

"It's been things like changing how we communicate with the kids, being very clear and simple about what we want them to do," says Jozina. "Now they listen to what we tell them and when we go out together they know they have to hold hands and stay where we tell them. We've calmed down a lot and so have they."

She says she never would have thought a solution could be so simple.

"We know we've got a lot on our plates but I can't say enough about how great Triple P has been for us." ■



Time is right for parents and whanau to try Triple P, says nurse

Triple P parenting support has come at the right time for Waitemata families, says Sarah Tailby, one of the lead practitioners in the region. And although the local team of Triple P practitioners has only recently trained, they're enthusiastic about taking this free parenting support programme into the community.

Sarah, who is based at Waipareira Trust in Henderson, supports the practitioners who are offering Triple P to families.

"Triple P is so very relevant to parents," says Sarah. "We all need support with everyday stuff and, these days, people are more aware of ways of parenting and they're more open to talking about raising tamariki. So the timing is right to introduce this; there's definitely a need in this community for parenting support that's free and available to all. It's exciting to be part of bringing this to families."

Sarah is well known to families across the district. She's a Whanau Ora/Well Child nurse and over the past decade she's been a familiar home visitor to local mothers. She took a break when her own two little boys were born but, as a nurse who's spent many hours with young families, she's seen – more times than she

can remember – how a bit of parenting support can make a big difference.

"People do find it a bit scary to ask for help but, these days, it's becoming a lot more common to talk about parenting," she says. "And the whole approach with this is that it's about everyone, it's for everyone."

Sarah likes Triple P because it can be tailored to the needs of a particular family.

"They decide what they're struggling with and then a practitioner can work with them over a number of sessions, to help them find their own solutions and start turning things around," she says.

"It's brief and very easy for parents to use in the sort of everyday challenges that can trip any parent up. They'll learn very useful strategies but they might also get to see that they can make little changes to their environment that would be really

helpful. Like making it safer, or a bit more interesting for children."

Parents receive Triple P either in one-to-one consultations or at discussion groups held at locations across central Waitemata. For Maori families, Sarah thinks Triple P Discussion Groups will be ideal. Each discussion group brings together about 12 parents for a single two-hour session.

"We're just in the early stages of this with whanau here but we plan to take it right into the community, to community organisations. These are the places our families will feel comfortable to come to parenting groups," Sarah says.

"Whanau Ora is about using the existing strengths of the community and whanau to work together for better outcomes. It's not just about us coming in and giving whanau solutions." ■



Triple P practitioner Sarah Tailby





1:24

Average hours and minutes New Zealand women with a partner and child/ren under 15 years spend alone each day.

Source: Time Use Survey: 2009/10

6 out of 10

Number of school boys who say they belong to a sports club.

Source: Sport New Zealand's Young People's Survey 2012

1928

The year Mickey Mouse was first seen by audiences (in the short cartoons, *Plane Crazy*, *Galloping Gaucho* and *Steamboat Willie*).

Source: www.disney.wikia.com

Which Triple P will you do?

Sometimes, all it takes is a few small changes to make big differences in a family's life. So the Triple P programmes available in Manukau, Bay of Plenty, Mid Central and Waitemata target some of parenting's most common problems.

There are two different types of Triple P help offered in these regions: Triple P Discussion Groups and Primary Care Triple P. Parents can choose the one that fits their family's needs.

Discussion Group

List the most common parenting problems in the world and most parents will nod their heads knowingly: disobedience, fighting and aggression, supermarket meltdowns, and bedtime dramas. The "big four" of behavioural issues seem to be universal. But it's surprisingly simple to deal with them calmly and effectively.

Triple P Discussion Groups are standalone two-hour sessions, with each session focusing exclusively on one of those "big four" behaviour problems. Run by an accredited Triple P practitioner, a discussion group brings together a maximum of 10 to 12 parents who all share the same problem. Parents can do as few, or as many, discussion groups as they like.

During a group, parents get ideas for tackling the specific problem behaviour, watch videos of other parents dealing with the issue and are given a take-home workbook. The workbook is packed with reminders of their new strategies and includes handy tools to help them chart their new success.

Primary Care

Parents who have other problems at home with their kids, or who'd prefer not to go to a group session, may prefer Primary Care Triple P. Parents meet privately with a Triple P practitioner and target one or two issues, usually over four 15-30 minute sessions. Parents will also receive a tip sheet about the problem they're tackling. ■



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Logical steps led to happier family

When Yvette McLeod and Mark Francis wanted to find their way to a calmer and happier home, they started by defining themselves as a family. Now, informally and in fun, they refer to themselves as the "McFrans". And although Mark isn't the boys' biological father they've decided to call him "home dad".

The McFrans got the idea from Triple P practitioner Ardell Unsworth, who also suggested there could be insecurities at play with eight-year-old Jacob. So she helped Mark develop routines to allay the child's worries – with bedtime chats, for example.

"That was a great suggestion," says Yvette. "Once Mark told Jacob how much he loved our family in a little bedtime talk with just the two of them, things improved almost immediately."

The McFrans did Primary Care Triple P with Ardell, before they knew they were expecting twins. So by the time their new babies came along, their new parenting strategies were in place and working well.

One of the simple Triple P ideas that changed life for Yvette and Mark was to adjust the way they gave instructions to the kids. Now, instructions are given in a clear and calm way – not shouted or phrased in ways that are easy to ignore.

The concept of logical consequences has been quickly grasped by the boys too and has helped change their behaviour. They've learned if they're fighting over a toy for example, it gets taken away for a period of



Josh and Yvette McLeod

time. TV sets too can get turned off as a consequence of misbehaviour. The results? Less misbehaviour!

This family really wants home to be a fun and happy place and they've always had a family activity after dinner. But what used to turn into a miserable battleground is now much more often a happy family scene, even with the demands of feeding the twins.

'It's all been so easy to grasp and put into action.'

"Triple P has been wonderful for us," says Yvette. "It's all been so easy to grasp and to put into action. At first we got a lot of resistance but it's just so much better now. We're tired but we know we're really blessed with our boys," says Yvette. ■



4 Create a safe, interesting environment



Getting crafty



It needn't cost a fortune to keep the kids entertained after school, on the weekends, or any time of year.

While colouring-in is a perennial favourite to keep tots occupied, there are so many other simple crafts that will keep little ones busy. And you can use the kinds of bits and pieces you're already likely to have around the home.

Here are a few favourites for a little crafty inspiration. And of course the internet is full of websites packed with other terrific ideas.

Homemade 'play dough':

This is a no-cook recipe that your kids can help you with. Then, once it's made, it's virtually guaranteed to keep them entertained for hours. To make, all you have to do is mix the following in a bowl.

- 2 cups of plain flour
- 4 tablespoons of cream of tartar
- 2 tablespoons cooking oil
- 1 cup of salt
- 2 cups of boiling water

It takes a little while for the dough to come together, so don't give up too soon. Then knead it on your bench or table. To create different colours, add food dye to different portions of the mix. And a dash of peppermint oil or vanilla

essence will give the dough a nicer scent and a longer life. You can also throw in glitter for some real pizzaz!

Plastic bag kite

Grab a plastic shopping bag – the kind with handles. Cut out long thin strips of coloured tissue or crepe paper and staple them to the bottom seam of the bag. Tie a long length of string to each handle and your kite's ready to go. When children run holding the strings, the kite will billow out behind them. If you have permanent coloured felt-pens, you could have your child decorate the bag before you start attaching the tails.

Egg carton bouquet

From an egg carton, cut out the cups individually. Your child then paints the outside of each cup one colour, and the inside of the cup a different colour. To make it really zing, sprinkle a dusting of glitter to the outside, while the paint's still wet.

Then, pierce a hole in the middle of each cup and push through a green pipe cleaner. Tie a knot at the end inside the cup so it doesn't slip out again.

Repeat until you have a beautiful bouquet to tie up with a ribbon, wrap in coloured paper or put in a vase.

Ten minutes with...Donald Welsh

Donald Welsh is a community social services worker based at Families Achieving Balance in Tauranga. He can offer parents help in Primary Care Triple P and Triple P Discussion Groups.



What are the most common problems parents talk to you about? Do you often see instances where bored children misbehave for their parents?

Yes, definitely. Sometimes (children think) attention for bad behaviours is better than no attention at all. While parents try to keep their children under control, sometimes a different approach is needed. I'm a big fan of giving children cues for behaviours that are wanted.

Do some parents have to learn to play with their children and what advice would you give them?

Being a bloke, often my time is spent teaching men how to interact with their children. Men need to take the time to meet their children in their world. Often a request from a child to play is much more than playing; it's about asking a big person into their world. In this world, in time, parents get to hear stories – but most importantly relax and have fun.

You don't need to spend a lot of money to keep children occupied. What are some of the most interesting activities you've seen parents set up for their children in their home?

Often anything that includes parents playing with their children is great fun. If parents can help spark an imagination, much fun can be had with boxes from the supermarket. They can become houses, trains or cars, for example.

Kids love computers, but getting them off can be a trigger for trouble in many homes. How would you recommend parents use Triple P strategies to tackle the issue of setting time limits and saying "time's up" without sparking tantrums or arguments?

Let's see how much trouble this gets me in! I am a big fan of a triangle system. Set the rules with your child, write them up and then create a third triangle point:

i.e. you, the child and the clock. Once the clock goes off that's the time. This takes the pressure off the parent as it was the clock that the child hates!

Can parents be over-protective about their child's play? When is too much supervision a bad thing?

Often we learn on the first child and relax more on the others! We need to let these children explore their world on their own at times. An old Chinese proverb says "hold tight with an open palm". Parents don't need to be at their child's side all the time.

Is it OK for kids to be bored? Are there benefits to a child having 'down time'?

As we help parents to teach their children to self-soothe when learning how to sleep, we need to teach children how to self-occupy. Parents can write a list of jobs they could do with their children, or children can do themselves; just pick off the list when the time comes. ■



Donald Welsh



Safe homes give parents breathing space



Creating a safe interesting environment is one of Triple P's five key steps to positive parenting. It's also one of the most practical ways to set up a child to feel secure and respected.

If it's true that "it's a jungle out there", think about what it is like inside your house. A potential minefield? An obstacle course of hidden dangers?

Even in their own environments kids are inquisitive, so most parents will want to take stock of the potential risks around the home and try to prevent accidents before they happen.

A room-by-room safety check can help identify some of the potential hazards. Here are a few ideas to get you thinking. Start child-proofing your home and you'll be on your way to keeping the little ones safe, and putting your own mind at ease too.

Kitchen and living areas

There are some serious weapons here. Knives, matches, lighters, glasses and crockery should be out of reach or locked away. The same goes for plastic bags, cleaners, bleaches, chemicals and medicine – even leftover dishwashing powder can cause burns and poisoning if swallowed.

Power points, electrical plugs and cords pose problems for toddlers and infants. Electricians can install safety switches or you can buy safety covers for points. Stove guards can prevent children touching hot



elements, and you should always turn pot handles towards the rear of the stove and away from little hands. And never lift or carry hot pots, pans or cups of liquid above your child's head.

Safety corners can smooth the sharp edges of furniture and it's a good idea to check that TV or stereo knobs can't be removed and swallowed.

And if you have potted plants, make sure they're not poisonous – or better still – put them up high.

Bathrooms

Kids usually love water. They'll probably try to pull themselves into the bath from a very early age – generally from around eight months. So never leave an infant or toddler alone in the bath or bathroom.

Children can drown in a puddle – 5cm of water is all it takes.

If you are bathing your child, fill the bath with cold water first and then slowly and incrementally add hot. You could also ask your plumber to turn down the temperature of your hot water system. And make sure the taps are turned off as tightly as possible to prevent baby hands scalding themselves.

Of course, all cleaning products, cosmetics and medicines should be locked away and electrical appliances such as razors and hair dryers unplugged and out of reach.

Stairs

From about nine or 10 months children will be fascinated by stairs. Fit safety gates at the top and bottom of stairs and don't

forget to keep them closed! Make sure you're with your child whenever they're trying to go up or down the stairs.

Doorways

Doorways can squish little fingers, toes and even faces. Where possible, keep doors propped open with doorstops, wedges or latches, or use finger jam protectors.

Toys

Some toys are unsuitable for young children so always follow manufacturer's age recommendations. Small removable parts from an older child's toy can choke a smaller child – particularly anything smaller than 4cm. ■

– Professor Matt Sanders



PARENTS SAY

On the streets of Auckland we asked parents: "Other than TV, computers, mobile apps and the like, which toy or activity absorbs your children at home?"

Ginette Smith, Takanini, Auckland
Mother of two – Skyla, 11, and Jaxon, 6

The kids really like board games and card games. They'll entertain themselves with these things but they like it, too, if we all join in. It's like the saying that love is spelt: "T. I. M. E". We do try to spend lots of time with them in all sorts of activities.

Martin Johnson, Henderson, Auckland
Father of one – Tom, 7

He really likes building things. He will spend ages with Lego, though he likes it if I help out a bit too. Outdoors he loves making stuff with just whatever we've got: box tunnels, playhouses out of anything. We haven't got much backyard but he's happy to spend ages out there on the latest project.

Doreen Bibi, Botany, Auckland
Mother of one – Muskaan, 8

She loves art and she will spend a lot of time painting pictures. But she also loves doing little domestic things with me, like helping in the kitchen. In the summer time



she loves helping to look after the garden and she's always keen to water the garden if she hasn't got something else to do. She's very good at keeping herself busy.

Amelia Peihopa, Bayview, Auckland
Mother of four – Keenan, 17, Kataraina, 14, Nikau, 7, Maia-Mei 3

Our kids have no trouble entertaining themselves at all. We're lucky we have plenty of room outside and probably what they like to do most is play outside on their bikes and scooters. They're all very active and fit, and we have been very pro-active as parents at getting them to play outside games.

Aroha Matthews, Manurewa, Auckland
Mother of two – Stephen, 6, and Maia, 4

They are both pretty sporty and they set up lots of games for themselves outside. They really like football games and T-ball. They'll go outside and play, rain or shine, and I've always encouraged that, helping with gumboots and raincoats and things like that.

Mark Welsh, Mangere, Auckland
Father of one – Emily, 8

She's always got her nose in a book. But we do try to get her to be active and we limit how much time she spends in front of television or computers.



Give kids a sporting chance at life



Your child may never be an All Black, a Silver Fern or represent New Zealand at an Olympic Games. But experts say physical activity should start in early childhood – for all kids – regardless of whether they seem destined for glory.

SPORT TIPS

Getting started

It doesn't matter what age your child is, now's a great time to encourage them to be active. Even babies can get moving!

Wriggle and Rhyme

A great place to start for babies is at one of the free, weekly Wriggle & Rhyme sessions run by many public libraries. This is a popular programme for littlies up to two years, and is designed to stimulate brain and body development. The children are guided through simple moves to music over a half-hour session covering tummy time, touch and massage, balance, eye movement plus lots of interaction. Parents learn how to repeat the exercises with their child to carry on the good work at home.

For tots, teens and in-betweens

The sports trust in your region should be your first port of call for all enquiries about options for your child. The trust will be able to give you details of all sports and recreational activities available and who to contact to get started. These are the contacts for the sports trusts in the four Triple P rollout regions:

- www.sportwaitakere.co.nz
- www.cmsport.co.nz
- www.sportbop.co.nz
- www.sportmanawatu.org.nz

You could also ask about sports and recreational activities at your child's school. Most schools can advise on getting kids connected to a wide range of sports and activities.

Fortunately, the Young People's Survey by Sport New Zealand shows just how much our youngsters like sport: seven out of 10 boys and six out of 10 girls said they like playing sport "a lot".

The survey, which polled 17,000 children in primary, intermediate and secondary schools, showed almost all young New Zealanders (99 per cent) take part in more than one sport or recreation activity. The most popular sports are football, rugby, netball, athletics, swimming, running and cycling. Other favourites that showed up in the survey are gym, kapa haka, dancing, touch and hiking.

'It's about just getting going: getting down to the park or the beach with the kids.'

Sport New Zealand's general manager of community sport and recreation Geoff Barry says although the country has a very high rate of sport participation, parents should help their kids become active early in life, well before they focus on a specific sporting code. His organisation promotes movement and activity nationwide and takes a leading role in developing resources and pathways to get, and keep, Kiwi kids moving.

Geoff says children learn from movement and physical activity. And he believes early childhood experiences are critical to the development of the skills, attitudes and confidence required to become an active participant in sport and recreation later in life.

"We want all parents to understand just how important physical activity is to healthy development, and the part parents play in making it happen," he says.

"Family engagement is terrifically important in a physically active culture. The first steps for many families are not necessarily about taking up the high-end, popular sports. It's about just getting going: getting down to the park or the beach with the kids and the dog and a bat and a ball; getting the kids throwing and catching and running and jumping; at home jump-rope is something any family can do."

Geoff urges parents to keep their enthusiasm levels up.

"Even when it's raining and you can't get outside, parents can find games for kids to play inside that will get them active and



learning," he says. "Parents are the critical role model in getting children started."

Professor Matt Sanders, founder of the Triple P – Positive Parenting Program, agrees that parents who encourage their children to play sport are setting them on the path to health, happiness and success.

Professor Sanders says supporting children in their sporting endeavours creates a wonderful parent/child bond. Children feel appreciated if parents are supportive.

'Find out what your child is good at and offer some gentle encouragement in the right direction.'

"Find out what your child is good at and offer some gentle encouragement in the right direction," he says. "Let them try a couple of different things, even if it's just a kick about in your local park or a run around the track at the local athletics club."

Professor Sanders also recommends parents get to know the basics of the sport their child is playing.

"This might mean learning about the different positions they, and their team mates, play in, or even just knowing how the system works. That way you'll understand what they're saying when they start talking about that dreaded offside rule."

Once children are at an age where they can join a club or class, parents and kids are faced with the prospect of choosing between dozens of different possible sports and activities. Geoff Barry recommends starting with the nearest regional sports trust.

"Regional sports trusts are the sporting equivalent of Plunket for young families," Geoff says. "Not all kids are confident about what they want to do and can easily get knocked back. We urge parents to make the sports trust their point of entry in order to get helpful information and the best advice on many options before they contact a specific sports club." ■





Brush up early for healthy teeth

Almost half of New Zealand kids will have tooth decay by the time they're five years old, so it's vital to start looking after your child's pearly whites as soon as they break through, dental experts say.



Auckland based public health dental specialist Dr Satha Kanagaratnam says parents should start looking after their baby's milk teeth when they first appear – which is usually at around six months – because tooth decay can set in fast, even with very young children.

Dr Kanagaratnam recommends parents make sure their child is seen by a dental therapist around the time of the child's first birthday. That's when about half their teeth will have come through.

"That is the critical time to give parents strong dental health messages and to make sure they're already into good routines with cleaning and diet for their babies," he says. "By two years, they'll probably have all their teeth and decay can already be setting in before parents realise it. By age five around 40 per cent of New Zealand children have tooth decay that could have been prevented. So getting started early on dental health is critical."

Of course, brushing teeth well is only part of the equation.

"A healthy diet is very important too," says Dr Kanagaratnam. "Parents need to understand sugary foods and drinks can cause decay. It's best to give children lots of water and milk to drink."

There's heaps of information available

to help parents make sure children develop strong, healthy teeth and prevent tooth decay.

Both the Ministry of Health and the New Zealand Dental Association provide guidelines on how to look after baby teeth and how to keep up the good work as children grow.

Some good tips include:

For baby teeth

- As soon as first teeth appear start cleaning with a soft brush or cloth, using toothpaste especially made for babies.
- Take your child to your local dental service around the time of their first birthday.
- Give your baby only water or milk to drink. Remember fruit juices and sweetened drinks will cause tooth decay. Sugar or honey on a dummy can cause decay too.

Children's teeth

- Brush teeth twice daily with fluoridated tooth paste.
- Avoid sweet and sugary drinks and foods.
- Teach children to start flossing teeth regularly once they are eight years old.
- Book in regular visits to the dental service.

The good news is that, in New Zealand, dental health services are free for children



up to the age of 17, once they're signed up with the Community Oral Health Service.

When you go to the dental therapist for the first time, your child's treatment and preventive needs will be assessed. You'll be notified of recommended treatments and you can always attend the appointments with your child.

To find out more about free oral health services for children and teenagers, go to www.health.govt.nz and see the information in the Let's Talk Teeth section. To find a local service and enroll your child, call 0800 825 583 or 0800 TALK TEETH.

You'll also find useful information at www.healthysmiles.org.nz. ■

Carrot and corn muffins

A hot muffin on a cold day is a great treat. Try this healthy take on the old favourite. With a bit of luck the kids won't even notice they're eating vegetables.

- 3 eggs
- 1 cup low-fat milk
- 1 tablespoon wholegrain mustard
- ¼ cup polyunsaturated oil
- 1 cup grated carrot
- 1 x 420g can corn kernels, drained
- ½ cup low fat grated cheese
- 2 tablespoons finely chopped parsley
- 1 ½ cups self-raising flour
- ½ cup wholemeal flour
- ¾ teaspoon baking powder

Whisk the eggs, milk, mustard and oil in a large bowl. Add carrot, corn, cheese and parsley. Sift in flour and baking powder. Gently mix.

Line a non-stick muffin tray with paper or muffin /patty-cake cups. Spoon in mixture. Bake at 180 degrees C (350 F) for 30 minutes or until browned on top.

Serve hot or cold! They'll keep in the fridge for two or three days. ■



Baby steps to new skills

Whether it's brushing teeth, tying up shoelaces or making the bed, there are always new skills for your child to master. Some tasks are long and difficult for kids to cope with though, so you'll need to break them down, one step at a time. But helping them learn new skills can be fun and simple – if you follow Triple P's "Ask, Say, Do" routine.

Ask:

What's the first step your child needs to do? Of course you know, but you should ask your child to tell you. For example: "What is the first thing we do when we brush our teeth?"

Say:

Maybe your child doesn't give you the right answer. Be calm and tell them what the first step is. Then encourage them to show you. "Well, first we put the toothpaste on our toothbrush. Now you show me how you put toothpaste on your brush."

Do:

If your child is having trouble, help them. For example, take the lid off the tube of toothpaste and put your hands over your child's hands. Guide them through the task. You can stop helping them once they get started on it. Then let them finish the task

by themselves.

Repeat "Ask, Say, Do" for every step of the task. So if you're teaching your child to brush their teeth, you would do it when they put the toothpaste on the brush, as they brush, when they rinse and when they put the toothbrush away. Start to help them less and less as they become more confident about the task.

Of course, "Ask, Say, Do" is part of the positive parenting programme, so you should praise, praise, praise your child whenever they're successful throughout the task. Repeat what your child says or does to reinforce how well they're doing. Say things such as, "That's right. Put the toothpaste on the brush" or "Great job. You're brushing really well". When the skill becomes more familiar, don't praise quite as much. Phase out the encouragement until they're doing the task entirely on their own. ■

– Professor Matt Sanders





Free positive parenting starts in Auckland

It may be early days in the two Auckland districts where the Triple P – Positive Parenting Program has recently been introduced, but there's been a very enthusiastic response from mums, dads, communities and professionals.

New Triple P practitioners in both Counties Manukau and Waitemata are now working with families and are keen to reach parents who would benefit from free parenting support. Early feedback from families who have discovered Triple P is good, reflecting the very positive response from parents in the Bay of Plenty and Mid Central, where the positive parenting programme is now well established.

In the four regions of the Triple P rollout in New Zealand, Triple P is available free to parents with children aged from three to seven. Parents can choose to get Triple P help either one-to-one during a series of sessions with a Triple P practitioner

(Primary Care Triple P) or they can join other parents at small one-off groups that focus on an everyday parenting challenge (Discussion Group Triple P).

In Counties Waitemata, the latest of the four regions to join the Triple P rollout, there are now more than a dozen practitioners based in agencies around wider Waitemata. Later this year their ranks will double, when more practitioners from other agencies are trained, extending the project further across this sprawling district.

Project coordinator, Lisa Maughan, from the Werry Centre, says the growing group of practitioners and the increasing availability of Triple P is great for parents.

"It's really exciting to have a passionate group of Waitemata practitioners on board," she says. "Hundreds of parents have now accessed Triple P and we're regularly hearing about which strategies were most effective for them. For many it's been things like learning new ways to give instructions and paying attention to positive behaviour."

Parents can find out how to get Triple P help by contacting the practitioners listed in the table below. To find out when and where discussion groups are being held go to www.triplep-staypositive.net.



Your Tippet

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Tippet content

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CONTACT

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

Mid Central

Palmerston North ACROSS

Rachel Smithers
T: 06 356 7486
E: rsmithers@across.org.nz

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

Methodist Social Services

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

Angie Crabtree

T: 06 350 0307
E: angie@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 Paiho
T: 06 355 1655

Karen Gillam

T: 06 355 1655
E: counsl@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@tearohanoa.org.nz

Shirley Jourdain

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

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 Chru

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@raukawa.iwi.nz

Rosanne Kuiti

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

Dannevirke & Tararua

Pahiatua Community Service Trust

Lyn McNair
T: 06 376 7608
E: Lyn.pcst@inspire.net.nz

Pahitua Community Service Trust and Tararua Early Years

Sam Williams
T: 06 376 0166 or 06 376 7608
E: Sam@teys.org.nz

Tararua REAP

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

Wendy Lansdown

T: 06 374 6565
E: wendy@tararuareap.co.nz

Bay of Plenty

Tauranga

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

Families Achieving Balance

Donald Welsh
T: 07 543 3794

Footsteps Counselling Services

Teresa Sage
T: 07 548 2103 or 021 1661148

Parenting for Men

Dave Halligan
T: 027 5742280

Sharon Coxon

T: 027 4588124

Te Runanga O Ngai Te Rangī Iwi Trust

T: 07 575 3765 ext 207

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



Voyagers

T: 07 308 8803

Opotiki

Whakatohea Iwi Health & Social Services
T: 07 315 6042

Waitemata

Te Whanau o Waipareira Trust

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

Dayspring Trust

Linda Wallwork
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 Procure Psychological Services, to be put in contact with a Triple P practitioner from one of the following organisations:

- Procure Psychological Services
- Procure Health Limited
- East Tamaki Healthcare
- Papakura Marae
- Plunket
- Refugees as Survivors
- Taonga Education Trust Centre
- Te Hononga O Tamaki me Hoturoa
- Turuhi Health Care