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**No more musical beds!**  
Happier nights (and days)  
for everyone



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**Your say:**  
The challenges &  
rewards of parenting



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**Ready, set, go!**  
Starting off on the right  
foot at "big school"



# Tippaper

Parenting tips and information for every parent



> Triple P – The Positive Parenting Program. **Positive parenting for every family.** No. 7, Autumn 2016

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



## NZ families get free parenting help

In TV commercials, kids are always tidy, smiling and perfectly behaved! But in real life, there are everyday difficulties and challenges. Luckily, families living in four different regions of New Zealand can now get free access to the world-acclaimed Triple P – Positive Parenting Program. Areas serviced by the district health boards of Bay of Plenty, Counties Manukau, MidCentral and Waitemata are offering Triple P to families through two main programmes: Triple P Discussion Groups and Primary Care Triple P.

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).

## It really works!

Triple P is one of the few parenting programmes in the world that's been scientifically proven to work. It's based on 30 years of ongoing research and has been trialled and tested with families around the world. Triple P's simple strategies and ideas will help give you new ways to tackle problems, reduce stress and enjoy family life more.



# Grief and stress sent whole family into a spin

When the strain of two major life events turned life upside-down for the Sherman family, the children's behaviour became too much for their parents to handle.

Their mum, Jan Sherman, says she can see now that the three kids (Ida-Maree, 10, Turei, 7, and Rejoice, 5) were grieving and angry. Soon after the death of their much-loved grandmother, the family had moved to Auckland.

"We never knew when there would be another outburst or fight. When we first arrived here, we were staying with family and didn't have our own place. To make things worse, Turei was having some health

problems," Jan says.

"Our lives were controlled by the behaviour of the children and it felt like we were going from battle to battle."

Jan and husband Dion felt like they couldn't take the kids anywhere.

She knew she was often becoming irritated with them and telling them off: "I didn't like that, but we just didn't know how to manage it, so I went looking for help."

Jan and Dion discovered they could go to a Triple P Discussion Group being held at Iosis Family Solutions in Manurewa. Before they knew it, they had some new practical – and proven – strategies to try out at home.

How small changes made a big difference to the Sherman family, Page 2

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

## 2 Positive parenting – for every family

Fast facts

206 vs 300 7+

The number of bones there are in the adult body compared to a child's (some fuse together as we grow)

Source: [www.kidshealth.org](http://www.kidshealth.org)

Average hours per day kids over 8 yrs old spend consuming entertainment media

Source: *University of Maine (umaine.edu) Children, Television, and Screen Time (2011)*



60

Minutes of daily supervised, structured physical activity recommended for pre-schoolers.



Source: *US Association for Sport and Physical Education*

Continued from page 1 >



Dion and Jan enjoy some quality time with Turei, Rejoice and Ida-Maree



### Something to suit everyone

Whether you're dealing with the big or small problems of family life, Triple P can help. And because each family has different needs, you can choose different ways to find out about positive parenting.

Parents of children aged 3–7 in Waitemata, MidCentral, Counties Manukau, and Bay of Plenty can get free access to two different types of Triple P: Primary Care Triple P, or Triple P Discussion Groups. You can even do both!

#### Primary Care Triple P

Primary Care Triple P may help if you're finding one or two aspects of your child's behaviour are really challenging. In up to four private sessions lasting 15 minutes to half an hour, you'll talk about strategies to deal with the issues. You'll also get a take-home tip sheet. Some parents prefer to meet at a café while others have a practitioner visit their home.

#### Triple P Discussion Groups

A Triple P Discussion Group is a relaxed way to share stories with other parents dealing with the same issues, as a practitioner guides you through some new ways to deal with the problem. Parents often say it's a relief to discover so many other families are also looking for help to tackle things like shopping tantrums, bedtime battles, disobedience, or fighting and aggression. You'll be surprised at how just a few simple changes can make such a big difference!

Find an accredited Triple P practitioner near you, Page 8

## Easy does it – workshops were just the ticket

When one family crisis came on top of another, Jan and Dion Sherman were finding it hard to manage their kids' reactions. But they knew getting cranky wasn't the answer. Then they found out about Triple P Discussion Groups.

The first discussion group they went to was all about ways to stop the kids arguing and fighting. After just one two-hour session, life started to turn around for the family. "It was just exactly what we needed at the right time," says Jan. "The video we were shown in the group was just a mirror of our family and our battles. Right away, I could see how things could change for us. We took away tools and strategies for changing behaviour. It was all very easy and suddenly we had a plan – we had a plan for how to handle things and how defuse trouble before it started."

The couple say a big issue had been lack

of consistency in handling the kids; they didn't always take the same approach to parenting. Like many parents, Jan says she had found it hard to tackle things straight away, but once the moment had passed it became even harder to follow through.

A second Triple P

Discussion Group on dealing with bedtime hassles taught Dion and Jan how to get their youngest out of their bed and back into her own every night.

"Getting a good night's sleep means I'm not waking up grumpy anymore. Triple P has just been so helpful for us. We're more confident as parents and a lot less stressed out. Now we can all go out together and have fun."

"We're more confident as parents and a lot less stressed out"



No more fights: Turei gets a hug from little sister, Rejoice



# From frantic to fantastic

Every night felt like a bit of a horror show for Himatangi Beach couple, Vanessa and Andrew Coyle. Most days, this sleep-deprived family were worn out and frazzled after a night of musical beds, and feeling overwhelmed by the behaviour of the two youngest children.

"It was doing my head in," says Vanessa. "We were all exhausted and we were one very stressed family. But we really had no idea how to turn things around."

There are five children in the family: Angela, 5, Hannah, 4, and Levi, nearly 3, and Vanessa's two daughters from a previous relationship, Elizabeth, 15, and Bryownny, 12.

Vanessa says the younger children were great as babies, but bedtime battles emerged as a result of other problems. When Hannah was just a year and half, she needed surgery and had a cast on her leg, causing sleep problems. A series of winter illnesses hit the household, nearby earthquakes left the children fearful and unsettled at night, and Andrew was often required to travel for work.

As the little girls became harder and harder to deal with, young Levi seemed to take a cue from their behaviour. When Vanessa couldn't get Angela to do her school readiness check because the little girl refused to cooperate, throwing a tantrum rather than have her hearing tested, Vanessa realised she needed to look for parenting support.

She heard about the Triple P – Positive Parenting Program at Foxton Kindergarten, and the family met up with Triple P practitioner Carolyn Jeanes from ACROSS Social Services in Palmerston North, for a series of brief one-to-one (Primary Care) sessions.

After talking through Vanessa's concerns, they made a plan, starting with using proven Triple P strategies to deal with bedtime and sleep issues.



All smiles now sleep is sorted: Andrew and Vanessa and the kids relax at the beach together

"Just to get them settled at first and into the new routine took a lot of effort – they'd come up with a huge list of demands. Every teddy had to be in the right place before they would start to settle. But I knew they could do it even if it did take a bit of time. With Andrew away working I made a vow that by the time he got home

in a week, it would be sorted. They would be out of our bed and sleeping in their own beds.

"Unfortunately an earthquake upset our regime for a while, but then we got back into it. They understood what was going to happen at bedtime and it started to work."

Tackling sleep issues took place a few

months ago and other changes are now in the works.

"It's not perfect but it's nothing like it was," says Vanessa. "Working with Triple P has made an awesome difference to us. We are feeling much better. The kids are behaving so much better. Everyone is so much happier." 🌟



## Ten minutes with...Leanne Martin-Hopkins

Leanne Martin-Hopkins is a Family Liaison Officer for Kids Count Education Centres at Papakura and Weymouth in Auckland's southern Manukau region. She is also a Triple P practitioner, delivering both Discussion Groups and Primary Care.

### What do you like most about delivering Triple P to families?

I like that we're able to give simple, clear, strategies to families that get pretty quick results. It's not complicated and it's easily transferred into different family structures and cultures. Another bonus is when parents recognise that they can use these strategies to help with relationships with other adults. For example, teen mothers at home with their mother can create rules together and not undermine each other. It helps parents see the importance of role models in families, too.

### What are the most common problems parents talk to you about?

A lot of parents find there's conflict with partners or other family members, especially if you have a lot of people under one roof. That can create complicated relationships and issues that can cause ongoing stresses unless they're resolved. Whether it's two parents who want to work out how to get along better, or extended whanau in one house, it's very important to have the same approach to managing behaviour. It's hard to get consistency for some families, but it is very important to good relationships and happy homes.

### Do parents realise how common these problems are or do they think they're the only ones?

A lot of people are quite reserved and can be reluctant to come forward about problems with behaviour at home, either because of their personality or for cultural reasons. Once they get to a group with parents like themselves from their own cultures they realise they're certainly not the only ones struggling with various common challenges in family relationships. They see they're not alone and that there are solutions to help them.

### What would you say to someone who thinks they may need some parenting support but doesn't know where to start?

I would tell them to find help now, and to think about if they had a crystal ball and could see how things might look in ten years, what a difference this could make.

### How would you describe how parents react when they realise Triple P is working for them?

They're very excited. They're usually surprised at how quickly it works and they're eager to tell others about it. 🌟



Manukau practitioner Leanne Martin-Hopkins

## 4 Staying positive

### What parents say

We asked parents in Auckland what they love about parenting, and what they find most challenging:

**Chelsea Tawa, Papakura**  
**Mother of one – Charkylah, 3.**

I love everything about parenting. I do find it very challenging sometimes, like when she really pushes me. She's got lots of attitude and she has tantrums and she can be very demanding but I just love that I have my little girl.

**Mary, Waitemata**  
**Mother of one – Amy, 10.**

I was quite selfish until she was born, when I was 35. She's given so much meaning to my life and I feel a fulfillment I could not have imagined. I know how lucky I am to have her and I love doing my very best for her. Of course the unconditional love I get is wonderful. As a single parent without family nearby, I am on my own and I find just getting everything done and fitting everything into the day really tough at times. Sometimes I just don't know what to do when she has a meltdown. The big challenge is to create the best life for her with the best opportunities. But there are so many rewards.

**Carmen Etches, Manurewa**  
**Mother of two – Chaz, 5, and Jordan, 15.**

I just love being a parent. I love seeing them grow up and being able to share their lives and support them as they develop and making a good home for them. The toughest thing is being consistent and being able to guide and support them through difficult times.

**James Cooper, Henderson**  
**Father of one – George, 4.**

Being a dad is the best thing ever and we're always amazed at how awesome he is. But I find it hard when he's naughty and cheeky and he makes a mess. I'm a bit of a softie and I don't like having to tell him off. It's hard not to spoil him.



## Team effort gets everyone on board

When a parent starts to find life less stressful and more enjoyable, you can tell straight away, says Lee Stanish, director of the Kindercare childcare centre in Randwick Park.

"Just by the way a parent walks through the door, we can see that they've changed. It's like a weight has been lifted," she says.

Lee works closely with Kindercare South Auckland area manager, Tracie Hobbs. Together, they play a key role in helping local mums and dads make positive changes.

Both women are trained Triple P practitioners, and offer Triple P to parents either individually or in small discussion groups.

Tracie says there are benefits for families, and for the centre: "Since we started offering Triple P to support parents with managing behaviour, we've seen a real difference in whole families. The parents are happier and less stressed. We notice positive changes with their children too."

Tracie and Lee say it's common for parents to seek advice from their early education teachers, so offering Triple P is a natural fit with their everyday roles.

"Parents are blown away by the quality of what they get, and when they find how well it works with their children," says Tracie. "And it's working: in different economic situations, different cultures, different family set-ups."

"You could say we're going the extra mile for parents by

offering Triple P, but it makes so much sense to do this. It takes our partnership with parents to a new level and makes us more tightly connected. It's so important because if children aren't feeling happy and secure, it makes it hard for them to learn," Tracie says.

Lee says that in the past, parents might have hesitated to ask for help, but promoting Triple P Discussion Groups to everyone at the centre makes it easier for people to take the first step.

"It's less threatening to be part of a group, where they hear the stories of other parents who are struggling with everyday challenges, just like them. And they're amazed at how simple the strategies are for dealing with common things like disobedience and fighting," says Lee.

"Often parents might come to a group and then ask to work with me one-to-one. They're getting help right away and seeing changes in behaviour very quickly. Because we're in such regular contact with our parents, we can help before issues boil over."

"Learning positive, effective ways to manage the behaviour of their children is empowering our parents."

Lee says grandparents are coming to Discussion Groups too: "These days, with so many grandparents helping with

the kids, it's really important that everyone's on the same page about raising the children. That can really relieve tensions in families."

The results speak for themselves, Lee says: "Triple P strategies have been fantastic for our families. So many people tell us everyone is happier, they're enjoying parenting more and feeling more in control of their lives." ☺

**"They're seeing changes in behaviour very quickly"**



Kindercare's Tracie Hobbs (L) and Lee Stanish (R) are both trained Triple P practitioners

# Creating a positive cycle

Children are likely to grow up happy and learn what's expected of them when their parents are warm and loving, yet able to guide them and set fair limits. So the best thing you can do for your kids is to be calm and consistent in your use of appropriate parenting strategies.

But when you're stressed, you may find it hard to react calmly to problems. You might have outbursts over little things; you may feel annoyed or irritated before afterwards. This creates more stress and conflict, and so it goes.

If there's a lot of yelling or bad feelings, you may feel annoyed or irritated before a conversation even starts. When children raise their voice do you raise yours to match? It can be hard to stop.

Yelling at kids can lead to harsher words and escalating anger. It can take a toll on relationships and self-esteem (both adults' and children's). Often, bad behaviour gets

worse because it's being accidentally rewarded with more attention.

Try to step back and look at the bigger picture. Something needs to change.

One way to start is by making a point of noticing good behaviour when it happens. This may not be easy at first. When children are behaving well, they are often quiet and not in anyone's way! So maybe you can set a goal of finding a certain number of good things to say to your child each day.

If you are always in a rush and don't have any time to talk with your kids or do anything fun with them, you may not realise how much this can be a cause of problem behaviour.

Try spending more time doing something enjoyable together. You don't have to spend money or go anywhere fancy. Little things like reading your child a bedtime story, having dinner together without the TV in the background, or going for a ten minute walk and chatting to each other can help you build up good communication.


These are also opportunities to let your child know how much you love them.

You may be surprised to see how a child's behaviour can change for the better when you are making a conscious effort

to be more positive in day-to-day situations. And when your children are happier and more co-operative, the positive cycle continues.

It's easy to slip back into old habits. And sometimes you need to put a number of other strategies into place as well. So you might like to keep a record of how things are going, and if you don't feel like you're getting anywhere, reach out for more support. ➔

– Professor Matt Sanders

 "When your children are happier and more co-operative, the positive cycle continues"



## What is positive parenting all about?

Some people think it means no discipline at all. (It doesn't.) Others seem to think it's a set of rules every parent must follow. But really it's a way of parenting based on research about what works best.

### For the record, positive parenting DOESN'T mean:

- Letting your kids run riot
- Constantly praising them for everything
- Doing whatever your children want you to do
- Tricking your children into doing whatever you want them to
- Following a set of one-size-fits-all rules
- Feeling guilty if you're not "the perfect parent"

### Positive parenting DOES mean:

- Helping parents feel more confident and competent – research shows that as a result, parents are less depressed, less stressed, and have less conflict with their partners over parenting issues.
- Using everyday situations and creating opportunities to help children learn and to motivate them to do their best.
- Building strong, nurturing relationships and good communication.
- Planning ahead to prevent problems.
- Using evidence-based ways of managing problem behaviour.
- Teaching children to manage their behaviour and emotions in a constructive and non-damaging way.
- Looking after yourself as a parent, including by learning more about managing your own stress.





# Trial runs help kids get off to a better start

Five-year-old Lucas Whitehouse was only a little nervous about his first day at school, thanks to several visits beforehand to meet his teacher and many of the other kids.

It's all part of a new approach to getting kids like Lucas off to great start at primary school. Lucas's new school, in Oratia (a country town near Auckland) is just through the gate from the same kindergarten he'd already been attending, making the big step of starting school a lot easier.

Most kids in New Zealand start school when they turn five, so there's a steady stream of new entrants to classrooms. The first day looms large – for both kids and parents. Amid all the flurry of buying books and uniforms, it helps to also prepare children psychologically for the transition to school. After all, this may be the first big life change they have to deal with, and a successful experience will help them face and cope with other changes as they grow older.

Having the kindergarten on school grounds means that teaching staff from both kindy and school can help create a smoother transition from one to the other. For example, the four-year olds at Oratia Kindergarten go over to school a couple of mornings a week to visit and become familiar with what will be their new surroundings. They meet the teachers and other staff, join in with dance and music sessions, and have a weekly session in the school library with their "buddy" – an older



Lucas with mum Pania (left) and kindergarten teacher Susie Haddon off to explore "big school"

child, assigned to read with them and show them the ropes.

Oratia kindy teacher Susie Haddon, who takes the kids on their school visits, believes the kids are lucky to have this level of access to the school they'll soon be going to.

"It works very well for the children, and for everyone involved in the process of getting them smoothly off to school," she says.

The approach worked pretty well for little Lucas, says his mum Pania Williamson: "He was very excited, and meeting his teacher while he was still at kindy made a big impression. He talked a lot about going to school. But we had a bit of hesitation with him when he found that school was a bit more structured and he couldn't just play."

Schools know all too well that kids can find the adjustment challenging. Oratia Primary School principal Sherilee Swanepoel explains that the strong partnership between the school and kindergarten helps kids be ready for school, and ready to learn when they arrive.

Some of this is to do with simply being more familiar with the physical space, but it's also about meeting individual children's needs.

"It works very well for the children, and for everyone involved"

"They are all different with different expectations about going to school, and some are more ready than others," she says.

School readiness means children should be able to manage in the school environment, and be able to do things like: listen attentively to

stories, follow instructions, sit quietly on a mat, raise their hand to ask a question, put on their shoes and sweaters, put their bags away, wash their hands, and sit and eat at break times.

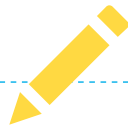
Parents who aren't sure if their children are ready for school should have a chat to the child's teacher and possibly their GP to ensure any extra support needed can be put in place. ➔



A quick hug at the gate



Designated older buddy, Caleb Heald, reads to Lucas in the school library



## Let's settle those first day fears

Little ones can become worried and anxious as their first day of school nears, but the good news is that there are a number of ways parents can help children prepare for this exciting new chapter in their lives.

Start by talking about school but don't overload them with too much information all at once. A local bookstore or library might have children's books on starting school. Try reading these to your child – the more often the better.

Tell your child which day school will start and plan a trip to the school so they can become familiar with their new surroundings. Show them where the

toilets are, where they will have lunch and where they can play.

It's a good idea to involve your child in buying things for school such as stationery, schoolbags, clothes, or their lunch box.

Children who have had separating problems at preschool might experience similar problems now. If your child usually gets upset when you leave, but settles

quickly when you're gone, be prepared to explain you are going, say goodbye, and leave.

It might take a few days for your child to get used to being in this new situation.

But happily, most kids adapt quickly to the excitement and challenge of starting a new school. ☺

– Professor Matt Sanders



## Managing screen time is everyone's job

To do their best at school and in life, kids need a good mix of physical and mental activity. More schools are now incorporating technology into the classroom, and while it's important for kids to be familiar with all the opportunities this offers, it can also make it trickier for parents to limit children's screen time.

More and more New Zealand schools are asking kids to "BYOD" (Bring Your Own Device), or implementing computer or tablet ownership programmes.

Deidre Alderson, principal of Willowbank School, Auckland, says working out how much time kids should be spending online will vary depending on what they're studying and what their interests are.

"Parents need to be proactively involved with what their children are doing online," she says. "You need to weigh up the value of the online activity – to be aware of the intention and the purpose of screen time."

Here are some other issues to consider:

### How much computer time will children need to do their homework?

Ideally, the school will let parents know what's expected. If children have an open-ended time frame, they may be tempted to stretch it out, or start doing other things online while still claiming they "have to do it for school".

And what if, for example, you have a regular screen-free days at home? Will this interfere with homework? What's the best way to work out a compromise?

### Is everyone keeping up with the research?

Some media articles suggest too much screen time too early can damage kids'



academic ability. Concerns have also been raised about the long-term effects on kids' eyesight and posture, especially with regard to using tablets and laptops (rather than desk computers). Are schools staying up to date, and keeping parents up to date with the latest on these issues?

### How can parents and schools work together to help kids understand the importance of setting screen time limits?

We all know technology can be fun... and potentially addictive. For example, it may send a mixed message to kids about screen time limits if they're allowed to play

computer games as a reward, either at school or at home.

Ideally kids and parents will talk through the rules about how much time is spent and what kids are accessing on computers. But it's not enough to set up rules and leave kids to it, says Triple P psychologist Anna Malone.

"Parents need to keep an eye out and be specific in enforcing rules the family has established."

"A parent may still need to remind kids that time is almost up and they need to wind up the activity. And remember to praise kids for sticking to rules that have been agreed to." ☺



"Parents need to keep an eye out and be specific in enforcing rules"

## NZ report card: "mostly B's"

According to the first ever New Zealand Physical Activity Report Card for Children and Youth, Kiwi kids are not doing too badly:

- 49% of five- to nine-year-olds in NZ exceed the recommended screen time guideline (maximum of two hours per day)
- 62% of boys and 57% of girls aged between 7 and 10 spend three hours or more each week playing organised sport
- 70% of males and 62% of females who are a parent/caregiver of a child aged 5–8 say they or another parent/carer encourages the child to do some sport or active play almost every day.

But parents need to stay vigilant, especially once kids hit the teenage years. The same report found that older kids and teens are more likely to spend more than three hours per day on a screen and do less physical activity than they should.

Source: NZ Physical Activity Report Card for Children and Youth (2014), published by the National Institute for Health Innovation at the University of Auckland.



# Families hear it through the grapevine

**Good things are happening in families and whanau thanks to Triple P – and good news travels fast.**

Kiwi mums and dads are finding out about positive parenting by word of mouth, through early childhood centres, schools, medical centres, churches and social services. Trained Triple P practitioners run group sessions and also work individually with families.

For example, in the small Bay of Plenty township of Kawerau, there's been a big turnout for Putauaki Kindergarten's free Triple P Discussion Groups, which deal with everyday parenting hassles.

"We all thought it was a great chance to learn when we heard our kindy was putting Triple P groups on. I went along with friends to every group," says Sera Miles, who has two preschool aged children.

"I didn't really have a particular problem with the kids, but I just wanted to grab the chance to get some tips and talk to others about being a parent. I told my partner all about it and it's been really useful for us."

Since Triple P was made available for free in Bay of Plenty, Mid Central, Counties Manukau and Waitemata, more than 4000 parents and caregivers have accessed the parenting programme. This includes grandparents, some of whom play a big part in raising their grandchildren.

Elizabeth Jackson, who is raising her

five-year-old grandson, says she's found it a huge help.

"I'm a lot less stressed and more in control. Everything is calmer at home. I'd really recommend Triple P to others," she says.

Likewise, Dorothy Miringaor, a Papakura mother and grandmother, says she's happy she asked at her local early education centre about parenting support: "Triple P strategies have been awesome for me. No more shouting and much less stress."

Lisa Maughan from the Werry Centre, which co-ordinates Triple P practitioner training, has also had great feedback from families.

"People tell us they're finding parenting more rewarding and less stressful; child



Lisa Maughan

behaviour is improving and so are family and partner relationships," Lisa says.

"With parenting support, whanau are working together and getting along better. And altogether, these changes in families are very positive for whole communities." ❊

## CONTACT

Find your local Triple P practitioner in the Counties Manukau, MidCentral, Waitemata or Bay of Plenty regions.

### Counties Manukau

#### Counties Manukau District Health Board

To be put in contact with a practitioner from one of the following organisations, please contact Jasmine Murphy (jasmine@procare.co.nz) or the Triple P administrator (09 3757761) at Procare Psychological Services.

- Auckland Kindergarten Association
- Barnardos
- Beachlands School
- Blossoms Educare Limited
- Catholic Social Services
- Chinese New Settlers Services Trust (CNSST)
- Counties Manukau Kindergarten Association
- East Tamaki Healthcare
- Family Solutions and Mediation
- Franklin Family Support Services
- Great Potentials Foundation
- Hope Unlimited Trust
- Huakina Development Trust
- Iosia Family Solutions
- Karaka Learning Centre
- Kids Count ECE
- Kindercare Learning Centre
- Leabank School
- Mangere East Family Service Centre
- Next Steps Training
- Ohomairangi Trust, Manukau
- Papakura Support and Counselling
- Plunket
- ProCare Health Limited
- ProCare Psychological Services
- Red Cross
- Refugees as Survivors
- Sowers Trust
- St Anne's School
- Strive Community Trust
- Takanini and Papakura Family Service Centres
- Taonga Education Trust Centre, Clendon
- Tongan Health Society
- Turuki Health Care
- Waiuku Family Support Network
- Weymouth Early Discoveries Centre
- Whanau Resource Centre O Pukekohe

### MidCentral

#### Palmerston North

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Geena Wickes  
T: 06 952 8552  
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#### Birthright

Cheri Birch  
T: 06 356 7486

#### English Language Partners

06 359 2332

#### Parentline

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

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

#### Refugee Services

Bikram Pandey  
T: 06 355 1415

Asadullah Rezaie  
T: 06 355 1415

#### Ruahine Kindergarten Association

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#### The Fono

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#### Vision West Counselling Centre

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#### De Paul House

T: 09 480 5959

#### Auckland Kindergarten Association

T: 09 373 5635

#### Odyssey House

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#### Barnardos

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