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# Tippaper

Parenting tips and information for every parent

## No.6

> Triple P, Positive Parenting, For Every Family, Autumn/Winter 2015

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



## NZ families get free parenting help

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 Waitemata, Counties Manukau, Bay of Plenty and MidCentral 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).

## Help that works

Triple P – Positive Parenting Program helps parents manage the big and small problems that are a normal part of life, with strategies that have been tested with millions of families in 25 countries around the world.

This straightforward programme has the evidence that shows positive parenting is a great way to raise children. For parents, it means you will be more confident, less stressed and get on better with your partner. And for your children? Triple P means more co-operation, doing better at school and making friends more easily. It's all positive!

## Food stress was last straw

It wasn't one big problem but a whole bunch of things that had West Auckland mum Rachel Clements tearing her hair out over her two little boys.

Rachel felt like she was battling on all fronts with Cohen, 5 and little brother Rylie, 3. Whining, disobedience, and tantrums were causing friction and conflict. But eating issues and mealtimes were the greatest daily challenge for Rachel and her husband Terry Gavin.

"We'd got to the stage where Cohen pretty much didn't eat anything and was just surviving on milk and biscuits. Rylie was just about as bad, copying the way his big brother was behaving, and he wouldn't eat either."

On top of all that, last year was particularly stressful for this little family. Both parents had separate serious injuries (Rachel cut her Achilles tendon and Terry's

hand was badly hurt) which meant they struggled to manage everyday tasks, and Rachel was also trying to keep up with her university studies.

"It was rough. I was stuck on the sofa for weeks shouting at them and any rules just went out the window. I really couldn't get them to do anything I wanted. I was very surprised I was having such a hard time with them because I've always been around kids but I really couldn't cope with the way my boys were behaving. We were all getting very stressed."

"I was shouting, arguing, trying to bribe them. We'd all be on the sofa trying to eat dinner but nothing worked and I had just about given up. We were just giving

into them, and then they'd be getting treats, too!"

It was the same story when the boys went up the road to visit their grandmother – big fusses and tantrums over meals and food. But it was a different picture at kindy, where Rachel knew both boys sat down with the other kids and ate whatever was on offer.

Kindy was also where Rachel heard about Triple P. She started doing one-to-one sessions with a Triple P practitioner from Waipareira Trust, Danielle Peach, and family life soon started to turn around. ■

*How small changes made a big difference to the Clements family. Page 2*



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

## 2 About Triple P



# 47%

NZ children aged 5–14 who use active transport (eg, walking, cycling) to get to and from school

Source: *The Health of NZ Children, 2011/12*

# 4.3

Number of babies born per second, worldwide

Source: [www.theworldcounts.com](http://www.theworldcounts.com)

# 2000

 (estimated)

Different types of plants that can be used to make food

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



### Choose what suits your family

One of the many things people like about Triple P is that the programme offers different types of support to help parents with a wide variety of challenges. It's also backed by more than 350 clinical trials, studies, and evaluations.

So depending on what kind of help you would like, you can choose different ways to do Triple P. In Manukau, Bay of Plenty, MidCentral and Waitemata, parents of children aged 3–7 can get free access to two different types of Triple P: Triple P Discussion Groups, and Primary Care Triple P. You can also do both, if you like!

#### Triple P Discussion Groups

Parents who come along to Triple P Discussion Groups enjoy the relaxed format and the chance to share stories with other parents dealing with the same issues. In fact, usually it's a great relief to discover so many other parents are also looking for help! Discussion groups are small group sessions of about two hours, offering practical advice to tackle problem behaviours, such as supermarket meltdowns, bedtime dramas, disobedience, or fighting and aggression. There are usually about 10 to 12 parents, and you'll pick up useful skills and strategies to deal with very common parenting issues. You'll be surprised at how just a few simple changes can make such a big difference!

Your provider will give you tips and suggestions to deal with your child's specific problem behaviour, and there's also a workbook to take home.

#### Primary Care Triple P

You might feel you'd benefit more from a private session with an accredited Triple P practitioner. Some parents prefer to meet at a café while others have a practitioner visit their home. Primary Care Triple P may help if you're finding that one or two particular parenting issues are really challenging. In four private sessions lasting 15 minutes to half an hour, you'll discuss what might be causing your child's behaviour and work through strategies to deal with it. You'll also get a take-home tip sheet. ■

Find an accredited Triple P practitioner near you, Page 8

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Terry Gavin and Rachel Clements with their two sons



## Family table time serves up positive changes

Positive changes were on the menu when Rachel Clements found out she could have four free parenting support sessions with practitioner Danielle Peach, either at home or at Waipareira Trust's Whanau Centre in Henderson.



Together, they looked at the issues and how to tackle them. Danielle advised starting with strategies for dealing with the mealtime and eating hassles, explaining this would help to lead to other improvements.

Rachel says the first simple step was getting everyone to sit down together for meals: "Once the kids knew this was how we would be doing things – instead of all sitting eating on the sofa in front of the television set – we got it going quite quickly. And they were not going to be allowed to watch TV while they ate."

"One strategy that has worked quite well in getting them to eat has been providing choices and involving them a bit more in what we eat. For example we now have wraps more often or things that they can put together themselves at the table from a selection of ingredients, or finger food like veggie pieces."

Rachel says they now enjoy their time around the table, and although it's still a work in progress, both boys are eating better. Cohen also helps set the table and sometimes gets involved in the kitchen.

"I have learned, too, not to escalate situations by getting into arguments all the time with the boys. I've learned to let things go or ignore what can be ignored. Danielle got me to take more of a positive approach in asking them to do things and praising them when they're behaving well. Taking this approach really is making a difference. We have made good changes. It isn't really hard to do but we have to stick with it," says Rachel.

Danielle says these changes have also helped reduce other problems like whining and disobedience, as both Rachel and Terry have a better understanding and greater confidence when it comes to managing the boys' behaviour.

"Triple P has been great for us," says Rachel.

"As soon as I heard about it I wanted to do it and learn all I could about parenting. It's good for everyone and I'm always telling my friends about how it's working for us." ■



Rachel, Cohen, 5, and Rylie, 3



# Fresh approach works wonders



Jesmond Grech was one frazzled mum when she signed up for the Triple P Discussion Groups that turned life around for her family. The busy South Auckland mum and her partner have three gorgeous kids. But dad works night shifts, so Jesmond was often struggling to manage their kids (aged 4, 8 and 11) on her own, as well as trying to keep them quiet so her partner could sleep.

"I was really struggling and I knew it," says Jesmond. "I just didn't know what to do."

Because Jesmond works at the Takanini Family Service Centre, she'd already heard about how the Discussion Group Triple P series could help parents with everyday parenting challenges. She decided to sign up for all four discussion groups.

**'For me it's really reduced the stress of parenting. I feel much better and the kids are much happier.'**

## A new approach

"Right away, I started to see where things were going wrong. I started to see where the kids were coming from – they were bored and I was just rewarding their bad behaviour. Each group session was dealing with a different issue but I got great tips and strategies from all of them. I made a plan for new ways to tackle things and went for it – starting with changing the way I spoke to them and how I gave them instructions."

"I told the kids I had learnt something new and that we were going to try doing things a bit differently. Driving home from school, for example, I told them what I would like to see happening when we got home. I wanted them out of their uniforms and their lunch boxes on the bench."

"Pretty soon, with a positive approach from me, and some praise for doing what I asked, they became more and more cooperative. The bigger kids even started helping me bring the washing in. Things just got better and better."

In the past, Jesmond had found that her 11-year-old, who has been diagnosed with ADHD, could be extra hard to handle. But she says now he understands what he can and can't do.

## Everyone's impressed

Her friends and her mum have been impressed by all the changes: "I tell them it's all thanks to Triple P," she says.

"For me it's really reduced the stress of parenting. I feel much better and the kids are much happier. It's great when we go out now. Everyone does as they're told and we have a good time together. My daughter said 'mum, you've gone really nice'." ■



## Parents put plans in place with help from Carlyne



Some Manawatu parents find Triple P practitioner Carlyne Jeanes via word of mouth and some are referred through other health services. Either way, Carlyne says parents can feel confident they're doing the right thing seeking help to tackle common worries such as sibling rivalry, aggression and disobedience.

"Time after time, the parents we're seeing individually or at the discussion groups are just so relieved they came," says Carlyne, who's based at ACROSS Social Services in Palmerston North and leads a team of practitioners in the region.

### Different families, different needs

More and more local families are accessing Triple P, for example by attending one of the Triple P Discussion Groups which Carlyne runs regularly. She also sees families on a one-to-one basis, over a period of a month or so – typically she'll visit them at home, or maybe meet them in a café.



Triple P Practitioner Carlyne Jeanes

### Talking about what's going on

Carlyne says parenting worries large and small bring parents looking for help,

and once you get talking to families and working with them, related issues can emerge. She gives the example of bedtime battles leading to lack of sleep, which in turn leads to cranky kids: "Once you fix the bedtime problems, other behavioural problems can fall away."

"We just start by discussing what troubles them until we work out what's really going on. Often that is the start of getting parents to see they'll need to make changes to their approach."

### Putting new strategies into action

"Once we get a parenting plan into place, and parents start putting new

strategies into action, they'll find things start to change at home quite quickly. Soon they will be seeing very good changes with the kids within just weeks of starting to work on things.

"To most parents it doesn't seem like they've needed to make big changes to the way they do things but the difference it has made to family life can really amaze parents.

"It's very rewarding to see parents break out of a negative place where they thought there were no answers and get to a happier family life. You see a great boost in confidence as stress falls away and things turn around." ■



## 4 Staying positive



### PARENTS SAY

On the streets of Auckland we asked parents:  
What are some of the best things about being a parent?

**Heather Steadman, West Auckland**  
Mother of one – Lily, 7

"Apart from all the kisses and cuddles which are so nice to get, I love seeing the world through her eyes. I love just doing things together, like going on bike rides and talking to her. I'm always blown away by the questions she asks me and what she thinks about things."

**David James**  
Father of two – Josh, 5, and Harry, 9

"One of the best things about being a parent is all the love and joy of it. For me, the boys have brought me the chance to be a big kid again myself, and an excuse to join in all the games. They challenge us all the time too, and make us firm up our own values."

**Casey Mendiola, Auckland**  
Mother of one – Lennan, 2

"The best thing about being a parent is having a whole new sense of meaning, purpose and love in your life. But another great thing about being a parent is getting to rediscover your youth again and experience it with someone so special who is seeing and doing it all for the first time. That's magical to me."

**Lisa Fa'avaoga, Otara**  
Mother of one – Kingston, 7

"I love the feeling of responsibility being a parent has given me. I love having someone to come home to. Having my daughter gives me a sense of belonging."

**Leanne Robson, West Auckland**  
Mother of two – Jack, 12, and Ben, 9

"The best part of being a parent is watching them grow and develop and learn. It's so rewarding to see them making their way and becoming more independent, but it's also really nice for me that they still need lots of love and nurturing."



**Cinnamon Saunders, Norsewood**  
Mother of one – Boston, 4

"Being a parent is a lot of fun even though it can be hard at times, too. Kids bring us so much joy."

## Ten minutes with... Alison Harries



Alison Harries has been working with families in South Auckland for many years. A familiar face to many parents, she's a Triple P facilitator at the Takanini and Papakura Family Service Centres.

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

In general, I usually find that parents are frustrated that what they are doing isn't working and they're not getting the results they want. They feel out of control with their children. They're not certain how to manage things like tantrums, fighting, aggression, toilet training or issues with eating.

member will have encouraged them to come. Parents I am seeing openly say they need an alternative to smacking.

### What do you like most about Triple P?

Triple P is a structured set of strategies that can be applied to most situations. It is simple, easy to follow, and if parents do what is suggested, it works for them. It gives parents a plan to follow and allows them to be in control. It can make a huge difference to family life.

### How do parents react when they realise Triple P is working for them?

Parents are relieved and overjoyed. They're thrilled they have something that works for them and they love having a calmer, happier home. They are delighted to have strategies they can understand and put into practice and they have much more confidence about their parenting.

### What would you say to someone who thinks they may need some parenting support, but is reluctant to go to a programme such as Triple P?

I would probably ask them what they know about Triple P and I would talk them through the programme. I'd ask what they were concerned about with their parenting. I would show them the DVD *Every Parent's Survival Guide*. After watching that, I'm sure they would have things to talk about and we'd go from there. ■



Triple P Practitioner Alison Harries

### Are parents happy to ask for help, or do they worry what others will think of them?

Usually if parents actually come to ask for help they will have decided that they really do need help. Sometimes a family

## Get set for the latest on parenting

Are you falling into one of the five common parenting traps? Do you want to know why setting rules is so important? Maybe you want to find out where you can do Triple P?

The Triple P "Stay Positive" website is the place for all this and more. Go to [www.triplep-parenting.net](http://www.triplep-parenting.net) and you'll land on a site dedicated to helping parents in New Zealand.

You'll find plenty of ideas to help you understand the kinds of behaviours you are experiencing at home and why.

The Stay Positive website also has a wealth of information about how and why Triple P's positive parenting works so well for families around the world.

You can read other parents' success stories or click on videos of parents sharing their experiences.

Because Triple P isn't a one-size-fits-all program, it's a good idea to start with the Get Help section of the website to

understand how to access the program and find out about the different types of Triple P that are on offer.

You can work out which type of Triple P will best suit your particular needs. You can search for a provider in your area or find your nearest Triple P session.

And, if your friends haven't got their hands on a copy of the Triple P Tippaper yet, you can tell them to go and check it out online.

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





Getty Images

## Five simple steps to success



Most parents agree the benefits of positive parenting sound very, very appealing. After all, who wouldn't want their child to calmly follow instructions, do well at school, make friends easily and feel good about themselves? Or one who's less likely to develop behavioural or emotional problems when they get older?

Then, there are the advantages for the parents themselves. Parents who use positive parenting say they feel more confident, less stressed and have less conflict with their partner over parenting issues.

Triple P's approach to positive parenting is based on some very simple ideas that have been shown to help make raising children easier. These are Triple P's five key steps to positive parenting:

### 1. Create a safe, interesting environment

Children need to play, explore and investigate their world to develop essential skills so it's important to create a home environment that is safe. With knives out of reach, chemicals and medicine locked away and helmets around for bike or skateboard riding, parents won't be constantly on red alert.

Also, make sure there are lots of interesting things for a child to do. It needn't be expensive toys. Coloured pencils, marbles and homemade playdough are great for keeping littlies occupied, while old boxes, newspaper and twine can be used to create cities, costumes and cubby houses.

And of course there's an added bonus to all of this. Kids who are happily entertaining themselves are less likely to become bored and misbehave!

### 2. Encourage positive learning

When your child comes to you for help, care or a chat, they're ready to learn. Give them positive attention, even if only for a minute or so.

It also helps to be positive about things your child is doing. When you see them doing something you like, pay attention. Giving them a little praise or showing them you like what they're doing increases the chance they'll do it again!



### 3. There is such a thing as "good discipline"

Children do best in a predictable, stable environment, so set clear rules and boundaries and follow through with appropriate consequences. If rules are broken, stay calm and follow up with fair, age appropriate consequences, such as taking away a toy for a few minutes.

But you don't have to jump on every minor indiscretion. Ignore misbehaviour you think is merely an attempt to get attention. Don't make a fuss and it may go away.

And remember to praise behaviour you like. Try to catch your child following rules and congratulate them for it – especially when they're learning something new. Praise them and they're more likely to do it again.

### 4. Be realistic

Nobody's perfect – kids or adults – so don't expect your child to do more (or less) than they're capable of. If you expect your child will always be polite, tidy up, or always be happy and cooperative, you're setting yourself up for disappointment and for conflict with your child.

And don't forget to go easy on yourself, too. You are human. You will make mistakes so don't get too frustrated or upset. Everyone learns through experience.

### 5. Take care of yourself as a parent

Naturally, raising children is a time-consuming job that can sometimes seem to take over your whole life. But you've got to look after your own needs too – making sure you're getting some support, companionship, recreation and even a little time alone!

If you can find ways to balance work and family, call on assistance from friends and relatives and work as a team with your partner, you'll feel much better about being a parent. You won't get as stressed and it will make it much easier to be patient and calm when your child needs you. ■

To read more about Triple P's five key steps to positive parenting go to [www.triplep-parenting.net](http://www.triplep-parenting.net)



## TRIPLE P TIP

### In praise of praise

Children who are constantly told "don't" or "no" soon learn this behaviour gets them the most attention. Instead, if you catch your child doing positive things, give them praise that is clear, specific and enthusiastic.

This tells them that what they've accomplished is positive and appreciated. It's praise a child can understand and enjoy – and they're more likely to repeat the behaviour in the future.

There is such a thing as too much praise though. You wouldn't continue to praise your child every time he packs up his toys. Because as a child becomes more skilled at the task you're trying to encourage, you need to phase out the praise. You make it less predictable as the child becomes more accomplished and the behaviour more routine.

And if you do have to say "no" or "don't" to problematic behaviour, remember to follow up with a positive instruction. For example, "No, stop grabbing the cat's tail" would be followed by, "Pat the cat like this".

A good rule of thumb is to try to deliver four positive comments to every negative comment such as "don't", "stop" or "no". ■

– Professor Matt Sanders

## Contact?

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





## Hands up for good health

All kids catch bugs – tummy bugs, colds, yucky sores and more. Infections and childhood unfortunately tend to go hand in hand, and it can feel like the household just gets over one illness only to have someone come down with another.

Once children start day-care or pre-school and get out into the world, they're going to be exposed to many new germs and there's a greater chance of them falling ill. Upper respiratory infections (things like colds, flu, sore ears, or bronchitis) are the most common things that afflict kids.

But they're closely followed by gastro or tummy bugs, which can see children, and sometimes whole households, become very ill with vomiting and diarrhoea. Skin infections are also very common and many Kiwi kids will suffer from boils, scabies or cellulitis (painful skin lesions).

While sickness is no fun for children or parents, the good news is most of the common infections are mild and won't last long. Having said that, parents should definitely seek medical assistance if an infection looks nasty or your child seems very unwell, and be aware of potential issues like dehydration, especially if kids have vomiting and/or diarrhoea.

There are plenty of things families can do to reduce the risk of catching bugs in the first place, or to help prevent them spreading to the rest of the household.

Hand washing is the number one strategy for preventing infection, say the experts, and we need to make sure we're all doing it properly.

"Hand washing is critical to reducing all infections," says Dr Janine Bycroft, an Auckland GP and Associate Clinical Director of ProCare. She's also a mother of three and a founder of the one-stop website, Health Navigator.

"Parents need to be aware of good hand washing and teach their children how to do it properly. It takes 20 seconds of soap and water and rubbing hands together and 20 seconds of drying hands to reduce any bugs left on the skin."



Paper towels are best, says Dr Bycroft, and fabric towels should be changed and washed frequently.

It can be harder to stop infections spreading when there's a big family in a small space.

When someone in the family has an infection, says Dr Bycroft, it's important

not to share towels. In the case of skin infections, she also recommends kids should shower rather than take baths, and says it's a good idea to avoid sharing beds when there is a sick child.

"It's very important that any sores are seen to by a health professional and kept properly covered. Uncovered sores will spread round a home or classroom very fast," says Dr Bycroft.

"Keeping up vaccinations and making sure children have them when they are due is also very important. Timing matters because children are exposed to more things as they reach certain ages and start going to pre-school and school so they need to be protected in good time."

Dr Bycroft also has a couple of more general tips for keeping bacteria at bay: "Storing food safely helps guard against tummy bugs too, particularly in the warmer weather. In the outdoors, it's also good to keep an eye on where children are swimming and make sure the water quality is safe for swimming." ■



Dr Bycroft of ProCare

### Remind the kids (and yourself) to wash hands after:

- Coughing, sneezing, or wiping noses
- Using the toilet
- Changing a nappy
- Cleaning up vomit or diarrhoea
- Handling pets
- Touching raw meat, chicken or fish ■



### Top tips for healthy homes

- Wash hands frequently and properly
- Teach kids to cover mouth and nose when sneezing and coughing
- Don't leave used tissues lying around – and encourage the habit of washing hands after touching or using tissues
- Make sure kids know which toothbrush is theirs
- Avoid sharing towels and wash them frequently
- Stick to safe food handling rules (Some key ones to remember: keep hot foods hot and cold foods cold; don't leave food out on the bench for too long; don't eat cake mix or other foods containing raw egg; be careful of contaminating chopping boards with raw meat, chicken or fish) ■

### Online info

These websites have more detailed tips for New Zealand parents on how to prevent and deal with some of the most common childhood infections and illnesses.

#### Skin infections:

[www.healthnavigator.org.nz/health-topics/skin-infections](http://www.healthnavigator.org.nz/health-topics/skin-infections)

#### Fever:

[www.kidshealth.org.nz/fever](http://www.kidshealth.org.nz/fever)

#### Immunisations:

[www.immune.org.nz](http://www.immune.org.nz)

#### Food safety:

[www.foodsmart.govt.nz/food-safety/tips/safety-at-home](http://www.foodsmart.govt.nz/food-safety/tips/safety-at-home)

#### General:

[www.health.govt.nz](http://www.health.govt.nz)





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## Get the kids cooking

Kids love to cook, and the rewards are well worth the effort, even if there's also a bit of mess! As well as creating something they'll want to eat, kids can learn a lot and gain great life skills in the kitchen.

"Make cooking fun and kid-friendly," says Suzi Tait-Bradly of Auckland-based company Little Cooks. She and co-founder Bex Woolfall have just written a new cookbook for families called *Piggy Pasta and More – Food with Attitude*.

They started out armed with little more than a stack of nutritious recipes and the desire to teach kids about making healthy food. Now, the Little Cooks team say that running cooking classes for kids has taught them a lot about how to help families enjoy cooking and eating together.

They say once kids have made something really healthy and enjoyed themselves, they're much more likely to want to do it again and try something else.

"Children will really surprise you with what they make, and what they will eat once they get involved. And for parents, of course, it's a great way to spend time with your children," says Suzi.

To make cooking with kids a success and to make it something you'll all enjoy doing again, you'll need a positive approach, plenty of time, and a bit of pre-planning.

Suzi says that although kids are never too young to start taking an interest in cooking, and there's a vast range of things they can make, it's a good idea to choose a fairly simple recipe to begin with – something they'll be capable of doing mostly themselves with a bit of help and supervision. And ideally, keep it healthy.

It's important to keep tasks age-appropriate to reduce the risk of spills, breakage, disappointment or, worse, injury. The little ones, for example, can help fetch ingredients and put them on the kitchen bench. They can mash soft things like bananas and avocados with a fork, help measure ingredients, mix dry ingredients in a bowl and maybe grease a baking tin.

Older kids can do the more complex tasks like separating eggs, slicing with a knife, and using a peeler or a grater. They could have a go at flipping pancakes (or fritters) and they could use an oven glove to put dishes in hot ovens. They can also be responsible for checking off each stage in the cooking process as they go. Don't forget to sort out who's doing what before you start!

"Cooking can give children a real sense of pride and accomplishment," says Suzi. "It's a boost to their confidence to realise they can cook for themselves and for others. They'll like what they make too and hopefully they'll start to think more about that they're eating."

To teach children more about food preparation and healthy choices, before they even start cooking, you could take them shopping to select ingredients too. ■



Suzi Tait-Bradly from Little Cooks

### Easy healthy green smoothie

- 1 cup blueberries
- 1 banana
- 2 cups of milk
- 1 handful fresh baby spinach
- 2 tbsp vanilla yoghurt

Blitz all ingredients together in a blender. You can also substitute other fruit for the blueberries, for example strawberries, plums, feijoas, or a combination. ■

## Piggy pasta (serves 4)



- 1 pack (400g) fresh fettuccine
- 1-2 tbsp olive oil
- 1 can (410g) baby beetroot
- ½ red onion, finely chopped
- 1 tsp minced garlic
- 2 sprigs of dill
- 3 tbsp Greek yoghurt
- Ground pepper and salt
- For each piggy face: 2 slices of cheese, 1 olive, 1 slice of beetroot

1. Cook pasta according to packet instructions.
2. Heat oil in a pan over medium heat. Add the onion and garlic and cook until softened.
3. Put the beetroot, onion, garlic, dill and yoghurt into a blender or food processor. Season with salt and pepper then blitz!
4. Pour beetroot sauce over pasta and stir well until completely pink.
5. To serve, spoon a generous amount of pasta on a plate, then make the piggy face. For the eyes, cut out two medium cheese circles then top each circle with a slice of olive – optional. For the snout, cut out one large circle of cheese with two holes in the centre. For the ears, cut two triangles from a slice of beetroot. ■

## Keep your cool in the kitchen

- Allow plenty of time.
- Read through the full recipe together and have a clear plan of action.
- Tie back long hair, wash and dry hands, and wear aprons or old clothing.
- Prepare a clear space on a clean kitchen bench or table and make sure kids can safely see what's going on and help. (No balancing on wobbly chairs!)
- Assemble all ingredients before you start.
- Stay calm, especially if there's a spillage or breakage. The idea is to relax and have fun. ■



## Thousands of NZ parents helped by Triple P

More than three thousand parents and caregivers have taken the opportunity to do the Triple P positive parenting programme and they're reporting very positive changes in family life.

Triple P is delivered free to parents and caregivers of children aged 3–7 in North Island regions where the programme has been made available to families by the Ministry of Health.

Parents are learning Triple P strategies at group sessions or by working one-to-one with trained practitioners. As more and more are discovering how a little parenting support can make a big difference to a child's behaviour – and parent stress levels – they're giving great feedback:

Pahiatua mother Holly Robertson helped organise a series of Triple P Discussion Groups for parents at her playgroup.

"Having it in our own community worked brilliantly because we all felt comfortable with each other and we all got so much

from it. Being reminded to take a positive approach has certainly made parenting easier for me too."

Takanini mum Alessia Hall says she learned how to sort out bedtime problems at a group session and says she now has her five year old daughter going to sleep easily every night.

"Annabelle was coming up to starting school and we'd hit a real trouble spot with her getting her to sleep. But we picked up quite a few parenting tips that have made such a difference for us. Learning a new approach really turned things around for us."

For Auckland single father of four, John Sagala, Triple P strategies were a lifesaver: "I'm a lot more confident now I have

learned new ways to handle things when they come to stay with me. The kids were fighting all the time but now we are better at resolving conflict. Now I'm not growling at them all the time and we have a much happier time together."

And parents who attended a Triple P group run in Cantonese run by Asian Family Services in Auckland said they liked sharing with others, getting support from each other and realising they weren't alone with their parenting battles. ■



### Your Tippiaper

**Written, designed and produced by:**  
TPI Communications team

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## CONTACT

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

### MidCentral

#### Palmerston North

**ACROSS**  
Carolyne Jeanes  
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#### Abuse Rape Crisis Support

Ruth Steven  
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#### All Saints Church

Alison Waldrom  
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#### Barnardos

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#### Methodist Social Services

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#### Open Home Foundation

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#### Robyn Booker

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#### Parentline

Jo Te Pahi  
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

Bikram Pandey  
T: 06 355 1415

#### Asadullah Rezaie

T: 06 355 1415

#### Relationship Aotearoa

Valette Hooper  
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#### Ruahine Kindergarten

Emma Henderson  
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#### Sarah Goacher

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#### Salvation Army

Deborah Radley  
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E: deb@salvationarmypn.org

#### 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 Church

Fiona Anderson  
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E: Feanderson70@gmail.com

#### Prime Life

Lynda Robb  
T: 06 367 0901  
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#### Super Grans

Rose Cotter  
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#### Te Runanga O Raukawa

Gwenda Hetariki  
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#### Rosanne Kuiti

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#### Dannevirke & Tararua

**Pahiatua Community Services Trust**  
Lyn McNair  
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E: Lyn.pcast@inspire.net.nz

#### Tararua REAP

Beck Blatchford  
T: 06 374 6565  
E: becks@tararuaareap.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

#### Footsteps Counselling Services

Teresa Sage  
T: 07 548 2103 or 021 1661148

#### Sharon Coxon

T: 027 458 8124

#### Te Runanga O Ngai Te Rangi 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

### Waitemata

#### Te Whanau o Waipareira Trust

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

#### Asian Family Services

Young Han  
T: 09 369 0608  
E: Young.han@pgfnz.org.nz

#### Kate In-Kyung Song

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E: Katesong70@hotmail.com

#### Dayspring Trust

Linda  
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#### Frank Veacock

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#### Heather Steadman

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E: weaverweb@xtra.co.nz

#### Hibiscus Coast Family Services

T: 09 424 4584  
E: hbfamilyservices@xtra.co.nz

#### Living and Learning Family Centres

T: 09 873 7992  
E: Henderson@livingandlearning.org.nz

#### The Fono

T: 09 837 3514

#### Thomas Lord

T: 021 0833 6085

#### 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
- Beachlands School
- Blossoms Educare Limited
- Catholic Social Services
- Chinese New Settlers Services Trust (CNST)
- Counties Manukau Kindergarten Association
- East Tamaki Healthcare
- Family Works Northern
- Family Solutions and Mediation
- Franklin Family Support Services
- Great Potentials Foundation
- Hope Unlimited Trust (Franklin)
- Huakina Development Trust (Franklin)
- IOSIS Family Solutions
- Karaka Learning Centre
- Kids Count ECE (Papakura)
- Kindercare Learning Centre
- Leabank School
- Mangere East Family Service Centre
- Next Steps Training
- Papakura Marae
- Papakura Support and Counselling
- Plunket
- ProCare Health Limited
- ProCare Psychological Services
- Refugees as Survivors
- Relationships Aotearoa
- Sowers Trust (Howick)
- St Anne's School
- Strive Community Trust
- Takanini and Papakura Family Service Centres
- Taonga Education Trust Centre
- Te Hononga O Tamaki me Huturoa
- Tongan Health Society
- Turuki Health Care (Mangere)
- Waiuku Family Support Network
- Weymouth Early Discoveries Centre

