



Newsletter June 2009

SKIP TV with Channel North

Liz Nelson, manager of Parent and Family Counselling in Whangarei, is working with Channel North to create a TV series aimed at bringing the SKIP messages to the community.

The series, under the working title "SKIP TV" is being created as part of the campaign to publicize the SKIP messages and resources available to families. "SKIP TV" will talk to local children, parents and welfare professionals about family issues, and will also feature animated sequences.

"For me it's about people having a conversation about their parenting experiences," says Liz.

Channel North is Whangarei's new community TV station, launched in August 2008. The station's mission includes a commitment to the vitality of our community and to broadening horizons for children and young people. Liz's idea for the show was enthusiastically embraced by the TV

team.

"The show's about young people having a voice," says Carol Peters of Channel North.

Watch for the film crew in the mall on June 4 talking to the public as part of the filming schedule this month.



Hot Tips Seminars at Forum North

Proudly supported by Everyday Communities Whangarei and St Andrews, Whangarei



Ian and Mary Grant (left), founders of Parents Inc. will be presenting two seminars, **'Hot Tips for Growing Boys'** on **Wednesday 3 June**, and **'Hot Tips for Raising Girls'** on **Thursday 4 June**, at Forum North, Whangarei. They have been involved in youth work and parenting for 44 years.

See the Parents Inc website for more about what they do — www.parentsinc.org.nz

On Growing Boys

Let's believe in our boys and ensure they have the best opportunities to become secure and loving men. Boys can be bright, bold, challenging and fun. This seminar will not only share the latest research on boys, but will also give great ideas and insights to help boys thrive.

On Raising Girls

Girls are facing huge crises in our modern permissive society. Girls' creativity and natural strengths can easily be lost in the pressure to grow up fast in our media-saturated culture. This seminar will share research and information as well as great ideas to help you grow secure and optimistic daughters, who will take their place in the world with dignity and confidence.

Time: 7.15-10 pm (both nights)

Venue: Forum North, Rust Ave, Whangarei

Cost: \$11 per person/per seminar

Queries: Denise at St Andrews (09) 438 1667 (between 9 am – 2 pm); Joy (09) 438 2854

Tickets: Soda Café, Kamo; Onerahi Hammer Hardware; Buchanan's Pharmacy, Tikipunga; Ella Janes, Bank

www.parentandfamily.co.nz

Roots of Empathy: Emotional Literacy

Babies are going into schools in the Roots of Empathy programme aimed at promoting “Emotional Literacy” in children at the year 5/6 level. The programme originated in Canada and was brought to NZ by the Peace Foundation, who saw in it the potential for laying the foundation for more safe and caring classrooms. Integral to the programme are a series of regular visits to the

classroom by a parent and baby, through whom the children learn to understand needs and feelings. According to the Peace Foundation, international evaluations have found that the programme shows dramatic results in reducing aggression levels among school children, raising emotional awareness and increasing empathy. It is hoped that the Emotional Literacy principles in schools may help to

break intergenerational cycles of family violence. The programme has been trialled at schools in Auckland, Wellington and Christchurch, and may go nationwide in 2010, so Northland schools may well be able to participate in the initiative very soon. For more information see www.peace.net.nz

SKIP Workshops

Peace for Parents

This is a free two-day workshop based on the SKIP positive parenting tips. The programme is especially suited to parents and caregivers of children aged 1-5 years. There is limited childcare available, so book early!

When: June 8 & 16, 9.30am -11.30am **Where:** Parent and Family Counselling Centre

All enquiries to Gloria, (09) 4388852

Don't miss this awesome free event coming up again in August— an evening of laughs, fun and choice ideas with Pio and his mate John. Free childcare and food will be provided—register for tickets early with Niki at Parent and Family Services Phone 4388852.

Sponsored by 
Parent and Family Services, Te Pa o te Ora,
Whangarei Everyday Communities Working Party

All enquiries to Niki on (09) 4388852



RESOURCES

SKIP have a range of resources available to complement your next workshop. These are free but the event or workshop must complement the SKIP principles or kaupapa.

For information on the SKIP resources please contact Gloria on (09) 4388852



The information presented in these courses is research-based, using the SKIP principles. You will gain understanding and knowledge on how to raise your child/ren using appropriate discipline in a non-physical way.

Conscious Parenting Programmes::

Whangarei Parents Centre

The programmes will provide you with activities that you can implement within your family context. The activities will be uncomplicated, undemanding, straightforward and simple.

These courses are FREE! Numbers are limited, so be in quick.

Magic Moments

Magic Moments focuses on using non-physical ways of discipline and encourages parents and caregivers to build strong and caring relationships with their children, whilst giving clear boundaries. It is a three-module programme.

Dates: May 25, June 1, 8. Mondays, 7 pm – 9 pm. November 16, 23, 30. Mondays, 7 pm – 9 pm

Location: Whangarei Parents Centre, 13 Te Mai Road, Whangarei.

Parenting with Purpose

Parenting with Purpose has been created to encourage parents/caregivers and key support people to look at how they parent, where they learnt their parenting skills and are they the most productive skills to use when raising children. It is a six-module programme.

Dates: July 6, 13, 20, 27, August 3, 10. Mondays, 7 pm – 9 pm

Location: Whangarei Parents Centre, 13 Te Mai Road, Whangarei.

To enrol in one of these programs contact Lianne Shirley on 09 435 1267, or email whangarei@parentscentre.org.nz



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