

HEART Parenting

Hui & Interview

Findings

2014 - 2015



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Whānau Community Dinner Findings

Theme	Thoughts from Tāmaki Parents	Thoughts from HEART Champions and Supporters
Safety and Security	<ul style="list-style-type: none"> - Drinking in the parks - Crime in Tāmaki keeps families inside their homes. It's not safe. - Scared of crime so much that it keeps them at home. Worried about the kids safety and making sure they get a good education. - Never know if there will be enough money to pay for things. 	<ul style="list-style-type: none"> - Safety aspects in the community - Economic Security (Housing situation and finances) - Safety in community is a big thing to a lot of families
Lack of things for teens to do in the community	<ul style="list-style-type: none"> - The need for a physical space - The new Music and Arts Centre might help. - The challenges of young teens out at night, unsupervised - Need incentives around for our youth 	
Quality of Relationships	<ul style="list-style-type: none"> - It's important to have focused attention on our children, humour, dinners together - being supportive and loving, communication, honesty, look after one another, unconditional love, having quality time with the kids is very important - We don't want help from services, we will always go to family first. - It's hard when people keep to themselves. Some parents aren't listening to each other. - Having extended whanau to give support. And to learn from them about parenting (examples of positive parenting, creating good relationships with kids) 	<ul style="list-style-type: none"> - Families don't want to parent on their own and they have good role models - There are family dynamics with in-laws and clashing of parenting styles - need to promote good relationships in the area - There is an unconditional love they felt for their kids - There is unconditional love from their children to them as parents
Overcoming hardships	<ul style="list-style-type: none"> - from history or currently - Many parents didn't like how they were brought up themselves. - differences in living (rural to urban) - difficulty to open up and share these hardships. - Everyone wanted to be better parents than their own. - Some children are starting to act out - breaking the law, court cases pending and working with the police. They feel that their kids are now acting out. They have left the past behind, but now these things are happening. - There were a lot of hardship growing up - drugs, alcohol, mental health issues, abusive. Now they have little connection with their extended whanau and have started fresh on their own. 	<ul style="list-style-type: none"> - Role modelling from parenting history - they are changing what they show their kids from what they saw/ felt as children. i.e. family violence and anger. They are doing the best that they can - they are showing and practicing love with their kids.

Whānau Community Dinner Findings

Theme	Thoughts from Tāmaki Parents	Thoughts from HEART Champions and Supporters
<p>Pressure (in socio-economics)</p>	<ul style="list-style-type: none"> - Lack of time, external/ work stress, no time for self care, no money. - Hard to prioritize children - hard to maintain quality of life to give children quality experiences (eg sports, cheerleading), - Working to survive - relying on family and friends to care for children whilst working. Working Poor - not middle or lower income - Not eligible for any assistance (WINZ/ IRD). Constant treadmill - work, kids, work... difficult roles at work - working long hours, expectations, sacrifices. 	<ul style="list-style-type: none"> - This community is predominantly the working poor - they are in survival mode a lot - Influences in the community - home, peers, school, community - There are a lot of stressors on families (working, finances, no family time, unstable housing, values and morals conflict and therefore absolutely no self-care time) - They are prepared to be there - it's more important than working, giving un-obligated time to children, experiencing their children's achievements (sport, ceremonies, assemblies). Kids before work.
<p>Pressure (in parenting)</p>	<ul style="list-style-type: none"> - Discipline, - how to satisfy children who say I'm bored, - expensive activities, - siblings fighting - other parents differences/ values/ morals. - Other influences within community. - Basing parenting on what wasn't shown to them. - Dealing with anger, shouting. - Having difficulty understanding what discipline was okay and what wasn't okay. Blurred lines from the past. - working together better in parenting (between mum/dad) "seeking support in parenting, not expecting the other parents' behaviour to be the same" - Having respect for each other in the whanau is the most important. - It would be good to get help to not be as stubborn as a parent. 	<ul style="list-style-type: none"> - Smacking vs having alternative options - Men don't know where help is with their kids - Smacking as a boundary enforcer, for consequences and as discipline. Smacking is used for a reason and not just because "I'm pissed off". Dads use it as a tool in parenting. - Different people need support at different stages of their parenting journey - Being better parents and having the tools to be great/ being open - Parents were reluctant to share about their parenting - Emotional Support - hugs and kisses at home and school, being able to provide balanced emotional support to all children (split/ mixed families). - Ensuring that their partner receives balanced respect from all children as well (in split/ mixed families) - Routine is important for dads - Dads are more understanding about being a stay-at-home-parent because of their experiences of being at home now.

Whānau Community Dinner Findings

Theme	Thoughts from Tāmaki Parents	Thoughts from HEART Champions and Supporters
Keeping Positive and Confident	<ul style="list-style-type: none"> - Hard to maintain positive outlook when just trying to keep basics of life maintained. - Some of the families at the Whanau dinner were quite closed and seemed vulnerable, but brave to come and share what they did. Some of their kids were kept very close as well. - changes in the community (transformation) and unsure if there is a place here for families like them anymore. - Families are proud of getting ahead and working together - really proud of partners that have and keep jobs as well as proud when they have a partner that helps out at home. - There are different levels of OK-ness 	<ul style="list-style-type: none"> - A lot more choices are available when families are connected to organisations - There are not enough resources for support in the community

Whānau Community Dinner Findings

Tāmaki Parents enjoy in Tāmaki	
Theme	Thoughts from Tāmaki Parents
Activities	<ul style="list-style-type: none"> - Video games, horses, visit parks, shopping, puzzles, Camping, Volunteering, community events, family fun days, Music, Arts, pampering, - Sports - Cheerleading, swimming, Dance, waka ama, fishing, cycling, - They feel that sport is important - Families stay in GI, they keep things local - activities and entertainment needs to be cheap and local. - Activities are normally low cost, but also enjoyable. Reading books, watching movies, going to the pools, going to the park,
Places	Reserves/ Walkways, Pools, parks, Church, library, Te Waipuna Puawai, Kura, Kohanga Reo, marae - support services
Friends	<ul style="list-style-type: none"> - Youth Group - Cultural groups - Good friends and people - Relationships formed within the community - Maungarei cadets - Other parents - family - peer groups - extended whanau - It's important to be together as often as we can
The culture of the place	- cultures and diversity - accepting all
Organised Support	<ul style="list-style-type: none"> - Receiving support for 1 or more organisations completely changed the quality of life for some families. - Ones noted: TWP, GIFC, Playcentre - Some had connections to other services - CYFS, Police, fostering, teacher aides, other help. But none are regarded as local support. - Some feel that there is no support for parenting other than with family.

Whānau Community Dinner Findings

Tāmaki Parents find hard in Tāmaki	
Theme	Thoughts from Tāmaki Parents
Financial	<ul style="list-style-type: none"> - Prices of rent, water, power. - debt, not enough money to get by.
Government changes	<ul style="list-style-type: none"> - WINZ criteria changes and expectations. - HNZ changes - for criteria and smaller sections (land space)
Lack of safety or security	<ul style="list-style-type: none"> - Drinking in the parks - Crime in Tāmaki keeps families inside their homes. It's not safe. - Scared of crime so much that it keeps them at home. Worried about the kids safety and making sure they get a good education.
Housing	<ul style="list-style-type: none"> - Over crowding - unstable housing situations - 1 yr contracts. - A lot of relief around having their own homes and being able to keep it. - Can't find any rental accommodation that is affordable and can't get a HNZ house easily.
Clash of opinions	<ul style="list-style-type: none"> - influences, values, morals - schooling - different boundaries to at home - culture has a big effect on parenting, but changes need to be made. - difficulty when extended families merge. - Churches can be supportive and unsupportive at the same time. - Anti-smacking law - managing children
Balancing life	<ul style="list-style-type: none"> - acknowledgment that parents are doing the best that they can. - Hard to get ahead, parents need education but can't juggle living/ parenting with schooling to be able to get ahead more.
Unmet Needs	<ul style="list-style-type: none"> - Young mums need support - stigma around young parents - Generally not much support around - CAB/ Plunket can only offer so much. - Need other facilitators that are open for support (i.e. the marae open to people coming) - Wanting an after school care/ learning place where parents can be a part of the learning process - New mums need a guiding hand to help raise children - Solo parents have a different experience and have less chance to share that difference. - Need a physical space for parents, so that they can relax, sit and actually think. - How relationships between extended whanau and new parents can work. - Some places offer good and rewarding support, but others offer support but they are not really there for actual support.

Asset Maps

- Thoughts from HEART Champions and Supporters

- **What are the differences/ similarities between the maps?**
 - There was not much mention of the early learning spaces in the community - or spaces that we go to for education.
 - The notes on the mens map were more activity based and the notes on the womens maps were more services based.
 - They knew where a lot of things were and what was accessible and free for them.
 - Most activities involve open/ green spaces.
 - There were re-occurring names and agencies through out each map and a lot knew of government services as well.
 - Services are known to them and where they are.
 - Women are the ones who know where to go for support, so we need to work on connecting better with men.
 - It would be great to create a good list of free and cheap activities in the area from this information.
 - There were different groups of people around each map (mums, dads, parents of pre-schoolers, parents of teens) and the maps reflected that difference with what they wrote down.
- **What are the best ideas from the maps?**
 - Men didn't know where support places were and wanted to sort things out more themselves with their own networks of friends and family.
 - Make sure that we do planned actions in and around the GI shopping area and include NZ Post - which was mentioned a lot.
 - People want Maybury Reserve to be lit up at night time. *(As soon as it's a safe place to light up).*
 - When men have conflict at home with their partners or children, they need timeout and take it by walking/ going to Point England Beach/ Rivers/ Reserves. However they don't necessarily come back and resolve that conflict in the family.
- **What it means for services?**
 - We thought that everyone knew where we are. These maps show that is not entirely true. We need to run or plan for events for parents and have the local agencies attend to talk about their services. There needs to be better knowledge for the Tāmaki community about services.
 - Services and schools need to network more with each other and with parents.

What we found out:

- ★ We need to connect parents with the learning spaces in the community.
- ★ Tāmaki Dads are action based, and aren't sure where support services are or what they do - they would prefer friends and family anyway.
- ★ When connecting with dads, make it action based and encourage conflict resolution.
- ★ Most activities are focused on or around the green spaces in Tāmaki or the shopping area - they are active spaces in Tāmaki.
- ★ Most of Tāmaki Mums know about services and where they are.
- ★ Collectively, Tāmaki parents have a great collection of cheap and easy activities to do in Tāmaki.
- ★ Tāmaki parents views of the community changes depending on who they are and where they are at in their parenting journey.
- ★ Not everyone knows where every organisation is. Promotion and networking is always important.

Asset Maps

- Places our Tāmaki Parents know

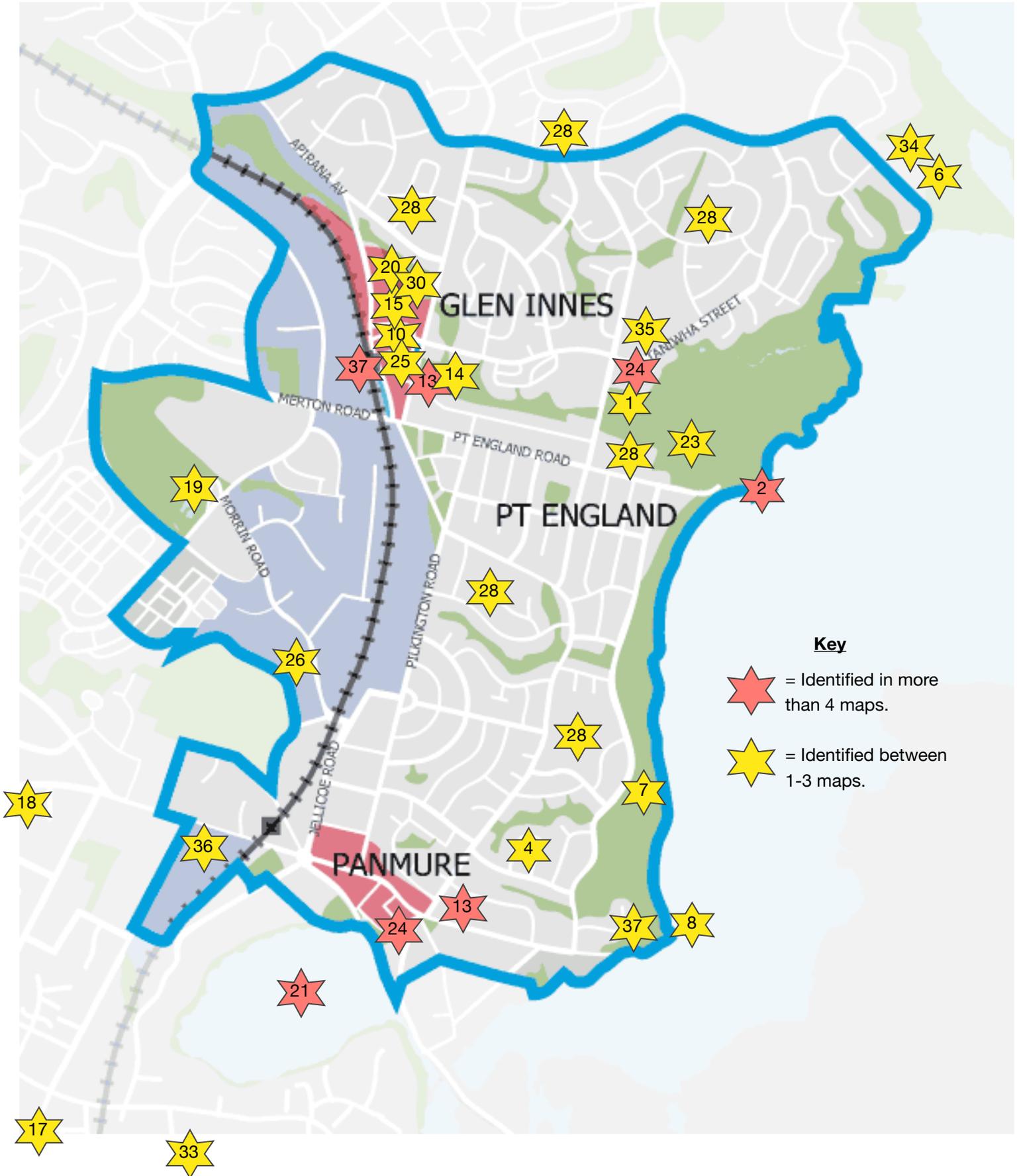
Places that we take our children

There were 7 maps that Tāmaki parents shared their thoughts. The numbers signify the amount of times that these places were identified.

1. Basketball Court (2)
- 2. Beach (7)**
3. Bike rides/ park in St Johns (3)
4. Community Gardens
- 5. Events - Family Fun Day/ HEART Events and BBQ's/ Matariki Lights Trail/ Movies in the parks (7)**
6. Duck Pond (3)
7. Dunkirk Road Activity Centre
8. Fishing - Panmure Wharf (2)
- 9. Friends, family, neighbours (4)**
10. Glen Innes Shops (3)
11. Heritage house
12. Kai Markets
- 13. Library - computers, reading books, activities (7)**
14. Marae
15. McDonalds
16. Meals - Lunch/ Dinner (2)
17. Mount Wellington Rugby Club (Touch)
18. Mount Wellington Summit (5)
19. Netball Courts (3)
20. Pak n Save Supermarket
- 21. Panmure Basin (4)**
- 22. Parks/ Playgrounds (6)**
23. Point England Reserve (3)
- 24. Pools (especially for rainy days) (7)**
25. Post Office
26. Rock Climbing
27. Swimming
28. School (3)
29. Shopping (2)
30. Skate park - GRACE and Crossfields (3)
31. Spend time at home - movie nights, computer (3)
32. Sports
33. Sylvia Park (2)
34. Tahuna Torea (2)
35. Tamaki Recreation Centre (2)
36. Ten Pin Bowling (3)
- 37. Train rides/ station (6)**
38. Walks/ Bush walks (5)
39. Yacht Club

Mapping Assets in Tāmaki - Places we take our children

Note that some places are not 'starred' because they are all over Tāmaki (walking, friends, family, events...).



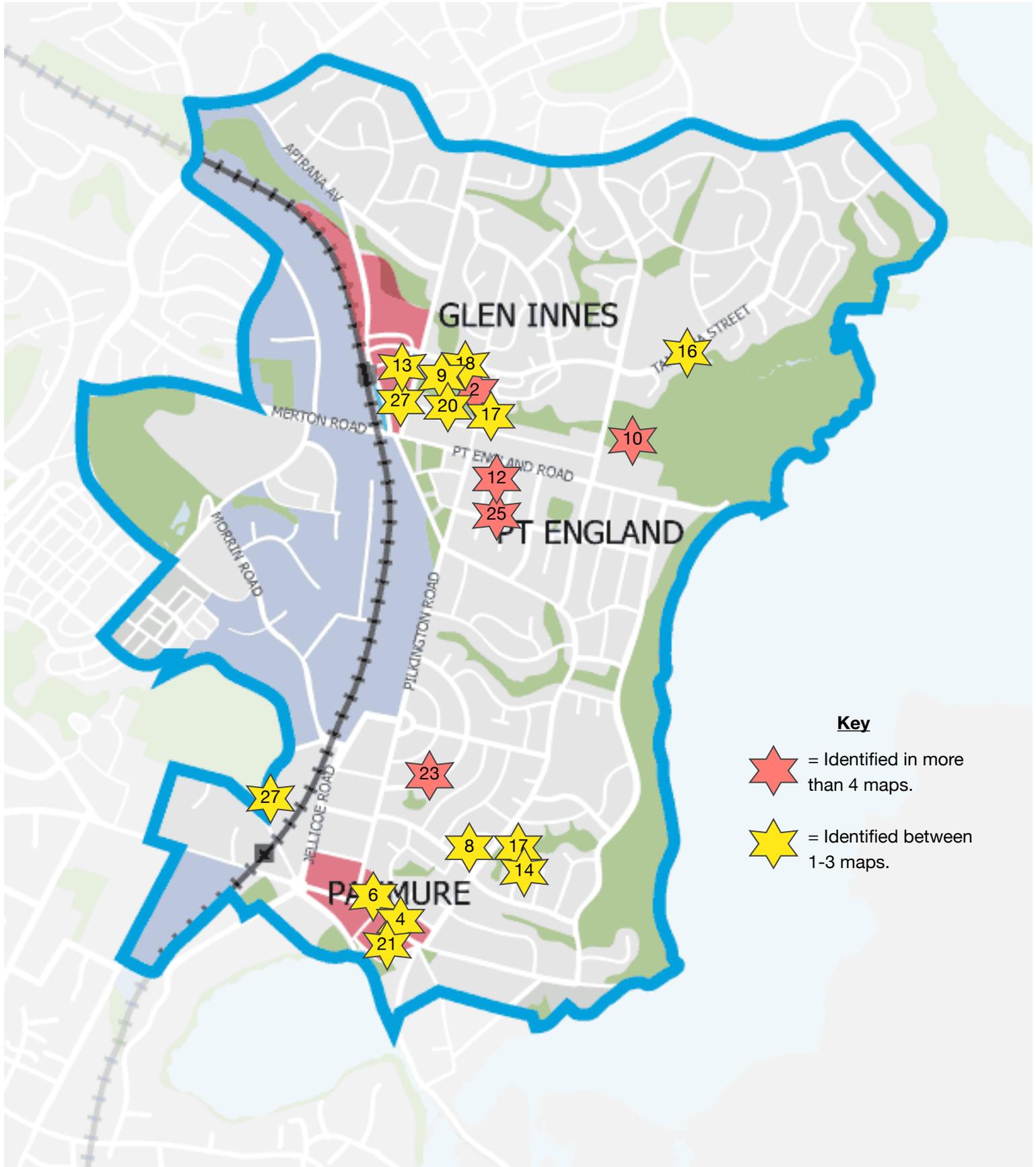
Places that we go to for support

There were 7 maps that Tāmaki parents shared their thoughts. The numbers signify the amount of times that these places were identified.

1. Church
- 2. Citizens Advice Bureau (5)**
3. Doctors (2)
4. East Auckland Home and Budgeting Services
- 5. Families, friends, neighbours (5)**
6. Family First
7. Family Start
8. Fire Station
9. Genesis Trust (2)
- 10. Glen Innes Family Centre (6)**
11. Google
- 12. Island Child Charitable Trust (4)**
13. Orakei Health (2)
14. Panmure East Resident Association
15. Parents at school
16. Playcentre
17. Plunket
18. Police (2)
19. RTLB - School
20. Ruapotaka Marae
21. Salvation Army (2)
22. Social Workers/ Social Services (2)
- 23. Tamaki Community Development Trust (4)**
24. Teachers
- 25. Te Waipuna Puawai (4)**
26. Schools (2)
27. WINZ

Mapping Assets in Tāmaki - Places for support

Note that some places are not 'starred' because they are all over Tāmaki (church, doctors, family, friends, google...).



What would you like to see change?

Activities

- Free entry into the pools
- More advertising events
- Community Gardens
- More activities and spaces for babies/children (free) (3)
- Have something for youth/ teens to do (get them off the street) (4)
- The youth that are doing nothing/ begging - stepping up into community roles
- Can't wait to see the Music and Art centre open
- Pools free
- Promote sport activities more
- Better variety at parks (2)
- Family walks in the community
- More school holiday activities for children

Safety

- Lights in Maybury park/ other parks (3)
- Create safer spaces
- More speed bumps around schools
- The cars with boom boxes
- Road Works
- Illegal dumping of rubbish
- safer parks - fenced
- More street lighting
- Police to inform residents of convicted people in community
- Safer visible road crossings
- Police Patrolling beaches
- Proper security

Infrastructure

- Any development on the Ngati Whātua land (Taniwha St/ Elstree Ave) - a park etc. or lease to the community
- School zoning - to have an option where to send our kids
- Local Councillors
- More funding in the community/ education system (2)
- Other banks (credit union)
- Less liquor stores: less on the main street of GI
- Less Intensification
- For empty homes to be occupied (clear the HNZ waiting list)
- The basin done up (bridge walk)
- Longer pub transport hours
- Less private houses, more HNZ houses
- Not for the community to stay the same - improvements are needed (2)
- Baby changing tables in public places
- More trees for shade at parks/ beach

Support/ Services

- Support services for men
- Emergency housing
- More support for young parents
- Young mums group come back
- Promote organisations more

Community Culture

- More people giving, not talking
- More people caring about the earth

What would you like to see stay the same?

Activities

- Community events - even more of them/ free movies/ HEART BBQ's (4)
- The green spaces and parks/ reserves (3)
- Keep the duck ponds
- Being able to visit the beaches around us

Infrastructure

- When the development happens, then it's going to change everything. cost of things, things we love may go - like My Bakery
- Rent - no hikes in prices
- Transport
- Keep the library
- Keep GI for locals
- Keep GI affordable
- Second hand shops

Support/ Services

- Schools
- Current services
- TWP - free courses, transport and childcare
- Glen Innes Family Centre
- Neighbourhood Police
- Social Workers

Community Culture

- The people and the atmosphere
- Our families in their homes
- Family and community
- Friendliness
- The community as it is
- Don't want anything to stay the same
- Community caring and support, respect

In-depth Interview Findings

Conscious Parenting	
Tāmaki Parents Voice	Findings
<p>"It was different when I was growing up because I was under the care of my grandparents who didn't allow me to do much except stay at home and look after the family...so it was a different kind of parenting... very strict and not great options in life."</p>	Aware of different parental style
<p>Value most about parenting - "Their love. Kids have so much love to give." "Watching them grow and learn."</p> <p>"People love their kids and want the best for them but people go about it in different ways cos they have different resources. I don't want my son missing out cos Dad couldn't come up with the money."</p> <p>"[What I value most is] Exactly that, being able to be a parent."</p> <p>"Be a role model. Teach your kids life, values (good and bad), love and respect. Look after them and make them feel safe when they're in need."</p> <p>"I feel really positive because of what I've learnt from bringing up my children. Everything I've learnt from being a parent has made me stronger. I know I can do anything now. I've become really positive because I'm stronger and more comfortable now."</p>	Valuing children and the parenting role
<p>"I've got 7 kids, 4 in my care. The oldest is 17, the youngest is 1. I moved to G.I. last year to start a new life here in Auckland. The kids who don't live with me – one is with the grandparents and two live with my ex-partner. At the moment it's not really a relationship [with the other kids not in their care]. They're doing their own thing. There's more opportunities here in Auckland for me and my young family. I'd like all my kids to be here but they can't be."</p>	Reality of split whānau
<p>"...I was brought up with my grandparents. My grandparents are from the Cook Islands and... they taught me old ways. To respect your elders all the time and to look after yourself and be safe."</p> <p>"[I am] always reminding my children to be good, to tell me everything like how they're feeling and what they wanna do, to respect their elders, to be safe everywhere they go and make sure they know why they need to be safe, and look after themselves."</p> <p>"I had an excellent upbringing. I was raised by my father cos my mother passed away when I was 3. I'm an only child and for 13 years it was just me and my dad. My dad was strict cos he didn't want me to have a colourful past like him, but his strictness made me rebel and run away. And because my Dad was a single father raising a daughter, he wasn't very affectionate because, he told me years later, a lot of fathers were being accused of interfering with their daughters. I felt loved but didn't get as much affection as I would've liked. But he didn't want me taken off him."</p>	Conscious of parenting styles and using similar styles for their children

Conscious Parenting	
Tāmaki Parents Voice	Findings
<p>"I got pregnant at the age of 15 so I had to grow up and become a woman... I had to step up and become an adult and I just went with the flow, I didn't seek guidance, I just took things as they came... when she came into the world things changed in that I wanted to do everything I could for my child, like those things I didn't have."</p> <p>"when my children were born I made sure that there was no way they were going to have that upbringing. They still go to school here in G.I. and I still support them because the school doesn't get much funding. It's just about wanting them to have a better future than what I have here."</p> <p>"My upbringing was bad. I was in and out of CYFS, running away from home. But I want it to be different for my kids... I wanna move out of Auckland. [Move away from] the drama. I have too much drama since I was young... Like with their dad, getting threats from inlaws and his friends."</p> <p>"I've done things quite differently. Parenting-wise, you could probably call me a jellyfish. I was 27 when I had my first child so I was still in that mode of being quite strict and demanding but as my children grew up and got a bit older, I got it in my mind that that's what my Mum did and I changed. I was constantly telling myself to try a different way because I had vivid memories from when I was their age."</p> <p>"It'd be great if there was a manual for being a great parent. It's a lifetime learning experience. It's really great to have a lot of emphasis on parenting. If you've had a bad upbringing, being a parent yourself can be pretty challenging."</p> <p>"My parents are junkies. As soon as I was of age I was gone. My Mum tries to parent my kids but I always tell her to stand back cos she stuffed up with us... They're [kids] not going through what I went through. I lived in a party house – no food. Broken promises all the time. I'm not gonna do that to my kids. I love my parents but I don't. When they die, I'm not gonna shed a tear. I'm not having that with my kids so I'm changing everything."</p> <p>"I learnt about that [stability] earlier in life than my parents but hopefully my kids are learning about it even earlier than I did."</p> <p>"I've learnt not to be so controlling – to be strict but still let them do things. I don't want my kids to run away like I did but I want them to have boundaries."</p> <p>"That what we've got here is better than what we grew up with."</p> <p>Biggest Challenge - "Not mirror my parents and to relax cos nothing's as bad as it seems."</p> <p>"[Mothering is important] Cos I didn't have a mother." <i>"I had a parent, not a mother."</i></p> <p>"[What I value most is] time with my kids. Because I never had time with my parents. I used to go to school myself with no shoes or lunch. I don't want my kids to go through what I went through."</p>	<p>Conscious of parenting styles and the need to change for their children</p>

Conscious Parenting	
Tāmaki Parents Voice	Findings
<p>"When I met my husband, we moved [overseas] for a while because I wasn't allowed to bring anyone home. My Dad wouldn't let me do anything or go anywhere. He was abusive and violent towards me...I had to come back to New Zealand for the ceremony to do it the proper Island way and apologise to my family for everything. When I came back I opened up and told them how upset I was that I'd had to do everything at home like work and support the family and look after the kids, and they apologised. Now that I've got kids, I'm always thinking about my past and I don't want my kids to grow up like I did. I learnt how I want to look after my kids from my own past experiences. It's a sad story."</p> <p>"my emphasis on education is really strong because of my experiences."</p>	Conscious of parenting styles and the need to change for their children
<p>"I'm hoping to get more involved in [the school] because I've noticed a lot of parents don't go to the school. I went to the Athletics Day and I was the only parent there. I felt so bad. I wondered if I should leave cos I was worried it would make [her daughter] feel awkward that I was the only parent there. It was so sad that I actually cried, turning up to Athletics Day and not one parent being there. It hurts. You just wanna go and round up all the kids and say "Go get your parents!". It was definitely disappointing."</p> <p>"You can't just rely on the teacher to do the job. Parents should get involved in their kids' education too and not just think "The teachers have everything under control". And the schools need to put it out there that the more parents get involved, the more fun it is for the children. It makes education and learning so much better for children."</p>	The need for parents to be more involved
<p>"[working on with the kids] managing my anger, doing stuff with them, mainly how the kids feel in a situation, how to deal with being a solo mum, how to deal with the kids because their Dad comes whenever he wants and when he's here the kids get really hyped up and when he goes they get angry."</p> <p>"I learnt not to get angry so quickly and be harsh and using harsh words. I did use smacking but I eventually I learnt that smacking doesn't normally get a good result so I tried to ease up on that. Spending time with my children. I was working but wherever I went, my children went so I'd say they really knew me and how to work me. The most important thing to me was spending a lot of time with my girls."</p> <p>"It's [sibling fighting] really stressful. I end up screaming and yelling. But really I should just talk to them and tell them that that behaviour is no good and talk about it."</p> <p>"The discipline thing is hard but I think when children don't have discipline it's wrong. You get spoilt little children who think they're gonna get whatever they want whenever they want, and I don't want that."</p>	Developing parenting skills
<p>"It [being whangai] was a bit of a mean way of being brought up but I sort've liked it because they didn't have to do it, they took us on board. Sometimes they'd be about 20 of us in one house. It was very regimented. There was a lot of discipline. My Dad was very loving but my Mum ruled by the stick. There was a lot of punishment. In saying that, I never thought of running away. Sometimes I thought we deserved what we got. But in all of that I still felt love... We knew our place and we learnt that if we didn't clean up or do our chores or go to school, this was what was gonna happen."</p>	Conscious of parenting style used by own parents

Relationships	
Tāmaki Parents Voice	Findings
<p>"it's also not helpful because I have one way of teaching my children. Nana and Grandad have another way. And Mama and Papa, my grandparents, have a different way. The way my grandparents taught me was a proper parenting way but when they have my children they let them do whatever because it's their great-grandchildren. And if I try and tell my children what to do around my grandparents, they tell me to "Shush, leave them alone". So it's frustrating because my children come back home thinking they can do whatever."</p>	<p>Difficulty with parenting between generations</p>
<p>"I just had family support. Plunket were there to answer questions but I didn't have much support, no support actually. I did it all on my own. But I didn't really seek help. I thought "I got myself in this mess so I'm going to get through it". Maybe I didn't think anything was around back then. It was a long time ago. I don't think the support system was really out there for me, like there was no advertising."</p>	<p>Doing it on your own</p>
<p>"The path [their dad is] on in life isn't good for my children to be around. In the last few years he's made no effort with birthdays, christmases or special occasions at school... I've decided I'd prefer not to involve him in anything. It's really sad because I know he cares about his children and he wants to be there but sadly he's chosen a wrong path for my family and sadly he's not gonna get off that path."</p> <p>Support for ex-partner - "No, he's one of those guys that thinks he knows everything. His upbringing was bad and he's taken his parenting skills from that. He's a druggie so I try to keep my kids away from that... [Learning from HIPPIY] the stuff about violence and good parenting skills. I tried to talk to the kids' Dad about it but he wouldn't listen."</p> <p>"Peer pressure for them, which affected our relationship. They did whatever they wanted in terms of alcohol, drugs and sex. They were big things and sometimes I didn't know what to do or who to talk to. My husband is old school and he would yell and scream. I thought that by telling him, he'd understand the children better but I'd always just regret that I told him because he'd shut down the communication between us so the girls would think I was siding with him so they wouldn't talk to me."</p> <p>Relationship like with your kids - "It's strong with all my kids at the moment... It's hard with my older kids because there's a Court Protection Order in place so I'm not allowed to contact them... They tried to set my son up in a "big brother" buddy system with another male figure. It wasn't allowed to be me though. I thought surely my son could make his own mind up about who he wanted that person to be, whether he wanted me to be involved in his life."</p>	<p>Dads not present/engaged</p>
<p>"My family. When I was staying with the kids' Dad, I lost everything – my family – and I just recently got them back. I'm getting stronger. Once I get on with my life, it'll be better."</p> <p>"It takes me a while to identify family violence because I've become quite immune to it. It would have to be quite extreme before I realise "That's family violence!" because in my family it's become the norm. I think a lot of our relationship problems stem from things going on with our children."</p>	<p>Affect of Family Violence</p>

Relationships	
Tāmaki Parents Voice	Findings
<p>"The rule in our house is that whoever gives the first order, that sticks." <i>"So they tend to ask him first."</i> "Cos my parents always said 'no' to everything."</p> <p>"I've gotta get over my fear. I tend to be the positive one and him the negative one even though I'm conservative when it comes to the kids, but we balance each other. We've never had an argument over a decision about the kids."</p> <p>"[Relationships] gotta be two ways."</p> <p>"You have to be in love, not just love each other."</p>	<p>Working together with different parenting styles</p>
<p>"Kids determined our relationship. I don't think we'd still be together if we hadn't got pregnant. We were living in different places but I got pregnant and wanted to keep it."</p>	<p>The importance of children</p>
<p>"I've got a couple of mates I've grown up with since we were in nappies who are great support, one in particular who's like the older brother I never had. He keeps me grounded and has a lot of time for me."</p>	<p>The importance of friends/peers</p>
<p>"It tore the kids up [separation]. They had to accept the fact that both their parents were in other relationships and seek support from their mates."</p>	<p>Affect of separation</p>

Looking after yourself	
Tāmaki Parents Voice	Findings
<p>"I like to exercise in the mornings so I'm not so stressed. I also just take a lot of deep breaths in and out and tell myself it's not worth screaming and yelling about, just get over it and tell them properly because I feel like if I speak to them properly, they actually listen."</p>	<p>Coping skills when stressed</p>
<p>"I'm gonna be honest... a cup of coffee and a cigarette does me great, or a night out with my friends, like just once a week, just to catch up with what's going on in the world. Just hanging out with family. Family are probably the main thing that keeps me going – my Mum, my sister, my grandparents and my children. I might team up with a girlfriend every now and then and go to a bar for a drink. I like taking the kids away sometimes, going out and feeding the ducks or just going somewhere where we can breathe fresh air and relax and not worry about what's for dinner or the worries of life, just run away for a bit and clear the head."</p> <p>"In the past I've exercised – aerobics, hot hoola (?) and zumba. I'm not very fit right now. When I was exercising, it also meant I got to socialise with other women in the community. I have to think of something I can replace that with. I like to garden. I don't know what I'm doing but if it grows, I'm happy. I go to aqua aerobics. I like walking my dog. I like to read but that only takes about 10 minutes then I'm asleep. I like shopping, even just window shopping. I like to get my nails, eyelashes and hair done. That makes me feel good, especially colouring my hair. I like going out for lunch with my girls."</p> <p>"I go to my mates. But I'm good at putting on the TV and channelling them out."</p> <p>"Exercise and eat healthy food."</p>	<p>Mini breaks from parenting</p> <ul style="list-style-type: none"> - Taking a coffee/ ciggy break - Hanging out with family - Team up with friends - Getting away from home - Breathe fresh air - Run away & clear head - Physical Exercise - Socialise with others - Gardening - Beauty care - Shopping - Reading - Walks - TV time - Eating healthy

Looking after yourself	
Tāmaki Parents Voice	Findings
<p>When you relax - "When they're sleeping."</p> <p>"I do that [relax] when I go to sleep."</p> <p>"[To relax, I] Watch Sky or just have a cup of tea and a smoke outside. I don't have much time to relax, mainly just after 8.30pm."</p> <p>"It took me a while to get the gist of having downtime. My kids were going to bed when they wanted. There was no structure. They fell asleep with muesli bars in their mouth."</p>	No breaks
<p>Do to relax - "Lie in bed with my kids, talking. Go for walks. I enjoy having my kids around. When they leave home, that's it. I'll never get this time again."</p> <p>Recharging batteries - "Waking up every day with my kids. They come into my room and wake me up."</p>	Relax with the kids
<p>"Sometimes if I'm going to visit mates with kids, I take the boys too and give her [partner] a bit of relaxation time with just the girls."</p>	Parents team working for breaks

Safety	
Tāmaki Parents Voice	Findings
<p>"To always look after yourself everywhere, like out on the street and at the park, and not to make trouble with other children even if they're trying to make trouble with you, just to come to me or ignore it, not to speak to any strangers, especially adults. To always look after your siblings, to be cautious about broken things on the ground and always wear your shoes so you don't get hurt. To tell me anything bad that happens."</p> <p>"...nowhere is safe all the time, like the local park. They've always played at the local park and often it's just children their age but when the older children come along, they could be displaying bad things and my kids might pick it up or see it, or they could be mean to my children. So really there's no safe place but at home and at a relative's house."</p> <p>"They know they're safe with me. They haven't had too many opportunities to feel unsafe cos they're generally with me. Except one afternoon at Point England some kids who were drinking tried to beat us all up while we were having a barbeque. My kids were really scared."</p>	Aware and vigilant about safety and ensuring that children are as well.
<p>"G.I. is quite poor, a lot of Pacific Islanders who live roughly and don't really have anything. We were pretty much in that category. We didn't really have anything and I ended up at Tamaki College and that was really the downer of my life. I had great plans for myself and my family wanted me to go far places but because I ended up in that college I was bullied and beaten up. I went through hell and back in that school."</p> <p>"With my youngest one I'd say it's the bullying that goes on in school, including cyber bullying. That plays a big part in my children's lives cos once they're upset they don't wanna talk about it. I try and tell my children not to go on the internet then but it's so hard cos it's everywhere these days."</p>	<p>Lack of resources</p> <p>Bullying</p>

Safety	
Tāmaki Parents Voice	Findings
"Another challenge is with my 13 year old and her surroundings – her friends. They're smoking and drinking and she's only just turning 13 next week. A lot of her friends' parents let their kids be out at all hours of the night with no curfew so the kids are doing whatever they like."	Community/ Peer pressure
"At home. I feel safe here in G.I. because I've been born and raised here and I know everybody. I might not know them properly but everyone has a familiar face so if something does go wrong, like if my children are picked on, I'll say "Hey, I know your Mum. I'm coming to your house later". I can deal with that. I'm not scared for my children – they walk to school, they know about not talking to strangers. I live in a cul-de-sac and it's good because everybody knows and supports everybody. I wouldn't feel safe in another township where I didn't know anyone." "I feel safe anywhere anytime, even at night, cos I grew up here. I don't think it's a bad area. I'm trying to tell my kids that too – not to worry."	Safe in their home town
"I'm gonna be really honest. There's a lot of drug houses around me here in G.I. that make me feel unsafe. Sometimes things happen, like one day it could be dead quiet and the next you've got people dragging others out of houses bashing them. That's when I don't feel safe and try to keep my kids away and warn them."	Drugs and physical violence
Biggest Challenge - "...him [ex-partner] and his friends and family. I've been in violent relationships on-and-off for the past five years. I've had enough. It was happening when I was pregnant a year or so ago even."	Family violence
"I wouldn't walk around here at night but I wouldn't walk around most places at night." "I feel safe everywhere during the daytime, not at night. I've seen some gang members parked on my street a few times."	Night time concerns
"In my house. I don't get scared easily. We don't do karate for self-defence but it's made us feel more comfortable going places."	Self empowered
"I just get worried when they're near the road but me and husband always supervise them."	Road safety

Security	
Tāmaki Parents Voice	Findings
<p>"Because we live in a cul-de-sac... We all communicate with each other, like about the whole housing re-development thing going on because we're all a bit concerned wondering when we're going. We talk to each other about anything that concerns us. A lot of people in the street have been there for over 20 years, like me, so we're pretty much like family."</p> <p>"I just kept wondering if G.I. will still exist after the redevelopment. You get all these good things up and running for people and by then all the people that need the help and support aren't there. They're gonna be shipped off to Otara. You guys should start heading to Otara because it sounds like that's where we're all being shipped to. They say the new development will turn G.I. into the new Stonefields or Mission Bay, so are we even gonna be here and are those support systems gonna be needed?"</p> <p>"My house is on a three year contract, which finishes next year. I don't know what happens then. I don't know if I'll get kicked out or whether they'll renew it. My situation's the same as when I went in, but a bit worse because of the drama with their Dad [ex-partner]."</p> <p>"I think housing is the main issue at the moment. I haven't had a family that's had to move out of their house but they do talk about. I've encouraged my families to go to the discussions that've been held at the Library. People do worry they'll be the next ones to give up their homes and want to know why they have to move when they're supposedly entitled to social housing. Income-wise, people are pretty on to it in terms of talking to Home & Income, although sometimes we go with them."</p>	Housing

Security	
Tāmaki Parents Voice	Findings
<p>“Money. The hardest challenge is probably trying to be a mother and a father and you're the only provider so you've gotta stretch every dollar out to make it last.”</p> <p>“[Financial security is] Not good. Me being a caregiver, I'm under WINZ so WINZ is always there to help but I don't like going there for help. If we're financially struggling I just tell my children we're gonna be eating noodles for the next few days and they're happy with that. They're not gonna be like “Oh Mum we're starving”. I've taught them that sometimes in life you have to make sacrifices... Sometimes my Mum tells me I should go to WINZ and ask for a food grant or help with uniform costs but that's another independence thing. I don't like asking anybody for anything.”</p> <p>“I'd rather go without a packet of cigarettes. That's the only treat I get for myself but my children come first, the cupboards come first, and the power and the clothing. We're struggling but we still make it. I feel sorry for other people in the world who don't really know how to budget cos I know people whose children are starving and they don't do anything about it,”</p> <p>“When you've been born and raised with no family, you learn to put your family first. I'd rather starve and make sure my children eat properly. They get everything before I do. But I try not to let us get to that point. We just make sacrifices, for example, let's say this month's power bill came in and it's a bit more expensive than usual I'll say “Guys, we're not gonna be able to go to the movies this weekend because of the power bill”. My children are really understanding, which is what I love about them. Sometimes they think money grows on trees but really they know it doesn't. I always keep them on track with knowing where our money goes.”</p> <p>“At the moment it's OK because my husband is working. He doesn't want me to worry but we don't have lots of money so I always have to ask him if I want to buy something. I went to the WINZ office last year to get help with my kids' uniforms but they asked for a lot of information and told me I probably wouldn't get anything because my husband was on ACC... So financial is one of the biggest concerns but we try not to think too much about it. As long as we can put food on the table and buy the kids their uniforms and stationery. Some of my relatives also help my kids a bit but we don't want to ask my family, we want to try and manage ourselves.”</p> <p>“Unemployment is probably the biggest thing. I can't find a job that pays more than minimum wage. I can only work school hours, which limits employment options. My income only covers the rent and food, which is not helping us get ahead in life.”</p>	<p>Financial and Employment</p>

Services/ Support	
Tāmaki Parents Voice	Findings
<p>"I'd like to see a lot of advertising about special places and facilities where you can go because not everybody I know knew about HIPPY and it's a really good start for your children before they go to school. Also the courses through TWP and SKIP."</p> <p>"I think there are a lot of services available but the advertising could be better. You could double up on some services, like social workers, and provide for different ethnicities because some people prefer to talk to people of their own ethnicity."</p> <p>"People seem to get a bit bombarded with courses and say "Oh it's just another parenting programme" so you have to be good at marketing them differently. For example, telling people the course has practical tools they can use to be a better parent, for example, to think before they act, to calm down... It's important to have all those different programmes. The biggest challenge is getting our parents to open up and take something new on board. We wouldn't be there working with the families if they didn't need some sort of help or encouragement."</p> <p>"[We need] more awareness of where and how to find support because there's a lot of support around but some people have trouble finding them. Perhaps advertise on the supermarket boards and phone boxes."</p>	Promotion/ Marketing
<p>"I just had family support. Plunket were there to answer questions but I didn't have much support, no support actually. Maybe I didn't think anything was around back then. It was a long time ago. I don't think the support system was really out there for me, like there was no advertising."</p> <p>"Through friend's I've met who've encouraged me to get involved in the community, otherwise I probably wouldn't know about the G.I. Family Centre or the Library. That wasn't there when I was raising my children. But the Family Centre are definitely putting it out there with the fun activity days they have... Now there's a lot of people out there who are trying to help parents."</p>	More support now
<p>"I don't seek help. I like to be independent and do it on my own, but I know there are people out there who could probably help. That's what my grandad taught me, that you have to be independent and you don't ask anybody for anything so sadly that sits in my head every time I think I could do with some help."</p> <p>"I did it all on my own. But I didn't really seek help... I thought "I got myself in this mess so I'm going to get through it".</p>	Independence
<p>"I send a lot of friends around me who have issues to get help. I give them a word of advice then I say "You know there's the G.I. Centre or go to the Police Station if it's that bad". I send them to look for proper help. I'd like to say I can give good advice but sometimes it's just not good enough and people actually need good proper advice and help. And I tell them there's a lot of places that can help and that you don't have to pay for them, it's just talking. I don't know what stops people from seeking that help but I've pointed out that there's help and it's up to them whether they make that move."</p>	Friends and family referring to services

Services/ Support	
Tāmaki Parents Voice	Findings
<p>"I went [to Island Child Charitable Trust] cos the kids got me kicked out of everywhere we went and we were basically homeless. CYFS were gonna take the kids off me so we went there. Danielle helped me keep them and I did the parenting and relationships programmes."</p> <p>"I only know you guys (GIFC) and TWP. The Police here are useless. [Mt Wellington Police] were different, they actually did something."</p> <p>"The biggest one is the Glen Innes Family Centre, which does family counselling, budgeting and those types of things. They do courses in family violence. They also ran an after-school programme for kids, which was a great support. They provide food parcels. Another organisation is TWP, which provides social services and, most importantly, parenting programmes and dealing with emotions. The MIT classes. They used to provide transport and childcare. They ran courses in cooking and gardening."</p> <p>"I don't have any family up here I got in touch with a lady from Island Child Charitable Trust. We've become very close. She's my biggest support."</p> <p>"[We know of] Danielle, CAB, Tamariki Ora/Orakei House – they come and see baby, they're better than Plunket – Sisters of Mercy, Salvation Army..."</p> <p>"Salvation Army for furniture and food. CAB, City Mission – we went to the Christmas Lunch. It was awesome. My kids loved it."</p> <p>"If it was my safety, I'd go to the Police. For legal help, I'd go to CAB. For help with food and money, WINZ."</p> <p>"Being a parent participating [in HIPPPY] helped me to meet more people in the area. That helped me to become more confident and able to become a tutor."</p> <p>If support was needed - "Probably my coordinator at HIPPPY. She helps me by giving me advice and talking about things I'm struggling with.</p> <p>"Going to the doctor if you're not feeling well or need someone to talk to [about safety] and hopefully they'll put you on to the right services."</p> <p>"I probably wouldn't go to the police, mainly from past experiences. I'd be worried they'd take my story the wrong way. In the past I've gone to Family First in Panmure to ask questions, such as about services they can recommend to help. But I've pretended I've been asking on behalf of someone else because it's made me feel safer. I've gone to the Tongan Centre and asked for information. For me it was hard because I was well-known in the area. If I wasn't know, I would've gone to the Family Centre of TWP."</p>	<p>Personal Experiences</p> <ul style="list-style-type: none"> - Island Child Charitable Trust - Child, Youth and Family Services - Glen Innes Family Centre - Te Waipuna Puawai/ Sisters of Mercy - Police - HIPPPY - Plunket - WINZ - CAB - Tamariki Ora - Orakei House - Salvation Army - Auckland City Mission - Doctors - Family First - Tongan Centre
<p>"Nobody really [supported]. I just go and look for it. I always go to a course if it's offered, like the parenting course."</p>	<p>Courses</p>
<p>"For young mums, sometimes getting to those services is difficult in terms of transport and in terms of organising for another family member to take care of their kids because sometimes you can't take your kids, like at Work & Income. If you don't have a good relationship with your family and don't feel you can ask them to look after your kids, that can be a real barrier to using services and seeking support. Also, if you're experiencing mental health issues, that can be a barrier to seeking help."</p>	<p>Access barrier for young mums/ parents</p>