

## Contact Details:

Far North REAP

Parenting Education

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*Such an amazing experience,  
I feel much more confident now.  
Loved learning about self-care,  
parenting skills, healthy food combo's  
and my baby's whakapapa.*

*Loved the course,  
spending time with other Mums and  
also learning a range of  
new parenting strategies*



# Mātua Atawhai Parenting Programme



## Mātua Atawhai - Caring Parents

*This programme is delivered in two parts over 6 weeks*

Wednesdays

9.30am - 12.30pm

### Part One:

Self-care and goal planning

Whānau care planning

Whakapapa

Pepeha

### Part Two:

#### Tākai - It takes a village

The six principles of parenting:

Warmth and Love: Te aroha me te mahana

Talking and Listening: Te Korero me te whakarongo

Guidance and Understanding: Te ārahi me te māramatanga

Limits and Boundarie: Te tūāpapa mō te tika me te hē

Consistency and Consequences: Te mahi pono – ngā hua me nga hapa

Structure and Security: Te hanga ao tōtika – au haumaruru

### Te Whare Tapa Wha

Taha Whenua - Connection to the land and roots

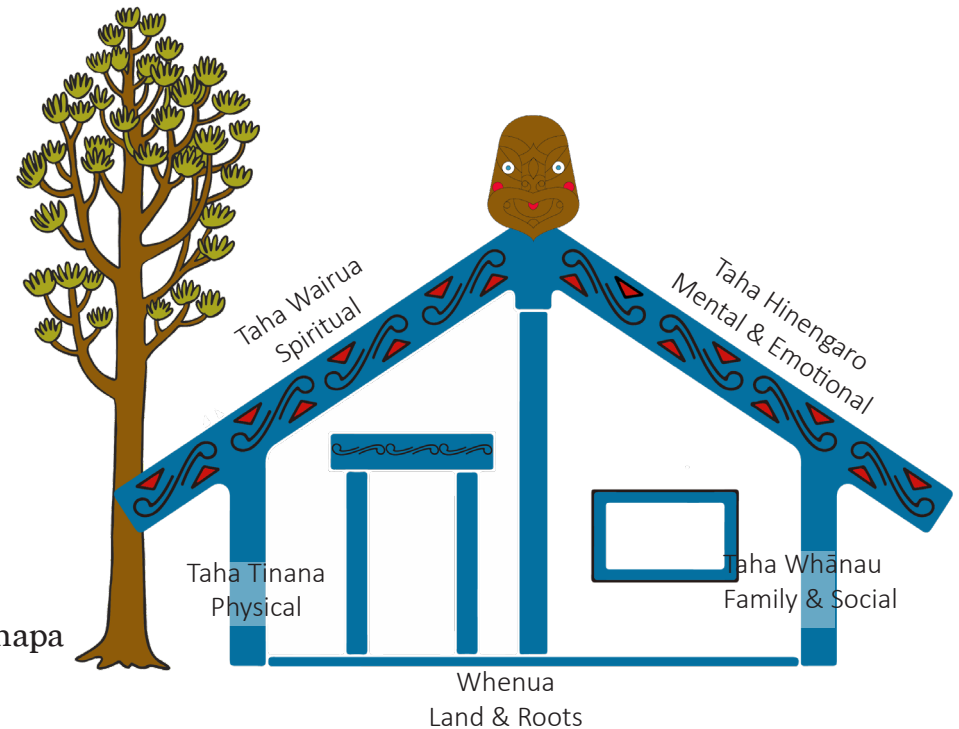
Taha Hinengaro - Mental & Emotional Wellbeing

Taha Tinana - Physical Wellbeing

Taha Whānau - Family & Social Wellbeing

Taha Wairua - Spiritual Wellbeing

## Te Whare Tapa Wha



FREE | Assistance with transport or transport vouchers | Morning tea provided | Completion Certificate

To register go to our Facebook page or Website and click on the link or contact Maree or Gypsy