



TŪ TAMA WĀHINE
O TARANAKI
ngāhi mutungo rangoto whenua
development and liberation service

CARING FOR OUR MOKOPUNA

TRUST & RESPECT

- Acknowledge children's right to have own feelings, friends, activities and opinions
- Promote independence
 - Allow for privacy
- Respect feelings for other parent
- Believe your children

PROVIDE EMOTIONAL SECURITY

- Talk and act so that children feel safe and comfortable expressing themselves
- Be gentle
- Be dependable

PROVIDE PHYSICAL SECURITY

- Provide food, shelter, clothing
 - Monitor safety
- Maintain a family routine
- Teach personal hygiene and nutrition

CARE FOR YOURSELF

- Be kind to yourself
- Give yourself personal time
- Keep yourself healthy
- Maintain friendships

NURTURING

PROVIDE DISCIPLINE

- Ensure rules are appropriate to age and development of child
- Be clear about limits and expectations
- Use discipline to give instruction not punishment
- Be consistent
- Be Clear

GIVE AFFECTION

- Express verbal and physical affection
- Cultivate a happy heart
- Be affectionate when your children are physically or emotionally hurt

ENCOURAGE & SUPPORT

- Be affirming
- Encourage children to follow their interests
- Let children disagree with you
 - Teach new skills
- Recognise improvement
 - Let them make mistakes

GIVE TIME

- Participate in your children's lives, activities, school, sports, special events and days
- Include your children in your activities
- Reveal who you are to your children
- Be patient

CARING FOR YOUR CHILDREN

Adapted by
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