CARE 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

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

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

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

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

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

CARE FOR YOUR CHILDREN

GIVE AFFECTION

CARE FOR YOURSELF

GIVE TIME

ENCOURAGE & SUPPORT

PROVIDE DISCIPLINE

PROVIDE PHYSICAL SECURITY

TRUST & RESPECT

PROVIDE EMOTIONAL SECURITY