

# Māori values help to protect whānau

## FAMILY STABILITY

### Healthy, loving whānau

Family stability plays an important role in fostering healthy whānau.

Families are more likely to see positive outcomes for children when:

- there is a high level of marital/relationship satisfaction between partners
- children are close to their caregivers
- there are regular, predictable routines.

Family stability also protects children's development in the midst of other difficulties and disadvantages. For example where a parent suffers from depression, family stability significantly reduces any negative impacts on children's behaviour.

### E Tū Whānau values that support family stability:

- **Aroha**
- **Mana / manaaki**
- **Kōrero awhi**

Some of the things we do to build these values in our homes and communities:

- *We understand and respect the roles each whānau member plays in the home*
- *We show our tamariki our love and support for one another as a couple, by the way that we treat and respect each other*
- *We make each other feel special*
- *We encourage whānau kōrero at the dinner table – asking our tamariki “what went well for you today, what didn't go so well?”*
- *We keep our houses clean – each whānau member contributes to this and knows their role*
- *We give each other enough time to complete necessary tasks*
- *We abide by tikanga through karakia, mihi mihi*
- *We enjoy helping other whānau members*
- *We read to our young tamariki and mokopuna and we tell them stories about their whakapapa*
- *We do our best to be financially stable and independent.*

---

GET INVOLVED OR FIND OUT MORE @ [www.etuwhanau.org](http://www.etuwhanau.org)