

Māori values help to protect whānau

SOCIAL SUPPORT

Being supported by whānau and friends

Social support plays an important role in:

- the prevention of illness
- better physical and mental health.

Social support improves the resilience of those who have experienced stress or trauma.

In families with children with serious emotional problems, social support is a protective mechanism that impacts positively on family wellbeing, the quality of parenting and child resilience.

E Tū Whānau values that help to provide social support:

- **Whanaungatanga**
- **Whakapapa**
- **Kōrero awahi**
- **Mana / manaaki**

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

- *We draw on the connections (whakapapa) we have to strengthen our bonds*
- *We think and act in a whānau / hapū context to draw on the strengths of the collective*
- *We operate through wairua in areas of vulnerability to ensure we uphold the mana of the whānau*
- *We enjoy regular get-togethers with our wider whānau to have fun and celebrate special occasions*
- *We enjoy doing spontaneous things together as whānau*
- *We strive to uplift and build the mana of others in all that we say and do*
- *We know when members of our whānau need support and we rally around to provide it*
- *We have trusted people and places where we can go for guidance and support*
- *We take our tamariki to the doctor when they are not well*
- *We pack healthy lunches for our tamariki*
- *We welcome those who come to our door in need*
- *We talk openly about issues that are affecting our whānau and then we support members to get any help that they need*
- *We respect each other's point of view*
- *We give generously of our time and effort.*

GET INVOLVED OR FIND OUT MORE @ www.etuwhanau.org