

Māori values help to protect whānau

PARENTS' KNOWLEDGE ABOUT CHILD DEVELOPMENT

Growing healthy children

Where parents have accurate knowledge about child development, this fosters healthy child development.

Parents with a greater knowledge of infant and child development show higher levels of parenting skills, which in turn leads to children with:

- higher cognitive skills
- fewer behaviour problems
- more adaptive and effective coping behaviours.

Where parents hold inaccurate beliefs about, or overestimate, their children's cognitive functioning, this can undermine their development.

E Tū Whānau values that help us to understand and support the development of our tamariki:

- **Aroha**
- **Kōrero awahi**
- **Tikanga**
- **Whakapapa**

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

- We share in the raising of the tamariki / mokopuna
- We listen to and learn from the wisdom of our kuia and kaumatua about ways to raise happy, healthy tamariki
- We attend parent support groups and find out about child development and how to deal with stress and behavioural problems
- It is not unusual to have many nannies and aunts
- We support our own children to raise their mokopuna – we share our knowledge with them and provide a helping hand when they need it
- Our home has clear rules about behaviour and we teach our tamariki about these with love and patience
- Our home is filled with knowledge and learning
- We support our tamariki at school – we help with their homework, we talk to their teachers and we make sure they have books to read or a library card
- We seek professional help when we are not coping with our children.