

Māori values help to protect whānau

FAMILY TRAITS AND PRACTICES

Close-knit whānau who talk to each other

Family cohesion

Emotional connections between family members are crucial to the functioning of a family. Cohesive families have higher levels of family satisfaction and lower levels of stress.

Family belief systems

Families that show persistence and perseverance and maintain hope, optimism and confidence that they can overcome the odds are more resilient when facing problems.

Family coping strategies

Confronting a problem and seeking solutions (problem-focused coping) and seeking support and planning actions (active coping) works.

Focusing on dealing with the emotional distress generated by the problem (emotion-focused) and denying, avoiding, or resorting to alcohol and drugs (disengagement coping) doesn't work.

Family communication

Effective communication is critical at times of crisis or stress.

Resilient families communicate effectively through times of crisis and stress, and ensure that the messages they send affirm rather than undermine family relationships.

E Tū Whānau values that help build positive family traits and practices

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

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

- We celebrate whānau achievement and milestones
- We honour kuia and kaumatua
- We share in the highs and lows that life brings
- We pass on our stories and whakapapa to our tamariki and mokopuna so they know who they are and where they belong
- We participate in our whānau, hapū iwi and community, and we involve our tamariki
- We do things daily that keep our whānau safe, happy and healthy
- We eat together often
- We have identified our whānau values and we do our best to consciously 'live' these
- We speak up when something bad is happening in our whānau – and we deal with it 'head on'
- We support whānau members who transgress to make positive change
- We forgive each other
- We seek support from whānau, friends and professionals when bad things are happening in our whānau so that we are not alone.