

THERE ARE 6 THINGS THAT CHILDREN NEED TO GROW INTO HAPPY, CAPABLE ADULTS:

**1 LOVE & WARMTH**  
**AROHA, MAHANA**

You can never spoil a child with too much love. Showing warmth and affection builds trust, positive self-esteem and strengthens your relationship.

**HOW DO THEY KNOW I LOVE THEM?  
ARE WE CALM ENOUGH?**

**2 TALKING & LISTENING**  
**KŌRERO, WHAKARONGO**

Talking with kids and really listening to what they say makes them feel heard and builds their confidence.

**DO I LISTEN ENOUGH? OR, IS IT MOSTLY  
ME TELLING THEM WHAT TO DO?**

**3 GUIDANCE & UNDERSTANDING**  
**ĀRAHI, MĀRAMATANGA**

Children are more likely to co-operate when they understand why we want them to do something. Clear, simple, explanations are the most effective.

**DO I HELP THEM WORK OUT BETTER  
WAYS TO GET WHAT THEY NEED?**

**4 LIMITS & BOUNDARIES**  
**TE TIKA, TE HĒ**

Rules keep things safe and fair for the whole family. They need to teach mostly 'what we do' rather than 'what we don't do'. They need to work for everyone - for children and parents.

**DO THEY UNDERSTAND WHAT'S EXPECTED OF THEM  
AND ARE THEY CAPABLE OF DOING IT? OR AM I  
ASKING TOO MUCH FOR THEIR AGE AND STAGE?**

**5 CONSISTENCY & CONSEQUENCES**  
**NGĀ HUA, NGĀ HAPA**

Consistency involves predictability. From an early age, children learn that an action has consequences.

**DO THE ADULTS IN OUR HOUSEHOLD  
BEHAVE IN THE WAY THEY WANT  
THE KIDS TO BEHAVE?**

**6 STRUCTURE & SECURITY**  
**HE AO HAUMARU**

Safe, supportive environments provide security and reduce conflict.

**DO THE KIDS HAVE A ROUTINE AND  
KNOW WHAT TO EXPECT NEXT?**



TO FIND OUT MORE VISIT: [www.skip.org.nz](http://www.skip.org.nz) OR [www.parentingresource.nz](http://www.parentingresource.nz)