**Ara Mātua – Parenting Pathway Te Köhuri 2 & 3 25-36 months**

**What we want to work on:**  **Check**

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**Te aroha me te mahana - love and warmth**

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| Giving our child limited choices when we can, so they can practise making decisions |  |
| Spending time every day playing and being with our child |  |
| Giving them cuddles and kisses every day |  |
| Repairing any rupture between us remembering to ‘kiss and make up’ |  |
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**Te kōrero me te whakarongo - Talking and listening**

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| Reading lots of books with our child |  |
| Taking time to talk with them after any trouble so they know they’re still loved and what they’re supposed to do next time |  |
| Talking about daily activities and special events with our child |  |
| Answering our child’s questions |  |
| Talking about things that are the same and that are different |  |
| Talking about colours, shapes and sizes with our child |  |

**Te ārahi me te māramatanga - guidance and understanding**

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| Knowing when our child is likely to have a tantrum and doing something to prevent it |  |
| Supporting and encouraging them to do some things for themself |  |
| Supporting and encouraging our child to learn to use a potty or toilet |  |
| Supporting our child when they have toileting ‘accidents’ |  |
| Giving our child regular time with other children |  |
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**Te tūāpapa mō te tika me te hē - limits and boundaries**

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| Making sure our home and garden is safe for our child |  |
| Having 3 to 5 family rules /limits that all the grownups agree with, support and follow through on |  |
| Modelling the sort of behaviour we want to see and hear from our child |  |
| Helping our child learn to undress and to put on some clothes |  |
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**Te mahi pono - ngā hua me ngā hapa - consistency and consequences**

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| Following through quickly with our child when they’ve broken a family rule by restraining, removing or distracting them |  |
| Choosing our ‘battles’ carefully and not sweating the small stuff |  |
| Having consequences that are reasonable, related and respectful |  |
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**Te hanga ao tōtika, ao haumaru - structured and secure world**

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| Giving our child lots of vigorous playtime outside |  |
| Giving them quiet times and activities too like drawing, building, sharing stories |  |
| Keeping calm when our child has a tantrum |  |
| Encouraging our child to help with some household jobs |  |
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