

5 TAKE HOME TIPS FROM PARENTS



SUPPORTING PARENTS HEALTHY CHILDREN GUIDELINES

ASK US...



Ask us about our families and whānau

Ask if we have kids, in a genuine, conversational way. Remember to ask men about their families too.

SHARE THE POSITIVES



Share knowledge of positive activities and supports out there

Link us in with services and supports for parents in our local community.

SUPPORT US TO TALK WITH OUR CHILDREN



Support us to talk with our children about what's going on

Help us find the language and resources to explain to our children what we're going through in a way that feels right for us and will provide the information our kids need.

HELP US WITH PRACTICAL STEPS



Help us look after the practicalities

If we're admitted to hospital, residential treatment or respite, find out where our kids are and if they're okay.

MAKE IT SAFE FOR US TO TALK



Make it safe for us to talk about our children

Understand that we're likely to be feeling guilty for not being perfect parents. Understand our anxiety about losing care of our kids; let us know that you're there to support us and will be up front about any concerns.



Supporting Parents Healthy Children

TE TAUTOKO I NGĀ MĀTUA ME NGĀ TAMARIKI HAUORA

SUPPORTING PARENTS WITH MENTAL HEALTH AND OR ADDICTION ISSUES AND THEIR CHILDREN

Ministry of Health. 2015. Supporting Parents Healthy Children. Wellington

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