



# 5 TAKE HOME TIPS FROM PARENTS

SUPPORTING PARENTS HEALTHY CHILDREN GUIDELINES

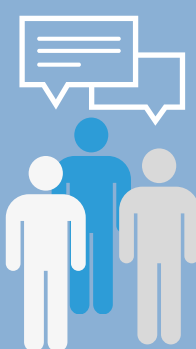
## ASK US...



### 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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# 5 TAKE HOME TIPS FROM YOUNG PEOPLE

SUPPORTING PARENTS HEALTHY CHILDREN GUIDELINES

## GIVE US INFORMATION...



### Provide information so we know we're not alone

Help us find information and link us with other kids whose families have similar lives, so we don't feel alone.

## REASSURE US



### Reassure us that it's not our fault when things are difficult

It's easy for us to feel like family challenges are our fault. Reassure us and don't assume that we know it isn't our fault when things are hard.

## DON'T ASSUME



### Don't assume that abuse or neglect is happening; don't assume it isn't

Give us a space to talk confidentially about any worries. If our parents aren't treating us well, talk to them about this: let them know it's not okay; don't condone it.

## SEE OUR STRENGTHS



### Focus on our families' strengths

No family is perfect. Acknowledge the positives and give us hope.

## KEEP OUR FAMILIES TOGETHER



### Keep our families together

Support us to visit parents in hospital or residential treatment. Link us in with support that will help Mum or Dad with parenting so we can stay in their care.



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