



NEWSLETTER - AUGUST 2016

DATABASE: 6554 WHANAU CARERS

Tena Koutou, Talofa Lava, Kia Orana, Fakaalofa Lahi Atu, Malo e Lelei, Bula Vinaka, Taloha Ni, Kam Na Mauri, Greetings to all!

From the National Office

Extra Ordinary Care Fund - For Those on the UCB

The next round opens on September 19th closes on October 21st. You will be notified by 2nd December 2016. If you applied last round and received funding, you cannot apply this round.

- Pre- school care is **not accepted** (unless real exceptional circumstances, E.G Carer has serious health issues etc.)
- Overseas travel (people are still applying for this) is **not accepted**.
- Carers cannot write their own support letters. By all means write your story, but it is not considered a support letter.
- Two support letters needed, one can be from the provider of what you are requesting services from. Other: ask School, Doctor, Support Agency, Psychologist, Pastor. On letterhead please. And they must say why this application is needed. Talk about the child.
- You can apply for only two extracurricular activities, e.g. karate & soccer or violin & rugby.
- Swimming lessons are not considered an extracurricular activity.
- If applying for Tuition and you have in the past you must supply and update on progress from provider. First application not needed.
- Boarding school fees, or school related costs will **not be accepted**.



Inside this issue

- [Extra Ordinary Care Fund](#).....page 1
- [Hear Our Voices Agenda](#).....page 2
- [Hear Our Voices Registration Form](#).....page 3
- [Your Reactive Attachment or Post Traumatic Stressed Child cont](#).....page 4
- [KidzaCool Camps](#).....page 5
- [Grands Reflections](#).....page 6
- [Sleep](#).....page 7
- [Can We Help You?](#).....page 7
- [Support Group Contacts](#).....page 8

- No normal clothing /bedding or furniture will be accepted or household items. (unless exceptional circumstances apply) E.G. Child needs specialist bed due to curvature of spine or another serious condition.

Again a reminder, get your documentation ready well before the round opens: Then make your appointment with W & I quickly. Also ask them to stamp a photocopy of all paperwork submitted for your records. <http://www.workandincome.govt.nz/products/a-z-benefits/extraordinary-care-fund.html>



**4th National Caregivers & Members Summit
Grandparents Raising Grandchildren Trust NZ**



**Novotel Hotel, Ellerslie, Auckland
7 & 8 September 2016**

DAY ONE – Wednesday 7 September 2016

8.30 Registration and Coffee

8.50 Karakia and Mihi

8.55 Welcome

Diane Vivian, Founder and Executive Trustee, Grandparents Raising Grandchildren Trust NZ

9.00 Opening Remarks from the Chair

David White, Trustee, GRG Trust NZ, Writer and Anti-Violence Campaigner

9.10 Hearing the Children's Voices:

Reflections on being Parented by Grandparents

New Zealand research on grandchildren parented by their grandparents

Sharon Lee, M.Ed. Waikato University, Researcher

9.50 Hear Our Voices:

Grandparent Whanau Caregivers Have Their Say!

Findings from our 2016 GRG Grandparent and Whanau Caregiver Survey

Dr Liz Gordon, Director, Pukeko Research Ltd

10.40 Open Forum and Q&A

11.00 Morning tea

11.20 Keynote Address from the Minister for Social Development: Transformational Change and a Focus on Children: How the changes to CYF will impact grandparent caregivers

Honourable Anne Tolley, Minister for Social Development

12.00 Open Forum and Q&A

12.10 What Every Grandparent and Whanau Caregiver Needs to Know About "P"

1.00 Lunch

PANEL CASE STUDY

2.00 Addressing the Needs of the Vulnerable Child: What Happens in the Real World?

Ashna Storey, Grandparent Caregiver & former Social Worker • Sandy McPhee, Director, Next Steps Training Ltd • Nancy Jelavich, Service Manager Foster Care, Barnardos • Jonelle McNeill, Operations Manager Upper North, Barnardos

3.10 Afternoon Tea

3.30 Vulnerable Children and the New Child Protection Framework

Child Youth and Family

4.20 Panel Wrap Up and Open Forum

4.50 Closing Remarks from the Chair

5.00 Day One Concludes

7.00 Summit Dinner, Novotel Ellerslie

DAY TWO – Thursday 8 September 2016

7.00 to 8.30 Internal GRG Training for Support Coordinators and Field Officers

8.50 Opening Remarks from the Chair

WORKSHOPS 9am to 1.10pm

Decoding Why Children Behave the Way They Do and Coping with Troubling Behaviour

**WORKSHOP 1 9.00 am to 10.50am
Practical Tips and Strategies for Parenting Children Affected by Trauma**

What is early life trauma? • Attachment and what happens when it isn't secure • Survival is not naughty • Regulation and why the brain needs to be calm • Audit your environment • Let's talk about play....

Julie O'Brien, Stand Children's Services Tu Maia Whanau

10.50 Morning Tea

**WORKSHOP 2 11.10am to 1.10pm
Parenting Children with ASD, ADHD and Cognitive Differences**

For individuals who experience *sensory processing differences*, ordering priorities or meeting the expectations of others and the world around them frequently results in anxious, confused or oppositional behaviour. Children and teenagers may be undiagnosed and high functioning or diagnosed with such labels as Autism, Aspergers, OCD, ADHD, DYSPRAXIA, ADD, ODD and many others. The caregivers of these children and teenagers discover the standard parenting rules or boundaries do not apply or cannot resonate with the way their children or teenagers think and act. In each case it can create significant challenges for all concerned. This workshop is designed for caregivers and professionals who work in close association with children and teenagers affected by sensory processing differences.

Sue Haldane, Mind Over Manner

For the full Summit Programme outlines and Speaker Profiles or to register online please go to:

<http://www.grg.org.nz/Events/GRG+Summit+2016.html>

For email newsletter subscribers please click to see the full PDF of the programme here: [GRG Summit 2016 Brochure](#)

Hear Our Voices 2016 Registration & Information

ACCOMMODATION

Accommodation is available at Novotel/Ibis - **BOOK NOW!**

72-112 Green Lane East, Ellerslie, Auckland 1051

Phone: 09 529 9090

Book Online at:

Check in at 2pm - Check out at 11am

<http://www.novotel.com/gb/hotel-3060-novotel-auckland-ellerslie/index.shtml>

GRG SUMMIT PROGRAMME TIMETABLE

Day One - Wednesday 7 September 2016

Registration at 8.30am

Programme: 9am to 5pm

Conference Dinner:

Wednesday 7 September 2016

7pm Novotel, Ellerslie

Day Two Workshops - Thursday 8 September 2016

Part 1 - 9am to 10.50am

Part 2 - 11.10am to 1.10pm

Summit programme concludes with Lunch at 1.10pm

Please Note: The GRG Trust NZ reserves the right to make any changes to the Summit programme that may be deemed necessary.

GRG FIELD OFFICERS AND SUPPORT COORDINATORS INTERNAL TRAINING

Internal training for GRG Field Officers and Support Coordinators only will be held in two sessions on Thursday 8 September 2016 from 7am to 8.30am (includes breakfast) and again from 2pm to 3pm.

REGISTRATION AND PRICING

GRG Member Delegate Registration Fee: \$20

Summit Dinner: \$50

Non-member Delegate Registration Fees:

Full Summit Programme: \$155 for both days

Early-bird both days: \$135 (until 5 August 2016)

Day One only: \$90

Day Two only: \$65

Summit Dinner: \$50

Cancellation: If you are unable to attend the conference a substitute delegate may attend in your place at no extra cost. Cancellations received in writing either by email, fax or post prior to 19 August 2016 will be eligible for a full refund, however unless there are exceptional circumstances, cancellations made after this date will incur a \$50 administration fee.



Please complete this Registration Form and scan and email to the office@grg.org.nz or post with cheque / or if paying by credit card, sign where indicated below and post to: **GRG Trust NZ Summit, PO Box 34-892, Birkenhead, Auckland 0746. If you have any enquiries, please direct these to 09 418 3753 or email the office@grg.org.nz OR REGISTER AND PAY ONLINE AT <http://www.grg.org.nz/Events/GRG+Summit+2016.html> and click the Registration Button**

Title: _____ First Name: _____ Last Name: _____

Spouse / Partner Name if attending Summit (GRG Members only): _____

Email: _____ Phone Contact Number: _____

Postal Address: _____

Please tick all options that apply to you: GRG Member ☐ Grandparent Caregiver ☐ Kin/Whanau Caregiver ☐ Other ☐

If you ticked "Other"

Please add: Organisation: _____ Position/Job-title: _____

GRG Member Delegates Registration Fee: \$20 ☐ Non-member delegate both days: \$155 ☐ or \$135 early bird (before 6 August 2016) ☐

Conference Dinner: \$50 ☐ Non-member delegate: Day One only \$90 ☐ Day Two only \$65 ☐

Payment Options and Instructions: (Please Note: Payment is due upon Registration)

☐ Pay by **cheque enclosed for:** \$ _____ .00 Please make cheques out to **Grandparents Raising Grandchildren Trust**

☐ Pay by Internet Banking to **06 0115 0203334 00** for \$ _____ .00 Please include your full name in bank payee reference

Disclosure: The information you provide to Grandparents Raising Grandchildren Trust NZ on this form is collected for the purpose of processing your registration and for keeping you informed of the Trust's upcoming news, events and services. If you do not wish to receive further information please tick here ☐

Your Reactive Attachment or Post Traumatic Stressed Child

Children who have suffered past abuse and trauma: Cont. from last months article.

Sleep Issues

Sleep issues, including night terrors, waking at night and insomnia (fear of or inability to fall asleep), are undoubtedly the most commonly reported challenge of parents of internationally adopted children. The American ideal of sleeping alone in your own room is opposite from that of most other cultures in the world, which favour the family bed. And the family bed is the solution that most Attach-China/International Families have found for their children's sleep problems.

Children who have spent time in orphanages were undoubtedly left on their own at night, with little or no comforting for hunger, teething, or other discomforts. In addition, things that go bump in the night are much scarier for an infant when she is alone in the dark. Children who are unused to sleeping alone will naturally have a fear of it, along with a greater need for comfort at night.

It is important for adoptive parents to teach their children that night time in their new home will be changed for the better. Parents need to understand that their children's fears at night time are real, and they need to consistently respond to them in order to develop a trusting relationship. Mary Hopkins, author of *Toddler Adoption: The Weaver's Craft* writes:

"Always assume that a request for parental contact and comforting represents a need for a toddler [or infant] struggling to develop attachment and meet that need on demand, day or night. Parents need to reframe their thoughts about getting up at night with a new toddler as a wonderful opportunity to build attachment, rather than a dreaded chore. Do NOT leave an adopted toddler [or infant] alone crying at night as often recommended by many parent discipline specialists. The techniques of temporary segregation and isolation are for children who are securely attached, not for toddlers [and

infants] learning to trust that their parents will meet their needs in a loving and responsive manner."

Books which advise that infants need to learn to put themselves to sleep were written for biological, secure children. PI children have had many months of putting themselves to sleep. Many children stop having night terrors once they are sleeping in their parents' bed. Mom is able to easily calm a child by placing a hand on her back or holding her firmly just as a night terror or nightmare is about to begin, thus averting a prolonged episode. Often children who are having nightmares will wake up, see that mom is there in bed, and be comforted enough to go back to sleep instead of fully waking and crying. Mom is able to monitor a sick child more easily as well. All members of the family have their sleep disrupted less often in the family bed.

Parents of anxiously attached children report that their children become less anxious by being able to sleep with their parents. Parents whose children are avoidant report that sleeping with them helps the child to be more attached and more comfortable with a higher degree of closeness.

It is recommended that *all* newly adopted children, no matter what age, be given a bottle and rocked before bed (parent the *emotional* age of the child). Establish a bedtime ritual which may include stories or special songs. Stay with the child until she is falling asleep. It may be necessary to provide extra comfort by way of rubbing, patting or just touching her back until she is deeply asleep. It may also be helpful to let the child sleep in Mom's shirt or on a pillowcase that has mom's scent on it.

Even children who have been home for years may have trouble falling asleep. Parents can still stay in the room, on or next to the family bed to provide comfort. But they do not need to be drawn into a control battle or be manipulated into giving the child attention. It can be made clear that when it is bedtime for children, it is quiet time for grown-ups, and children need to go to sleep or play quietly in their beds. Mom will sit by the bed until the child falls asleep. Mom will see and talk to the child in the

morning, but now Mom is going to read or watch TV with the headphones on and the child is going to sleep! Most families report that children who have grown up with the family bed naturally move to sleeping in their own bed at about age 7.

Be a Warrior Mom

Once there was a little bunny who wanted to run away. So he said to his mother, "I am running away."

"If you run away," said his mother, "I will run after you, for you are my little bunny." from The Runaway Bunny by Margaret Wise Brown. One Attach-China/International Mom wrote about doing attachment parenting with her daughter:

"She is clearly showing me that she likes what I do to stay connected to her, that she needs the

assurance that I will not give up, and that she needs to know that I will fight for our relationship. It's almost as if she needs to see me, as her forever mom, fight as hard and as deliberately to keep her as her birth mom was deliberate in letting her go. She needs to repeat this over and over again."

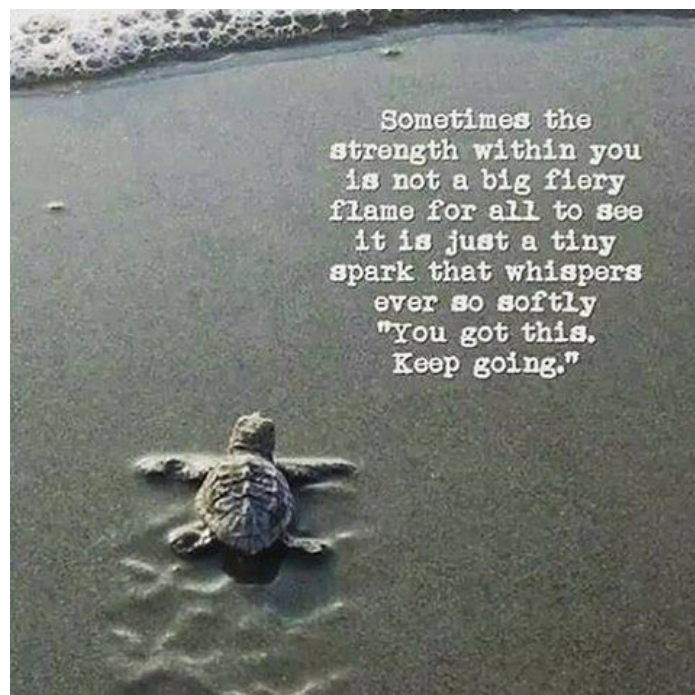
We must constantly fight to win over our children and convince them that we will never break their hearts as their birthmothers did. As much as they push us away, we must pull them back harder. We must show them that we are stronger than they are and we will never give up. We must be Warrior Moms, fighting for their love and trust. <http://www.attachchina.org/parenting.html>

Warning: Do not sleep with a new born or very young infant.

KidzaCool Camps

The respite KidzaCool camps are now not available until January next year. These are free respite camps for carers and remember you can download application forms from their site and book in early.

<http://standforchildren.org.nz/kidzacool-adventures>



Grand's reflections...

moving forward. I Love my girls so much

School

Bless Her

We are so proud of all 4 of our grandchildren. They each in their own special way just shine. The oldest has always had a very compassionate heart. She wears glasses, is super smart, lives with us and is 5'11in. She will be 14 in Feb of 2017. Yep she is very tall. She keeps her feelings for the most part to herself. She was told about another 13 year old girl who just moved in with her Grandparents due to parents on drugs for years. She had no clothes. Our g/d went through her clothes and found a large bag to give her. She also gave her a necklace with a heart and cross. The little girl had not been to school for 2 years. She, bless her heart cried when she received the clothes. It just seems about every day I hear of one more. I wish with all my heart somehow some way, this would just stop.

Ha Ha

Well since I started raising grandkids I have put on weight. So got on an exercise bike yesterday for 30 minutes.... It was pretty easy. I think tomorrow I'll use the pedals.

First Job

WOW my 18 yo grand daughter got her first job after finishing High School. As she says "I am Adulting now Grandma". Thank You Lord for helping me get to this point in her life. It was a long 15 years but she's there, I can breathe a little easier. Now to get her Little Sis there, another 10-12 years. Grandma's and Grandpa's it is all worth what we put into it for these Grandkids. Yes I was tired and worn to the bone many days but I kept going and now I am standing tall and proud of her accomplishment to finish High School even with a severe Anxiety Disorder and her ability to keep

Getting kids ready for school in the mornings is not easy. It's even more difficult when you are the grandparent with less marbles rattling around in your brain then there used to be. Where's your coats, why is your lunch still on the bench, can you please get in the car, leave the cat alone, why are you looking for your pencil case now when we need to leave etc, etc. Yep, hard work with three different kids going to three different schools from one side of town to the other and each child wanting to be the first drop off and thus a knock down, drag out fight with some insults erupting in the back seat as my car bounces off down the road. At least it seems to know where it's going even as my brain becomes a kaleidoscope of traffic conditions, weather conditions, what to have for dinner tonight and maybe I can make time to get to the bank today....

This morning was no exception! General chaos and then the usual squabbles in the back seat to which I really do try to tune out and this morning I even managed to surprise myself. Negotiating traffic I bounced along until I found myself swerving off the road and there I was parked in my daughter's driveway. And she doesn't even live on our school route...And not one child had been dropped off outside their school gates yet. Who does things like this? My car had obviously had enough and had taken over the driving, I guess.

Reversing out of the drive I headed off to the schools and having discarded all the kids at last I allowed my car to hurry back to my daughter's place for a nice, long, peaceful cup of coffee.

Curious though and wonder how many other people do things like this - have a destination in mind and end up somewhere else totally off the radar?

Maybe I have a few less marbles then I thought I had yesterday. Before I sneezed.

Sleep

Here's the lowdown on how much sleep kids need at different ages, according to a consensus group of 13 sleep medicine experts and researchers who developed the recommendations:

- Infants 4 to 12 months - **12 to 16 hours** of sleep every 24 hours (including naps).
- Children 1 to 2 years - **11 to 14 hours** of sleep every 24 hours (including [naps](#)).
- Children 3 to 5 years - **10 to 13 hours** of sleep every 24 hours (including naps).
- Children 6 to 12 years - **9 to 12 hours** of sleep every 24 hours.
- Teens 13 to 18 years - **8 to 10 hours** of sleep every 24 hours.

Recommendations for babies younger than 4 months aren't included because there is such a wide range of what's normal when it comes to sleep patterns in newborns, and there isn't enough research to back up guidance in the youngest of infants.



Can we help you?

Members ONLY services are available nationwide
Caregivers Toll free helpline
0800 GRANDS (0800 472 637)
For landline caregivers only please.
New members and general information please dial ext. 1

Members' Support Manager:

Di Vivian
Auckland/free callers:
(09) 480 6530
Email Di at: office@grg.org.nz

GRG Trust NZ
PO Box 34892
Birkenhead
Auckland 0746

Suite 4 (Ground floor)
Rawene Chambers
15 Rawene Rd
Birkenhead Auckland 0626

Office Manager:
Kelly Vivian 09 418 3753
Email office2@grg.org.nz or
kelly@grg.org.nz

If you no longer wish to receive this newsletter or you have changed address please update your details by contacting Kelly at the Trust Office as this is where the total mail out membership is kept.
Moved home or planning to? Be sure to let us know.

Disclaimer: Opinions or views expressed in this newsletter shall be understood as reflecting those of the author as quoted and are not to be taken as given or endorsed by GRG. This newsletter is subject to copyright.©

Member Support Manager: Di & Team (as a caregiver you are part of our team)

Heoi ano, na. *E te Atua, aroha mai..... O God shower us with love.*

Ka kite Ka Whangaia ka tupu, ka puawai - That which is nurtured, blossoms and grows

We are respectful, we listen, we learn

He rōpū manaaki, he rōpū whakarongo, he rōpū ako mātou

Please pass this on to other grandparents/kin carers you know.

GRG Trust Head Office hours are 9am – 2pm daily. (We raise grandchildren too)

We are a Charitable Trust



[Anti-bullying](#)



0800 456 450



Give a Little for GRG

<https://www.givealittle.co.nz/org/grg>

www.powertoprotect.net.nz



SUPPORT GROUP CONTACT NUMBERS

Locality	Name	Phone	E-mail Address
Ashburton **	Coming Soon		
Auckland East **	Tess Gould-Thorpe	09 535 6903	pan@xnet.co.nz
Auckland North **	Diane Vivian (Temp)	09 4806530	office@grg.org.nz
Auckland South **	Virginia Peebles	09 277 7514	
Auckland West **	Debbie Hall	09 818 7828	debron@xtra.co.nz
Auckland Papakura/ Pukekohe** **	Sharon Warne	0274194777	warneysvision@hotmail.com
Canterbury **	Veronica Brunt	03 942 5935	r.v.brunt@paradise.net.nz
Dannevirke**	Malcolm Johnson	06 3740407	
Dargaville **	Sandy Zimmer	09 439 4420	sandy.zimmer@hotmail.com
Gisborne **			
Hamilton **	Pat Davis	0226007672	hamilton111.grg@gmail.com
Invercargill **	Lynette Nielsen	03 216 0411	jhandli2@xtra.co.nz
Kaikohe*	Moengaroa Floyed	027 644 0978	floyedz@xtra.co.nz
Kaitaia *	Martha Taonui-Andrews	0272662653	marthataonuians@xtra.co.nz
Kaiwaka	Dianah Roberts	0223819539	mydogmollymycowmoo- moo@gmail.com
Kerikeri *	Martha Taonui-Andrews	0272662653	marthataonuians@xtra.co.nz
Levin*	Ann Waddell	06 362 7269	ann.hen@xtra.co.nz
Napier	Maria Noanoa	06 870 3742	puatai@xtra.co.nz
Nelson **	Paula Eggers	03 544 5714	paulaeggers2000@yahoo.com.au
Otago Est/Nth *	Aad & Leonie	03 465 1764	omaandopa@xtra.co.nz
Palmerston North*	Martha Taonui-Andrews	0272662653	marthataonuians@xtra.co.nz
Papamoa *	Rawinia Macredie	07 562 2850	jnmacredie@kinect.co.nz
Porirua Wellington **	Lise Maru	04 477 9445	lise.maru@clear.net.nz
Rotorua **	Anne Donnell	020 402 22910	rotoruagrg@gmail.com
Ruakaka	Tauser Kingi	09 432 8611	tauser.kingi@vodafone.co.nz
Taumarunui **	Aroha Rudkin	027 873 0061	sf@ckcreap.org.nz
Taupo *	Viv Needham	07 378 1811	viv.maree@gmail.com
Tauranga	Karen Ormsby	021 225 5108	jewelzs@hotmail.com
Te Kuiti **	Kay Higgins	027 430 2939	palmdrive@xtra.co.nz
Tokoroa *			
Upper Hutt **	Margaret Pearson	04 976 9475	maggiemagpie@paradise.net.nz
Wairarapa **	Tere Lenihan	06 379 5407	terel@swscc.org.nz
Wanganui **	Jenny Morton	027 443 7780	jaydeez@clear.net.nz
Wellington **	Cecilee Donovan	04 477 0632	cecileed@gmail.com
Whakatane **	Shirley Faulkner	07 308 8524	shirleyfaulkner@xtra.co.nz
Whangarei **	Janet Puriri	09 435 0044	

For the most up to date contact details please go to our website www.grg.org.nz

If you are a grandparent or whanau caregiver and need a referral to one of our Field Officers please call 0800 GRANDS (0800 472 637) or if you are in Auckland please call 09 480 6530