



NEWSLETTER - JULY 2016

DATABASE: 6499 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

### GRG 2016 Summit



### Inside this issue

- [GRG 2016 Summit](#) .....page 1
- [A Glass of Water](#).....page 1
- [Your Reactive Attachment or Post Traumatic Stressed Child](#).....page 2
- [AT HOP Changes \(Auckland Only\)](#).....page 5
- [Passports](#).....page 5
- [Grand's Reflections](#).....page 6
- 2016 Summit Registration.....page 7
- [Support Coordinators Contacts](#).....page 8

**Please go to page 7 for registration form for this and more information. Remember we have a discounted rate of only \$20 for the two days for our GRG/Kin members.**

### A Glass of Water

A psychologist walked around a room while teaching stress management to an audience. As she raised a glass of water, everyone expected they'd be asked the "half empty or half full" question. Instead, with a smile on her face, she enquired: "How heavy is this glass of water?"

Answers called out ranged from 8 oz. to 20 oz.

She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, it's not a problem. If I hold it for an hour, I'll have an ache in my arm. If I hold it for a day, my arm will feel numb and paralyzed. In each case, the weight of the glass doesn't change, but the longer I hold it, the

heavier it becomes."

She continued, "The stresses and worries in life are like that glass of water. Think about them for a while and nothing happens. Think about them a bit longer and they begin to hurt. And if you think about them all day long, you will feel paralyzed – incapable of doing anything."

Remember to put the glass down.

Grandparents Raising Grandchildren Winner



## Your Reactive Attachment or Post Traumatic Stressed Child

**Children who have suffered past abuse and trauma and the implications.**

### Natural Consequences

Natural consequences are recommended by virtually all professionals. Consequences are designed to promote responsibility, correct mistakes, make up for what's been done wrong, and simply to become competent and capable. A consequence can be something as simple as wiping up a glass of spilled milk. Or it may be washing the entire floor of a room after the child has urinated on it.

Consequences should never be dangerous, demeaning or humiliating. Consequences should avoid replicating in any way the abandonment of the child. Sending a child with RAD or PTSD to her room, or even to a time out chair can be a reminder of being "thrown in the trash" by her birthmother. Many children explode into violent rages at this sort of discipline. Rather, having the child sit close by mom for a "time-in," while mom conveys her love with warm touches, smiles and eye contact can help the child calm and get back on track.

"I do non-deprivation, non-punitive, non-violent, non-threatening parenting," says Walt Buehning. "For instance when kids underachieve at school, I never take anything away. I don't take TV away, I don't take girlfriends away, I don't take friends away, I don't take computer away, I don't take the phone away, I don't take fun away, I just say: 'Sally, I want you to have more fun than any other kid. But, you can have your fun after you do your homework. Sit down here. You can sit and study or you can sit and get ready to study. But you can't play, you can't phone, you can't watch TV, you can't be on the computer, you can't talk to girl friends or boy friends until your homework is done. As soon as your homework is done, I hope

you have lots of fun.' I'm not into deprivation; I'm into obedience and responsibility. Because what can you take away from a kid who has already lost her birthmother that is going to be worse than that?"

### Cuddling

Movement and touch are the most important parts of nurturing a child - even more than feeding. Babies who are not touched at all, even if they are fed, will die. Babies who are not touched enough will be traumatized. It is safe to say that most, if not all, post-institutionalised infants have not received enough touching.

Touch and love are synonymous. But touch has been ruined for traumatized children. Touch has become synonymous with love and the threat of love going away. According to Walt Buehning, for attachment disordered children, touching either tickles or hurts, unless they ask for it or are in control of it. If left to their own devices, they would do what feels safe and right and learn to live without touch - and starve their soul in the process.

Therefore, parents need to provide as much touching, cuddling and bottle feeding for their new children as possible. These children should be parented according to their *emotional* age, not their *chronological* age. Deborah Gray writes about this extensively in *Attaching in Adoption*. A child who has just been adopted is one day old, emotionally. A child who is two years old, but was adopted at age one, is one year old emotionally. She may still need to be fed by mom, with several bottles and cuddling throughout the day. Even older children (and adults!) need cuddles.

Cuddling and singing special songs about the family is a morning ritual that can set a loving tone for the rest of the day.

### Routines

Traumatized children are very sensitive to

changes in routines, transitions and new situations. Long anticipated birthday parties and holidays can become scenes of meltdowns. Vacations can become a nightmare, especially when the child is not sure she will be returning home!

Attachment therapist Daniel Hughes, PhD (*Building the Bonds of Attachment*) urges mothers to provide structure and set the rhythm of the day that will help the child feel safe: a morning routine which is the same each day for waking, washing, dressing, feeding pets, eating breakfast, and going to school. On weekends, the morning routine can be the same, but instead of school, start chores. Make time each day for free play and special times for cuddling. Have meals at the same time each day, and a comforting bedtime routine. Scheduling something like Chinese food on Friday nights can become a fun ritual.

When the day is going to contain a special event, it is important to prepare the child ahead of time by describing the event and explaining what behaviour is expected of the child. When the special or new event is something that may be traumatizing for the child, such as starting school or a field trip where the child will be getting on a bus without mom, Deborah Gray, (*Attaching in Adoption*) recommends drawing a small book that the child can take with her. It is important that the book include a beginning picture of the child at home with her family, and the child returning home to her family at the end.

## Chores

Chores are widely used as a therapeutic activity in many programs, from treating substance abuse at the Betty Ford Clinic to treating children with PTSD and RAD. Having a daily routine which includes chores helps reduce anxiety by teaching competence and instilling self-esteem. Doing chores helps children attach by contributing to

the family and learning from their parents. Chores are also useful as natural consequences. An extra chore might be assigned to pay mom back for taking up too much of her time with bad behaviour. Deborah Gray recommends that an offending child do the chore of a sibling she has victimized, as restitution. Children as young as 18 months of age can begin by helping to put away their toys. Putting away the forks, spoons and butter knives becomes a matching game for toddlers. Many children on the Attach-China list are routinely helping with laundry, making their beds, folding and putting away their own clothes, setting the table, feeding and cleaning up after pets, unloading dishwashers and helping with yard work by the age of 5.

Cuddling should be interspersed with chores and given as a reward for a job well done. *Next month we shall address sleep issues.* <http://www.attachchina.org/parenting.html>

## Feelings

It is common for most children to 'act out' or misbehave when under stress or expressing strong emotions. However, children who are living with grandparents have to adjust to a completely new living situation than those experienced by most children. As their custodial grandparent, it is important to recognize some of the difficult emotions your grandchildren may be experiencing which can help you be responsive and give them the extra support they may need.

Here are some common feelings that children experience, when living with their grandparents.

**Grief** – A double loss. Not only are children experiencing losing their parents, in essence when grandparents step into the parenting role, children lose their special relationship with their grandparents. All children, like adults, grieve in their own way and in their own time even though it may look like they are just going about their



everyday activities and play. This is a critical time to be observant of acting out behaviours. Grandparents can help by being attentive, nurturing and consistent.

**Guilt** – Children tend to blame themselves for the situation. They are developmentally egocentric, meaning they only see things from their own point of view. This can be even more challenging when faced with difficult life events. Grandparents can help by reassuring children that, “This is not your fault. These are adult problems. We all love you. I am here for you if you need to talk or just need a hug.”



**Anger** – Being removed from parents, no matter what the situation, can cause children to feel angry. Unfortunately, usually the grandparents are on the receiving end of the expression of that anger. Grandparents can help by teaching and



guiding children to learn to express their emotions, even anger, in appropriate ways. Encourage children to use their words. Let them know that

anger is a normal emotion, and that you are there to listen to them.

**Insecurity** – Children need to feel safe, secure and know that their needs are going to be met. It is common for children going through a stressful situation to feel insecure. This is especially true if they are coming from living situations where their needs were not being met. Grandparents can help by setting up consistent routines and providing kind, nurturing care.

**Embarrassment** – Children do not like to be different from their peers. They may be embarrassed because their grandparents look and act differently from their friend’s parents. They may feel some shame and embarrassment because of their own parent’s situation. Grandparents can help by understanding and not taking it personally. It may help to talk about how families come in all shapes and sizes.



**Hope and fantasy** – Even children from the most destructive family environments will hang onto the thought of returning to live with their parents someday. The parent-child bond is a strong one. It is important for grandparents to acknowledge and honour these feelings. Say, “I understand it must be hard for you to be without mum or dad, and I know you must really miss them.”

If you are worried about your grandchild, or if you feel overwhelmed by their behaviour and emotions there are many ways of finding some support. Reach out to your grandchild’s teacher or school counsellor. Talk to their paediatrician. You may also consider some family counselling for you and your grandchild. Sometimes having someone not directly related to the situation can provide some guidance and support. Take a family education class. You might also consider joining a support group. You are not alone. There are many grandparents raising grandchildren, just like you.

**GRANDCHILDREN**  
make the world a little  
softer, a little kinder,  
a little warmer.

## AT HOP changes from 1 July: Auckland only

As a SuperGold Cardholder in you are entitled to travel free on local trains, selected buses and ferries, after 9am weekdays and all weekend. The Government's commitment to the SuperGold Card transport concession has not changed. But, from July, Auckland Transport will require you to use an AT HOP Card to access your free off-peak public transport. Transport advises its AT HOP Card will cost \$10 plus \$5 credit for a total one-off cost of \$15.

The SuperGold Card concession will then be loaded onto the AT HOP Card at an AT Customer Service Centre. If you already have a blue AT HOP Card, you can swap it for a gold AT HOP Card in the next 12 months. AT HOP Cards can be bought online and from retailers.

To get an AT HOP Card and for more information about what's happening and for seniors travelling to Auckland:

- call **0800 AT GOLD** (0800 28 4653)
- visit an Transport Customer Service Centre

go to [www.at.govt.nz/supergold](http://www.at.govt.nz/supergold)

## Passports

A popular service that lets people order passports online has been extended to cover children, and also adults applying for their passport for the first time. Internal Affairs began letting adults renew passports online in 2012. The service removes the need for professional passport photos as people can take a photo with a smartphone or digital camera and upload that with their application.

A rule change means parents can now renew their children's passports online, and adults who have never had a passport can also apply if they have enrolled in the "RealMe" digital identification scheme.

### READ MORE:

- \* [Online passport renewals confirmed](#)
- \* [Happy customers get passports faster online](#)
- \* [Internal Affairs 'overwhelmed' by passport processing compliments](#)

"The easiest way to renew a New Zealand passport is online. It's swift, safe and secure, with no need to print or post forms or even visit a passport office," Internal Affairs Minister Peter Dunne said.

"Customer feedback has been overwhelmingly positive about the online passport service. More than half of all applications for a 10-year adult passport renewal have been made online since the popular change from five-year passports in late 2015." he said.

Dunne said the online passport service would expand further later this year to include applications by family groups, "urgent" applications to replace lost or stolen passports, and renewals for people who had changed their names in New Zealand.



# Grand's reflections...

## Grandparents Day

It was Grandparents Day this week and I was thrilled with my 10 year old's 'tribute' to me. Here it is - note the use of similes and adjectives - a couple of them hilarious. I didn't think I had legs like an 'old tree' even though he also described them as being 'agile'! The school has had a specialist teacher taking the children for creative writing and teaching them to use lots of descriptive words and phrases.

'My Nana is the most kind nana in the whole wide world. Her black hair shines like the galaxy. Her eyes are brown like a beautiful chocolate lavender. Her skin is creamy like her baking. Her cheeks are as soft as a baby's bottom. She doesn't have to wear makeup because she is beautiful by herself and don't say I'm lying. Her tummy has a bit of padding on it. Her arms are as soft as a panda's tummy. Her legs are agile like an old tree. My nana likes to bake the most yum-my cakes and she could be on My Kitchen Rules. Her food is the yummiest, best and the most appealing food in the world. She likes to write and cuddle with her cat and me and my sister. She likes to sew and tidy. She likes to dance. I love my Nana. Love from.'

Cheers Barbara.



## This is the Cold Hard Truth About Taking on your Grandkids.....

I'm not going to lie or sugar coat it, it's HARD, it's frustrating, your life will change, no more getting up and just going, your life will revolve around them, you're gonna feel angry, resentful and you're going to question your own sanity. You're going to have good days and bad days and you're gonna be tired and wonder if you can go on like this, If you don't have any outside support, you're really going to feel resentment. I'm raising a 3yr old & 2yr old for almost 7 months now, and my marriage has changed. We no longer go out to dinner, or run to the store together, we can't do anything together, and by the time they get to bed we are exhausted. The kids throw attitudes, tantrums and break your stuff and we are back to baby proofing the house, but then you'll get a hug or a kiss, or told I love you grandma and that's when you know it's for them. It's the hardest job you'll ever take on and yes, at times I regret this, but at other times I'm glad I was able to step up. I'm currently super frustrated because yesterday was our anniversary and it was the first time we weren't able to go anywhere or do anything because we don't have any outside support. I question myself everyday and now my husband, who never had kids because he never wanted to be tied down, is questioning the rest of his life. Such is life.

Nan nan



# Children, Grandparents and Whanau Caregivers Have Their Say

4<sup>th</sup> National Caregivers & Members Summit  
Grandparents Raising Grandchildren Trust NZ

7 & 8 September 2016  
Novotel, Ellerslie  
Auckland NZ

## Day One – Wednesday 7 September 2016 (8.30am to 5pm)

Chaired by David White, Trustee, GRG Trust NZ

- **Keynote Address from the Minister for Social Development: Transformational Change and a Focus on Children**  
The Minister will outline what the changes to CYF will mean for support services for children in grandparent and whanau care.  
*Honourable Anne Tolley, Minister for Social Development*
- **Hearing the Children's Voices: Grandchildren's Reflections on being Parented by Grandparents** Findings of first-ever NZ research.  
*Sharon Lee, M.Ed. Waikato University, Researcher*
- **Hear Our Voices: Grandparent Whanau Caregivers Have Their Say!**  
Key preliminary findings of our 2016 Grandparent and Whanau Caregiver Survey.  
*Dr Liz Gordon, Director, Pukeko Research Ltd*

- **What Every Grandparent and Whanau Caregiver Needs to Know About "P" to Help Guide Children and Stop the Cycle of Drug Abuse**  
*Christina Stroud, CEO, ChristinaStroud.com*
- **What Focusing on the Needs of the Vulnerable Child it Means in Practice and the Key Changes to the Law Affecting Vulnerable Children**  
*Ashna Storey, Social Worker and Grandparent Perspective*  
*Sandy McPhee, Fostercare Perspective*  
*Nancy Jelavich, Service Manager Foster Care, Barnados and Jonelle McNeill, Operations Manager Upper North, Barnados, Support Service Agency Perspective*  
*Child Youth and Family*

Programme Topics and Speakers in Brief

Full Programme abstracts and Speaker Profiles published online soon

## Day Two – Thursday 8 September 2016 (9am to 1pm)

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

Two solutions-focused workshops with practical strategies, tips and techniques to guide and empower caregivers of vulnerable children.

**PART 1: Practical Tips and Strategies for Parenting Children Affected by Trauma and Abuse**

*Presenter TBC*

**PART 2: Parenting Children with ASD, ADHD and Cognitive Differences**

*Sue Haldane, Mind Over Manner*

### Timetable, Travel and Accommodation Information

The Summit is 1 & ½ days for attendees and our GRG members and concludes at lunch on Day Two. **After lunch on Day Two we are holding our Support Coordinators and Field Officer training.** Please Note:

- If you are staying at the hotel, please remember you will have to pay for your own accommodation and breakfasts.
- The Summit Dinner is an added cost \$50.
- If you are flying in you will need to make your own way from the airport to the hotel. Taxis approx. \$35-\$45 each way. The hotel does not have a shuttle service.
- During the Summit your morning and afternoon teas and lunch for 1 ½ days are all included in your \$20 Registration costs.

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

72-112 Green Lane East, Ellerslie, Auckland 1051

Phone: 09 529 9090

Check in at 2pm - Check out at 11am

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

### Summit Programme Timetable

**Day One:** Registration at 8.30am  
Programme: 9am to 5pm  
**Conference Dinner:** 7pm Novotel, Ellerslie  
**Day Two Workshops:** Part 1 - 9am to 10.50am  
Part 2 - 11.10am to 1.10pm

### Registration Information

**GRG Member Delegates Registration Fee: \$20**

**Conference Dinner: \$50**

### Non-member Delegate Registration Fees:

Full Summit Programme: \$155 for both days  
Day one only: \$90

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

Day Two only: \$65

**All prices include GST**

Please complete this Registration Form and scan and email to the [office@grg.org.nz](mailto: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](mailto:office@grg.org.nz)

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





# 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 486530	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
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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](http://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