



## Newsletter December 2013

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

**Data base: 5501 Whanau/Family Carers.**

Like us at [www.facebook.com/grg.org.nz](http://www.facebook.com/grg.org.nz)

### From the National Office:

#### 6 year olds view of Nana!!

Nana

Nana is old,  
She is older than me,  
But she is not as old  
as the sky or the sea.

Nana is big  
She is bigger than me,  
But she is not as big  
As the old oak Tree.



This just filled my heart with glee....I see she left lots of scope with the age part! (Considering she thinks I am 23)

Thank goodness I am not as big as the old oak tree!!! (What a job it would be to get clothes if I was big like an old oak tree)

You just gotta love them don't you?

*Nan Ann*

#### Grand-dads thoughts:

Here are a few thoughts that have happened since we have had the kids, there are distinct benefits;

Resident Grandkids can sort out computer problems immediately! Just don't expect to understand how.

My body may be older, but my brain has to do gymnastics.

My range of music has dramatically broadened.

No food in the house, (even in sealed containers) ever gets near its "use by date".

My "happy hour" is now an afternoon nap.

One 13 year old girl in the house is noisy, with her friends here it's chaotic, when they are at a friend's, it is depressingly quiet.

It takes more to answer "why" to our grandchildren than it did for our children.

Volumes of food consumed, is startling and varied. I eat chocolate and it's unhealthy for me!!

Maths homework comes with a new language. I see the answer but can't explain in the modern lingo. A note from her teacher says I did well!!

I'm bemused at parent/teacher evenings. Some parents there seem too young to have children at college.

This should not surprise me. I'm part time school bus driver, I now collect the children of those who not so long ago (it feels) I once picked up.

I no longer pine for the retirement we once had before the grandkids arrived. We have a 5 year plan where we will pick it up again - we can but dream!!! I believe I have become a grumpy old man. I do speak out against injustices when once I did nothing.

*And whilst on the subject, got a bit of a kick in the bum over the last couple of days.*

Started last Thursday when I got inspired to see if the bright sparks in the telecom shop could tell me if I could get my emails on my cell phone. A reasonable thought says me, the grandkids are doing it on theirs. I'm off on the White Ribbon ride on Friday, and it would be useful to do my emails off my phone while I'm away, particularly seeing last year I came home to a great mass of them!

"Let's have a look at it" the young lady asks, and I hand it over. The bloke who works in there knows me and saw my phone.

"Does it still work?" he asks. Dumb question I thought, why would I hand it over if it didn't? "Course!" says I.

The cheeky sod then offered me far more than I paid for it as a working antique! Apparently, my phone and emails arrived on the world stage about the same time, and no, phones like mine can't link into my emails.

Being the kind bloke he was he showed me the sort of phones I would need to buy if I wanted to upgrade so as to get my emails as well.

(I might add that two other customers had now come over to admire my cell phone and passed appraising comments - "I've never seen one like that before" I took it as appraising because that is what buffs say about a Ferrari the first time they see one.)

I pointed out that the big buttons made it easy to get the right one when texting.



"You might want to have a tablet then," one suggested. I was feeling pretty good and no headache and was about to ask why I needed a pill when I didn't need one, and being noticeably older than them didn't mean that they need have concerns over my health. I must have had a puzzled look on my face as the nice young lady quickly stepped in and explained what a tablet was.

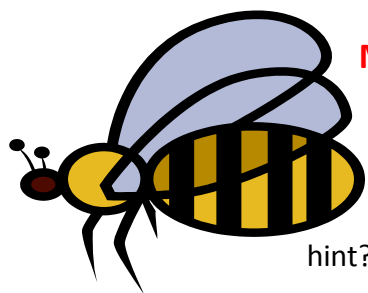
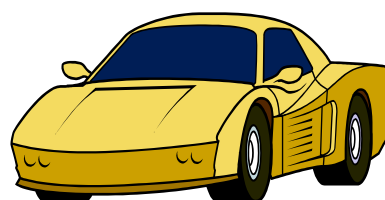
Ten minutes of information was nine minutes too much for me, to say nothing of the price of these pint sized computers!

I left to think it over, catalogue in hand and my trusty cell phone safely tucked back in my pocket.

*Papa David or Fred*

### **I need older friends:**

My life is filled with young people under 8 which as one can well imagine means many trips in the car. They have a game between them all when they see a yellow car the call out, 'yellow car' and keep count. What is concerning me now, is whenever I am out in the car and children are at school I hear myself loudly calling out "yellow car" Ummmm hello !



### **Moving home:**

OH NO ! Oh NO ! I am bereft my bees who live in a 5 box hive apartment decided to swarm and move home yesterday. It has left half the hive here and still very busy, just praying there is a new Queen to look after them or hatch shortly. Now why are our late teens early 20's grandchildren not taking the hint??? Or could it have something to do with nannies cooking?

### **Step into my shoes and Walk through my morning(s) with me:**

This is but one morning story but in varying degrees it's the same day every day. Very few are ever better than this and most are definitely ALWAYS worse. Today was different in that I counter attacked with my own mission plan pretty much immediately. This little man is on the Autistic spectrum.

Today he (aged nearly 5) wakes at dawn...maybe before dawn it was still dark, he slept with me last night because he was unsettled during the night after not going to sleep till late. Which, after two days at day-care is unusual because Thursdays I can usually count on him being asleep at a good time. Not so yesterday. Actually come to think of it, it's as if he knows I have a headache so doesn't sleep and just bounces off the walls aggravating me constantly.

He's run off to the kitchen; did I leave that door unlocked??? Yes, I can hear the silent sound of mischief so I crawl out to find he's got the tub of Stevia I bought the other day, thinking I could give him a sweet treat now and then that won't make him bounce to the moon and back and he's obviously eaten a spoonful of it and is scooping in for a second one (luckily it's one of those ones Air NZ give you to stir the coffee, size of a pea) but has a total meltdown because I take it off him and put it in a higher up cupboard further out of reach. He doesn't understand that just because he likes it, doesn't mean he can have it.

So I woke this morning, still with the headache that took all day yesterday to come onto full force, and he's in full ADHD attack mode today, yelling, spitting, demanding, pulling at my blankets. I roll over, take a headache pill and roll back and 'get him in my grip'. This is a term we use on each other. I've got you in my grip means any kind of immobilising hold. This morning it's my turn. I had his legs pinned, managed to get one of his arms inside his pyjamas and had both hands in one of mine so my free hand could tickle him and we spent a good half hour of him yelling and laughing and yelling and spitting, luckily I had him pinned on his tummy so I didn't wear any and anyway he's not a very good spitter. No one has shown him how to spit properly (thank god) he more does the Raspberry sound so not much ammo in it.

He's promising he won't do it again (yeah right heard that before) but I am relentless. I ask him does he like to be harassed? Does he? No, he doesn't he says, so I say No I don't like being harassed either, as I'm tickling him and doing raspberries on his back. He's laughing and struggling and trying to pinch and bite and throw himself backwards to head butt me, but I'm older and sharper and I'm hard to beat (ask my kids) I continue my 'attack' until I feel he's starting to relax and the urge to harass the crap out of me has passed, so I let him go and he trots off to his room like an ANGEL asking for a movie, (Phew) I know this will give me up to 5 minutes to pee alone and get the jug on because next minute he'll be in the kitchen demanding breakfast the whole time I'm making it's like he can see I'm making it and ..sure enough...like clockwork there he is 'make me breakfast, can I have some of that banana, I say YOUR HALF of the banana is in your plate, he says no I want some of that, pointing to the half I'm eating. No I say, YOUR HALF is in the plate, I go to put Yogurt on it all and he says NO I don't want Yoghurt I don't like it (He does, we ...mainly him goes through a kilo and a half a week). I turn and put the pill in his mouth and hold the water bottle out.

I make a mental note to set the alarm clock for 5.30 am from tomorrow on and WAKE HIM UP every day before he wakes me and get that pill into his mouth, put a movie in his machine, lock his door and get another hour's sleep, knowing he is safe whilst the pill starts to work. Maybe I can break this morning hell by beating him at his own game.



He has breakfast, goes back to his movie, I make a plate of toast 'snacks' he likes to call them and take them in to him sitting there quietly watching Nemo and I think YUS! I'll check the emails and research the new drug the heart doc gave me yesterday, wish I hadn't taken one already after I read the blurb about it. As if I'm going to take medication with side effects that include A, WEIGHT GAIN and B, REDUCED SEX DRIVE and C. NAUSEA. What planet are those drug companies on? If we are depressed, the last two things we need interfered with is our weight etc. I shudder in horror at the thought I'm going to become obese and disinterested in sex and walk around feeling like I want to throw up ALONG with having to deal with the little one. That's depressing just to ponder on. Firstly I can't afford bigger jeans and not to mention the rest. Mental note 2 for the day, NEVER accept any new drugs without having the side effects read out to me first. I blame the headaches for that err in my usual interrogatory nature when new drugs are offered. These ones apparently are safer than the old ones for my heart. My mental capacity is always blurred when I'm getting a headache, have one, or getting over one. I've suffered migraines most of my life so I know how they take me out/lay me out/take me down and kick me over etc. So right now I've still got the dull ache that says the new headache pills don't work taking one, and I sigh because until the stress inspired my heart to act up I could take the latest technology in migraine meds which took THEM out

in 15 min's or less, so I'm back to square one with the migraines. The heart doesn't like the new tech migraine meds so the few blissful months I've had using them are over. You have heard the Bear with the sore head story. I don't see this situation improving in a hurry and that thought just bums me out again.

The little one comes in here 5 min ago, quietly (yay the pill is kicking in) he lays across my right shin and I can see him peering closely at the fresh wound on my left shin where I walked into something the other day taking the skin off the old spider fracture wound I got when the lawn mower spat a stone at me a few years back. Before I can say DONT... touch.... that..... he's poked it with his chin and I scream, cut that out, so he draws back trying to lick my right shin whilst still peering at the wound, before I growl again and he falls asleep across my legs in a second flat. Typical! That lasted 30 seconds I tried to move him up to the pillow but all that did was wake him up and he starts all over again. You can't trust these kids to stop and think, doesn't matter how much Curious George they watch, Stopping and thinking didn't come in the program, it's think act in one movement so if I'm not ahead of that....my it's bad. I've got a headache, my brain CAN'T be ahead of any of that right now. I just want to cry.

He's back sitting by the wounded shin again now, he's tried laying on his tummy and touching it with his foot as if by accident, he sits up next to it LOOKING like he's not paying attention as he puts his hand back ON IT.

Time for a bath: Time to wash off his negative energy with a 30 min bubble bath whilst I do the dishes. I'm already stressed, my heart and my head ache and I just want to go back to sleep.

As I walk to the kitchen, he's been there for a minute without me, good lord what he's been into???

He's up on a stool next to the knife and fork drawer, putting away the washed utensils. I raise my eyebrows in surprise. Have you been caught being GOOD? Yes he says I'm doing my job. SIGH..... LOL we High five and I'm off to start the bubble bath shaking my head and silently laughing.



Shanna



### Conversation with 8 year old grandson:

Him - nana can I have some noodles  
me - oops there's none left  
him - well that's poor parenting  
*I think it's called payback time*

## What is FASD?

Fetal Alcohol Spectrum Disorder (FASD) is an umbrella term used to describe the range of effects that can occur when a person is exposed to alcohol while in the womb.

The wide continuum of effects includes physical as well as cognitive (learning and behavioral) deficits. Some signs of FASD include:

- Impulsivity/distractibility
- Poor memory
- Facial dysmorphology
- Immature with poor emotional regulation
- Inconsistent performance
- Difficulty abstracting and predicting outcomes
- Sensory overload

## FASD-CAN Inc – Who are we?

FASD-CAN Inc (Fetal Alcohol Spectrum Disorder – Care Action Network) is a non-profit organisation with the primary objective of “uniting caregivers, strengthening families, supporting individuals and educating about FASD across our communities”.

We aim to provide support and resources for those raising and working with children and youth affected by FASD.

Our membership is open to parents, caregivers, grand-parents and extended whanau. We also welcome professionals from the health, education, social services and justice sectors.

Membership application details are available on our web site;

[www.fasd-can.org.nz](http://www.fasd-can.org.nz)

**Reminder:** You have posted off your submission form for parity YES?

## At what age can they? That is the question:

5	starting school (earliest age)
6	starting school (latest age)
7	starting school (latest age if the child must walk more than 3 km to school)
14	babysitting — a babysitter's minimum age
14	leaving a child alone in your house
16	getting a learner's driving licence
16	leaving school (earliest age)
16	living with a partner
16	to leave home without parental consent
16	age of consent for sex
16	deciding on which parent to live with (if separated)
16	parental consent is required for medical/dental treatment
16	starting full time work
16	getting a tattoo
16	getting married or having a civil union (with parents' consent)
17	getting a full driving license
17	joining the Navy, Army, Air force without parental consent
18	getting married or having a civil union (without parents' consent)
17	buy a Daily Keno ticket
18	buy a Lotto ticket
18	can be legally independent of their parents' guardianship
18	enter into contracts
18	buying alcohol
18	drinking alcohol
18	buying cigarettes
18	buying firecrackers
18	opening a cheque account, applying for credit card
18	borrowing money
18	joining the Police Force
18	electoral voting
18	making a Will
19	the right to free education ends
20	if adopted, apply to Births Death and Marriages for a copy of the birth certificate
20	adopt a child if they are related.
25	adopt a child – if the child is at least 20 years younger.
20	enter a casino

**A member writes:**

My sincere thanks for the GRG Trust's wonderful, amusing, exciting and informative newsletter every month. I just LOVE it and open it with great excitement when it arrives



***On behalf of the Board, CEO, Field officers and Coordinators, we wish you a happy Christmas, safe holidays and a fantastic New Year. It has been our privilege to work hard for you amazing people, to give our time to you and hopefully improve outcomes for you and your precious grand/kin children.***

***At this time of the year it is good to reflect what we have accomplished over the past year and we have done very, very well! Cannot wait till 2014! More to come!***

***Extra allowances, parity and conference are all on the Agenda and our 15 year anniversary!***

***(((HUGS))) Di & team***

[www.grg.org.nz](http://www.grg.org.nz) or [www.kin.org.nz](http://www.kin.org.nz) or [www.raisinggrandchildren.org.nz](http://www.raisinggrandchildren.org.nz)

Email [office@grg.org.nz](mailto:office@grg.org.nz)

**Member Support Manager: Di Vivian Email [office@grg.org.nz](mailto:office@grg.org.nz)**

**Hot Line:** Free Phone 0800 GRANDS or 0800 472637 ext. 1 (not for use for Auckland callers) Landline users only. Auckland callers (09) 480 6530

Postal Add: PO Box 34 892 Birkenhead. Auckland 0742

If you no longer wish to receive this newsletter please contact 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.

**We are a Charitable Trust**



**Wednesday 5<sup>th</sup> & Thursday 6<sup>th</sup> March 2014**  
**The Novotel Hotel, Ellerslie**  
**Auckland, NZ**

## Empowering Grandparents Raising Grandchildren

**3rd National Grandparents Raising Grandchildren Trust New Zealand Training Conference**

We are delighted to announce our line-up of leading experts and key issues for this **MUST ATTEND** event for all grandparents raising their grandchildren.

Take the opportunity to **REGISTER NOW** to make sure you **don't miss...**

- ▶ An outstanding line-up of experts and inspiring speakers including Social Development Minister Paula Bennett, Nigel Latta, Amped4Life's Pat Buckley, Brainwave Trust's Dr Simon Rowley and Nathan Mikaere-Wallis, Principal Family Court Judge Laurence Ryan, family lawyer Hana Ellis, Chief Social Worker Paul Nixon, Sandy Biggs, Tricia Corin plus many more...
- ▶ **Limited offer special package** for out of Auckland GRG member delegates
- ▶ Special **\$20 only** conference rate for all GRG member delegates
- ▶ **GRG Gala Dinner** on Wednesday 5<sup>th</sup> March 2014
- ▶ **MORE INFORMATION** along with the conference programme and agenda will be available with the December newsletter and on our website at [www.grg.org.nz](http://www.grg.org.nz) at the beginning of December 2013.



Proudly supported by



## Registration Information

Please read the following information carefully before completing the attached registration form and sending back to the GRG Trust Office. If you are a Support Group Coordinator a separate registration and information package will be forwarded to you.

- ♥ **Limited Numbers Special Package for out of Auckland GRG Members only**  
 This special package is limited to 70 GRG member delegates from out of the Auckland Region and includes:
  - Two nights' accommodation in Auckland on Tuesday 4<sup>th</sup> and Wednesday 5<sup>th</sup> March 2014 at the Novotel/ibis/local hotels in Ellerslie
  - Breakfasts on 5th and 6<sup>th</sup> of March 2014
  - Gala Dinner on Wednesday 6<sup>th</sup> March 2014 at the Novotel Ellerslie

As the above offer is limited to 70 GRG member delegates from out of the Auckland region\* positions will be allocated pro-rata nationwide to ensure fair distribution to our members coming from other centres. If the allocation is not filled the offer will then be open to Auckland members. If you wish to be considered for the allocation and you live out of the Auckland region please complete the registration form attached and select YES to indicate you live out of Auckland and would like to be considered for the above offer. We will contact you promptly upon receipt of your registration to let you know if your application for the special offer has been successful.

### Please Note:

1. *\*In this context, 'out of the Auckland region' means south of Pukekohe and north of Welsford*
2. *All GRG member delegates must pay the \$20 conference registration fee. The above offer does not include this fee and must be paid on registration.*
3. *This special accommodation offer involves twin share or double accommodation (in the case of couples) and members must be willing to share a room with another member.*
4. *Your cost of travel to and from Auckland is not included in the above offer. If your application for the above special offer is successful you should arrange flights (where applicable) quickly to take advantage of low cost air fares now available.*

- ♥ **GRG Member Delegates Registration Fee: \$20 including GST**  
 The \$20 Registration fee for all GRG Member Delegates covers:
  - Conference pass to the full conference programme
  - All lunches, refreshment breaks, morning and afternoon teas
  - Conference programme hours:
    - Registration 8:00-8:30am Wednesday 5 March 2014
    - Wednesday 5 March programme 8:30am to 5pm
    - Thursday 6 March programme 9am to 3pm

- ♥ **Conference Gala Dinner**
  - Wednesday 5th March 2014 at 7pm
  - \$60 including GST



## Conference Registration 2014 – Members

Please complete this form and scan and email to [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 Conference, PO Box 34-892, Birkenhead, Auckland 0746. If you have any enquiries, please direct these to 09 419 0042 or 0800472637; [office@grg.org.nz](mailto:office@grg.org.nz), [www.grg.org.nz](http://www.grg.org.nz)

### GRG Members Name

Title First Name Surname

Email Address Phone number

### Spouse/Partner

Title First Name Surname

Postal Address

Do live out of the Auckland region and wish to be considered for the limited special package? ☐ YES ☐ NO

### Tick which option applies

☐ Out of Auckland region package \$20.00

☐ Conference Only \$20.00

☐ One Day only \$10.00

Tick which day applies

☐ Day 1

☐ Day 2

☐ Conference and Dinner \$80.00

☐ Conference Dinner only \$60.00

All prices include GST. Please also complete the **Payment Options** form overleaf.

## Conference Registration 2014: Non-Members

### Non Member Delegate Name

Title First Name Surname

Email Address Phone number

Position Organisation

Postal Address

How did you hear about this conference?

☐ Direct Mail ☐ Email ☐ Website

☐ Other (please specify) \_\_\_\_\_

### Tick which option applies Early bird (before 7 Feb 2014) Standard rate

☐ Conference Only \$195.00 \$225.00

☐ One Day only \$125.00 \$150.00

Tick which day applies

☐ Day 1 ☐ Day 2

☐ Conference and Dinner \$255.00 \$285.00

☐ Conference Dinner only \$60.00

### Payment Options

☐ Pay by cheque \$ \_\_\_\_\_ Please post a crossed cheque payable to Grandparents Raising Grandchildren Trust NZ: PO Box 34-892, Birkenhead, Auckland 0746

☐ Pay by credit card Please charge \$ \_\_\_\_\_ to my: ☐ Mastercard ☐ Visa

Card Number \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Expiry \_\_\_\_ / \_\_\_\_

Name of Cardholder \_\_\_\_\_

Signature \_\_\_\_\_

Payment is due upon registration Pay by Internet banking to account.

06 0115 0203334 01 Please include your full name as a reference