



fathering the future trust

Fathers as parents



Newsletter of the fathering the future trust

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From the office...

The Xmas season is upon us and with it are the pressures of reaching deadlines, finding the extra cash to buy presents and stocking food in case we get a dose of the Y2K Bug. For me it is a time to reflect on the year, give thanks to those who have supported the trust during its early stages of development and to look to the future.

Over the past year the trust has began to establish a secure place in the Christchurch Community although it hasn't always been easy. At times when we have been turned down for money (especially when funding was considered a sure bet) the question was asked, "Are we doing the right thing?" Every time it was answered from outside of the trust. Somebody would phone to express the excitement they had for what we were doing, another organisation would seek our help or someone would pop in with a cheque to help us on our way. The support given to the trust has come in various ways, physically, financially and emotionally.

I would like to offer thanks to all the members of the Working Parties and Management Team who meet regularly to discuss and drive projects pertaining to their field. The groups have been meeting for over a year now and the Trust is honoured to have such a dedicated and passionate group of people willing to give up their time to help.

Along with other things the Trust has been involved in (see over page) a highlight has been talking to service organisations of Rotary and Altrusa. My eyes have been opened to the extent of kindness and

generosity of these organisations in regards to what they give to community organisations and people in need.

It is an exciting time leading up to the new millenium and the Trustees and Management Team will meet later this month to discuss the way forward. There has been an air of change around for some time and the new government has served to punctuate it. A new century can represent new thought and new ways of doing things. With a bit of luck and 1000 years of learning from this century we can move into the new century with a vision of seeing that all children are loved. To achieve this we need to re look at our how and what we teach our children and to look at ourselves; how we are with the children in our lives.

I wish you all the best for Christmas and the holiday season.

Janine
Trust Manager

THE TRUST

Patron: Mayor - Garry Moore **Trustees:** Peter Townsend - *Canterbury Employers Chamber of Commerce*, Dominic Flatley - *Family Lawyer*, Kay O'Reilly - *Teacher* **Management Team:** Dominic Flatley, Peter Townsend and Lyn Campbell (*Children's Advocate, CCC*), Darryll Park - *CEO Canterbury Tourism*.

While we acknowledge that different family structures exist, we believe children develop best with loving caring mother and father and whanau. In the context of all family structures we believe the positive role of the father is vital to the holistic development of the child.



THE TRUST

... Posters portraying images of fathers with children have been distributed throughout the community: schools, churches, early childcare centres and businesses. If you would like a poster or know of places that this would be appropriate to put them please contact us.

...Billboards portraying fathers and children are continuing to be displayed around Christchurch with thanks to Phantom Billboards who have been very generous with their time and space. The response from the billboards has been positive and new connections within the community have been made.

...The Trust has employed a worker who is currently driving the projects for the working parties. An invaluable addition to the team.

...We are working in with Lincoln University to get their Masters Students involved in research pertaining to Fathers: work, school and leisure. The area is a little unclear at the moment but with continuing communication we should see some interesting research topics develop.

...The Trust has been involved with the Christchurch Launch of Rex McCann's book, "Fatherless Sons" (as reviewed in this newsletter). It is a great opportunity to work with other like-minded organisations in disseminating the information that this book offers.

...We are currently involved with a group of representatives from community and government organisations in establishing of a Parent Centre to support parents of young people aged between 10-19.

The Working Parties of the Trust

Father friendly workplaces

This group is in the final stages of compiling a kit for fathers of newborns - in the workplace. The kit consists of information on the rights of fathers in the workplace, information on the importance of fathers as parents in the early years, information on books and web sites that could be of interest. If you are a father of a newborn and interested in this kit please contact the office of the Trust.

After much talk with fathers it has become apparent that the worlds of work and family are still somewhat divided. Although there are many organisations that are changing policies to encompass some of the needs of the family, there is still a huge cultural shift needing to occur. A shift that allows fathers to talk of their families openly in the workplace. With this kit we will support fathers in their new role as well as bringing the family into the workplace by highlighting the importance of the fathers involvement. When this kit is complete we hope to bring a Manager's Kit into the workplace to enlighten them on the needs and support required by their workers.

Fathers and schools

This group is currently working on a survey for fathers to ascertain the level and type of involvement of fathers in their children's schooling. The survey is to find out what fathers want, what enhances and hinders their involvement. If you would like to be a part of this survey please contact the office of the Trust.

The group is also developing a newsletter for schools and parents to help form creative partnerships between the two to encourage further involvement.

Fathers and Sport

The Trust photographer is out capturing positive images of fathers involved in their children's sport. This group is developing a campaign to support and encourage positive involvement of fathers on the sideline.

The young people at the Fathering the Future Youth Forum 1998, spoke very

strongly about the way in which fathers get involved in their sport. That felt that fathers pushed them into sports, there was a lack of respect of the child's choice in sport and that a "know it all" approach exists that puts pressure on winning rather than enjoyment.

Though the campaign we will show images of fathers supporting their children's choices and sharing their children's experiences.





PARTY POLICIES PROMOTING FATHERING

Two Fathers Christchurch Fathers Groups have surveyed New Zealand Political Parties in the lead up to the election. The surveys conducted by the Caring Fathers Group and The Fathers and Child Trust asked for a response to twenty specific policy proposals that would improve the rights of children to have positive relationships with their fathers. All the major parties expressed support for the promotion of responsible fatherhood.

Brian Donnelly of New Zealand First described fatherhood as "an extremely important issue for the future of our nation".

people can get information they need about shared parenting and encouraging parents to put their children's interests first if couples separate". Most parties would like to see greater involvement of male teachers and fathers in early education.

Steve Maharey said Labour's industrial and employment policies include a focus on the need to ensure there is a better balance between work and family responsibilities. "Our future work policies will look at a variety of initiatives including family-friendly workplaces" Labour believes parents need skills to raise children without resorting to violence. They have promised a review of the Child Support Act.

The Christian Heritage party strongly opposes change to the Holidays Act and regrets the loss of Sunday as a family day. They would view seriously any loopholes in the ACT.

Christian Heritage spokesperson Grahame Capill said that they would require the Attorney General to caution Parliament whenever any proposed legislation is likely to be detrimental to family life.

The Promotion of shared parenting and co-parenting for separated parents was supported specifically by a number of spokespersons. Dr Muriel Newman says that A.C.T. will push for a Select Committee of Inquiry into the Family. "We must do better in understanding we can strengthen the New Zealand Family."



Alliance believes that fathers inside or outside of a relationship should play a responsible role in parenting. Strong support was expressed for initiatives in parent education and for programs for separated parents similar to those recently funded by the Australian Government.

National supports the concept of giving parents the skills they need to raise their children and providing teenagers with information on care giving, budgeting and life skills in school; including teaching them about responsible parenthood. Secondly National support "finding ways to make sure





Book Review

Fatherless Sons: The Experience of New Zealand Men

by Rex McCann HarperCollins \$29.95 Reviewed by Peter Calder

Much of what it is to be a man we have learned from Rex McCann. Not the fine art of being a bloke - which, in moderation, has much to recommend it - but what blokes never learn because it is so threatening to our traditional notion of manhood.

McCann, an Auckland-based leader of men's groups, is an enormously skilful facilitator whose book is the distillation of more than a decade of thinking and talking about the secrets of men's hearts.

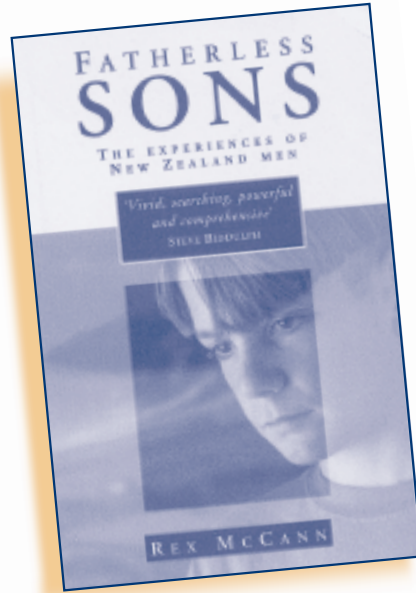
The title lays something of a false scent. McCann examines in somewhat disturbing detail the social cost of absent fathers: one child in three lives apart from his or her biological father and, in America at least, fatherlessness makes a boy 10 times more likely to drop out of school and 20 times more likely to end up in prison.

But fathers who are present can be absent too. Trapped in the role of provider, they often have nothing to share with their families but their frustration and bitterness at knowing, however vaguely, that there must be more than this.

Fatherhood has lost esteem in society, argues McCann. Fathers - take a look at the stereotypes in the television programmes which sketch out the shape of the world to our children - are often ridiculed and marginalised in the family, where women "own" the children. Single motherhood is, for some, a lifestyle choice; an adult male's passionate interest in his, or others', children is profoundly suspect.

But McCann does not act as a blind apologist for a victimised constituency.

His book is a stirring challenge to men to connect - metaphorically or actually - with their own fathers and reinvent the relationship which ignites their sense of maleness. What is absent from our relationship with our own fathers, he demonstrates, is what prevents us from creating a healthy image of manhood in ourselves.



Fatherless Sons makes good use of the stories of men with whom McCann has worked over the years and he's generous too with his own memories of childhood - his father died at 49 and McCann find a telling symbolic resonance in our commonest cause of male death, "heart" disease. And, far from being a litany of complaint, it is rich in plans for action and challenges for the reform of social institutions - most urgently the Family Court.

Much of what McCann says here has been said before but the simplicity of expression, clarity of vision and local relevance that seeps from every page makes this an important book.

Peter Calder is the Herald's writer at large.

Courtesy of New Zealand Herald





“EARLY CHILDCARE”

The Male Kindergarten Teachers Network

Our focus on ensuring Kindergartens are “Male Friendly” environments has continued through the year and is supported through our networking.

Actions taken to achieve these objectives were:

- ... Group Network Meetings - formal
- ... Facilitating workshops for Teachers and parents on “Working with Boys”
- ... Parenting workshops
- ... Designing and facilitating a workshop for the 7th Early Childhood Conference, held in Nelson during the last week of September: *“Where are the Men? Creating an Early Childhood Learning Environment in which men are encouraged to contribute.”* This was a practical workshop involving participants in:

... Identifying factors contributing to a culture which discourages men from greater involvement in the care and education of young children.

... Developing practical strategies for early childhood staff to employ, which will encourage men to participate in the life of the early childhood centre and become more involved with the children, as fathers, whanau and educators.

Workshop participants responded enthusiastically and positively.

We are already planned for next year with several “millenium” topics under consideration e.g

- ... Unemployment and Redundancy - a chance to spend more time with the kids.
- ... The Employment Contracts Act - a new guide to reintroducing child labour and ...
- Video Games - a practical alternative to the outdoors, imagination and parenting.

Anton Wartman: 03 379 5298



fathering the future trust

Specifically for Dads' Father and Child Trust

“Helping Dads to Do Their Job” and Helping Agencies to Help Dads Offering:

- ... Drop in Centre
- ... Ante-Natal Education
- ... Talks
- ... Workshops
- ... Dad's Nights
- ... Informative Magazine
- ... Library

The Father and Child Trust has developed a Supervised Access Program to assist fathers to maintain a relationship with their children while improving their support network and access to parenting information.

The safety of children in the program is the first consideration.

If you are interested in this service, or would like further information, please call in to the “drop in” centre or phone the Trust's Community Worker on 372 9140

**Cramner Centre, Room 304
Cnr Armagh and Montreal
Streets**

Phone: 372 9140

CARING FATHERS

A support and education group for fathers that offers monthly meetings, social events, lobbying and submissions to decision makers on issues effecting fathers. A telephone network and face to face counselling are also available.

Inquiries Phone: 379 5645





Being a Dad



Some things that all Dads can do!

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... Show your sons the ways that you would like them to be when they are men. To learn this boys need to spend time with men. They will learn much more from what you do than from what you say.

... Take your children to work with you sometimes if you can. Let them get to know how you spend your days when they are not with you.

... Enjoy your children's company.

... Spend time with your daughters. You are the first man that your daughters really know. It will help them to feel good about being female if they see that you enjoy your time with them. You are helping them to learn how to expect men to treat them when they grow up.

... Share your own interests and hobbies with them.

... Help your children with their sport or hobbies.

... Show your love in different ways if you find it hard to say you love them. It doesn't need a lot talking to:

... Take your child fishing

... Help them with their homework

... Go for a walk in the park

... Cheer at a school football or netball match

... Teach your children about rules and laws. Teach by what you do, as well as what you tell them. Stick to what is right even if it annoys them.

... Encourage your children to stick at a problem even if it's hard.

... Expect your children to do their best and be proud of them when they do, but be proud of them even when they fail

... Play with your children. Fathers often enjoy rough and tumble play. Children can learn a lot from this sort of play with their fathers. They learn that you can be strong and yet not too rough to hurt others. They learn that you can get excited and yet you

can stop before things get out of hand.

... Share your child's life. Go to school and pre-school parent nights, to the doctor, to the park and to watch their sport.

... Comfort them. Children, even tiny babies, often get a special feeling of security from being comforted by their dads when they are frightened or upset.

... Talk about your feelings so that your children learn that it is all right for men to talk about feelings. Talk about when you feel sad or happy.

... Being out of work and money worries can make problems for parents. But being out of work may mean that you have time to give to your children. Make it special so they will remember it all their lives.

... Don't push your children into doing things you wanted to do and missed out on. They need to live their own lives.

... Encourage your children to explore the world and find out.





CHRIS 12, BETH 14, SARAH 11, CATHERINE 11, BOB 14



Beth

“ He always does things for me like clean the guinea pig cage out and stuff.

When I played netball he used to watch my games.

He usually comes home and tucks me into bed, sometimes we have dinner together but I go dancing and stuff so its all busy really.

I'm lucky because some people don't even have dads.

Dad makes me laugh. He will embarrass himself and mum gets really embarrassed cause he is embarrassing himself. I don't get embarrassed. He wants to dye his hair purple soon as a bet because this guy dyed his hair blue. I reckon he should go ahead and do it.

I like fishing with dad and I like going on family drives. We all just get in the car and he takes us somewhere, that's fun.

Once in the cinema, at a school fundraiser, the movie was just about to start and everyone was talking and dad was late and he stood at the back and yelled out "Wendy where are you?" Everyone looked at him and all these guys from school gave me a hard time. It was embarrassing but funny though.

He doesn't mind being a clown because everyone already knows that he is a clown.

I just want dad to be himself, kind and funny.

Chris

“ I don't know why, but I love my dad.

I like hockey with dad and watching rugby.

Sarah

“ A human being who was planet to take care of children and a nice guy.

I love my dad because he is there for me and goes to my sports and watches me and he supports me and puts money to put food on the table.

My dad made me laugh when he went to a fancy dress party and he went as a hippy and he had all these women's clothes on.

I like it when dad comes to my dancing competitions and he is really nice to me and buys me things.

I like playing games with him.

All I want from dad is love and for him not to lie to me, honesty.

Catherine

“ I think my dad is nice and he works for us to get us money to bring us up and he is in charge of our house.

I love him because he is kind and he is always there for me.

Dad made me laugh when there was fancy dress party and he was with his friend and he dressed up as one of the three ugly step sisters and he hired this big dress and he put lipstick on and everything and he looked really.

I like going on family drives because he takes us fun places and I like going bike riding with him because he is fun.

At school when he comes to school things and I get an award he cheers “go Catherine” and everyone laughs.

“I love you dad you are the best dad in the world to me.”

I would like dad to be kind and honest and always be happy and keep his temper.

Bob

“ When I think of Dad I think of Hockey.

When I was on this rock, down at summer and I was climbing up the side and I went to climb back down and I yelled out for him and he went to grab me and I slid all the way down and grazed the entire of my whole body.



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Peter Townsend - on Fatherhood

I have four boys, the oldest one is 20 the youngest one's 11. So it goes 20, 18, 13 and 11. There is a five-year gap between two and three. When the second one went to school, Rose asked, "Is that it?"

So I have got a two on two team. The two older guys are both at varsity now and the other two are still at school in Christchurch. It has been quite busy. Four boys mean quite a busy life style. Just by way of background, Rose and I made an absolute, it wasn't a contract, but it wasn't far off it that I would go out and do the hunting and she would do the caring and that we would both be happy to swap over. So she worked part time until number three came along and then went back to work. She is a registered staff nurse and used to work night shifts and things so we could accommodate that. I did a fair bit of travelling so there was a lot of juggling that had to happen there. We got through the entire process without any external nanny help. Something we take pride in. As the youngest one, Josh, went to school, she went back to working as a teacher aid looking after socially impaired children. She did that for three years and has now decided to take a bit of a break and take it easy for a while.

So it was an arrangement between us for what was obviously going to be a busy career for me, and what was going to be a busy career/mother role for her. We tried to share as much of the responsibility as we could. I am not exaggerating to say that I can still put a nappy on with one hand and that I enjoy cooking and do a lot of cooking in the weekends and iron a shirt along with the rest of them. I spent nine years flatting meaning I can be a very independent person when it comes to house keeping, washing, ironing and cooking and looking after all that sort stuff. I quite enjoyed it. So there has been that combination in our skills in our partnership. I have been a relatively involved father.

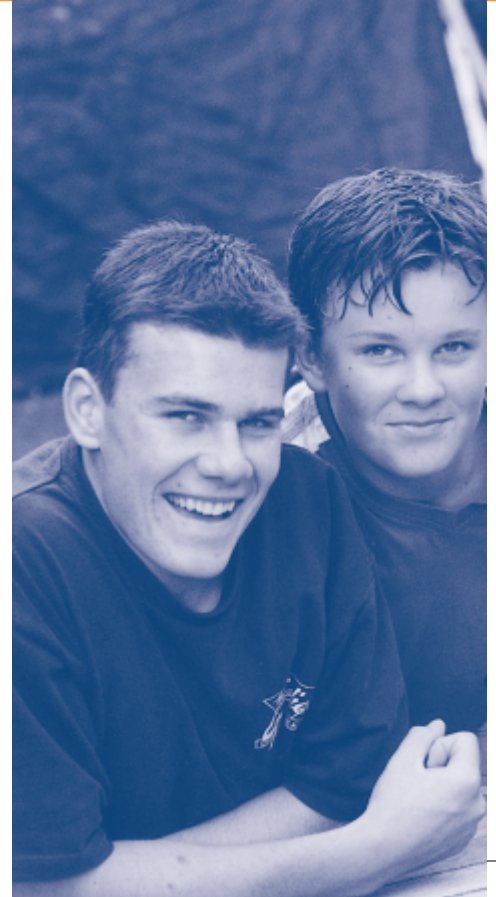
There are some other things that I have done in the context of a busy and active working life. I have tended to try and make the formal commitments to kids education and things through applying myself where my skills can be utilised. Like being on the Board of Trustees for Elmwood School. I was on that board for five years there and Boys High, for now four years. I have really enjoyed making that contribution. There is no money in it but it takes time. It's a nice way for me with my skills to apply some of them to education in a way that will indirectly benefit my kids and hopefully a whole lot of other kids as well.

I am also quite actively involved with schools at PTA level and going along to schools as guest speaker and talking about things that are important in the business interface in particular. But also other subjects like leadership, like where do you go when you leave school and what you should you be thinking about in terms of careers and that helps me as a father work out some of those issues that are directly relevant to those kids.

Depending on the occasion, I talk to parents, teachers and students and I do that quite often. The last talk I did was on the contrast between management and leadership and what that means in terms of students at school. In terms of how they should be approaching the important issues of life and what I mean by the important issues is the emotional security issues and personality issues and some of the character development issues that are really important for the future. I apply my fathering experiences to the process and apply the process to my fathering. So there is that sort of dynamic that is going on all the time.

I have been to every one of my boy's primary school camps and more than one on some occasions and that has been special time too. The interesting thing about that for me is that I hardly saw my own children at the camps at all.

It was a relief that they weren't hanging around Dad; it gave me a really interesting





insight into the relationships that they have with other kids and also the dynamics of the relationships of the other parents with the children. A school camp is a great mechanism of revealing relationships between children and the care-givers at the camp, but particularly the children. We have parents don't see those dynamics with our kids and other children, you see them within the family or with the mates they bring home after school but you don't see them in the school dynamic and the school camp gives you a really interesting insight. You are almost like a bird in a tree as you are looking down on the kids and the things they are doing and your role is just to make sure that everyone is safe and looked after in a very non-teaching way, because the teachers are all there. It's more a care-taking role I guess, making sure that everyone is okay.

I remember one school camp when the kids were nine-year-olds and they had sauce satchets, the ones you have to squeeze a different way to open them and they were

squirting them in their own faces and it was a disaster. I gave one hundred children a lesson on how to open a sachet. It was so funny. All these kids holding their sauces, all pointing them at their sausages, all squeezed them at once, there wasn't a drop of tomato sauce split and from then on I was known as the tomato sauce man.

If I had one fundamental thing that I think is of paramount importance for good fathering is the ability to continue to communicate with your kids. It is not the ability to continue to be in verbal contact with your kids it is the ability to communicate and there is a huge difference. Communication model is a two-way linkage and that to me is the key issue. That's not always easy when you are running a busy life like I am and you could be a work at 7.30am and home at 10pm at night it can be quite difficult.

My kids can contact me if they have problems at school or anything. Rose is at home but if they can't get her then they can contact me. I tend to be involved with my kids if they were playing sport or something. I will go along and watch the midweek Boys High School rugby match. When Josh was in the primary school trials for rugby I went along and watched. That is something that I encourage in this workplace is that flexibility so that you can accommodate your kids' activities. If it's a meet the teacher at 3.30 in the afternoon I will be there. If it's a 4 o'clock concert at the school, I will be there and I always try to stay involved because I am really interested and because I have meetings at night where I don't get home until late. There is sort of an ebbing and flowing of interaction so that I am not locked away from my children because of having to be a work during the day and that's really important. None of the boys wouldn't have any hesitation about popping in here if they wanted some advice from me during the day after school or if they are in town they may pop in on their way home. I have had them involved in the work environment doing mail outs. It's a nice way for the kids



to understand a little bit about what goes on in this office and what Dad does do when he is away.

What I try to do here is have hands off management role so that people can come and go and there is flexibility in the way that people apply themselves to work. If someone wants to get away early to take their family to central Otago for the weekend they can take off early and I would expect them to make that time up by missing out a couple of lunch hours next week or whatever it might be. I don't religiously measure that but if it got out of kilter I would say something. Giving and taking is very important in the context of other people's obligations to their families. If anyone here has got problems with their kids I have absolutely no hesitation in giving them the time off. The classic example of that is that one of our staff here has just had twins. He has had to make a fairly big commitment to those twins especially when they are so dependent when they are so young. We have been extremely flexible with accommodating his requirements in the context of the workplace. Now that hasn't detracted at all from his ability to perform in fact I think it has enhanced it because he knows he's got that commitment from us to support him. He knows in return, he has a certain obligation to us. He won't be the last staff member we do that for, its just a part of being a good employer and not only just being a good employer but getting the best out of your people. It's got to be that give and take.

I think people in the business world understand this. I think its changing quite quickly. It's easier to do it in some businesses than in others. On a production line people just can't leave the line. I agree with this but I believe there are other ways for people to be accommodated in that context.

I think as long as the good intentions are there, you will find a way of accommodating those sorts of issues in the workplace.

When you do have an environment where there is give and take between employers and employees, it can create tension amongst the employees. There can very easily be a perception that someone is



Peter Townsend - on Fatherhood, continued

taking four days off this week looking after his kids and someone else hasn't had time off for two years and it just isn't fair. So there is a management and leadership role required ensuring that those tensions don't become too strong. What I have discovered is that there is definitely a trade off between an office environment where there is significant give and take and the tension is there in other forms if you have a rigid environment. In an open environment the tension seems to surface quite quickly because people feel they can allow that to happen. The old autocratic structure tends to repression tension and modern management structures where there is a lot more flexibility and give and take.

We do make time out, particularly in the weekends. I spend Saturday's with the kids, chasing them around sports fields and things and we go on holidays together as a family unit and still the 20 and 18 year old come on holiday with us. That is the whole family still working together. The big guys relating to the small guys and giving them some sort of mentoring which I see as being fundamental in our family as we have had this wonderful ability to leverage on this two on two situation with the parents being actively involved.

There are several key times in your life I think that the biggest step in anyone's life is when they become a parent, its bigger than marriage, bigger than buying your first home, bigger than your first job. Becoming a parent is the biggest step and I have often compared it to putting on gumboots and walking through mud. Everything takes that much longer, everything works in slow motion initially when you become a parent, and you have to look after someone else as well as yourself. You have to put on someone else's seat belt make sure they have put there hat





From the Field...

on, so instead of it taking one minute to get in the car it takes 10 minutes and that's neat but it is like going into slow motion.

So that is the single biggest step in your life. Another really big step in our lives was when the oldest kid was old enough to babysit the younger guys. The two on two spilt was a crucial element of that. The older guys, when they grew up were able to babysit for the younger guys. This gave us as parents a lot more freedom because we could do the parenting thing and if we wanted to go out to a movie or something we didn't have to go through the organising babysitters and all the rest of it. So that interaction between the older kids and younger kids was an extremely important dynamic and still is. From the point of view of the mentoring thing, care taking thing, babysitting thing its been a wonderful sort of coincidence having that two on two. Its not two families but it is certainly two branches to your family.

So when you look at what I am doing, and it's a bit frightening, 18 hours external involvement at a board or trust level apart from my job it becomes a bit horrifying when you look it upon that basis. But I do manage my time quite carefully and I do try to ensure that as a parent I don't compromise my kids and that holiday thing is important. We are lucky enough to have a holiday place down in Wanaka that is a retreat. We play as a family and they are very important times. It comes back to that whole fundamental ethos that is you have to retain the quality communication with your kids and I think that if you can do that you can resolve 99% of your parenting issues the rest just follows. It is that commitment to your children and absolute determination to continue to communicate. I regard all my kids as my equals and I regard them as mates.

My role as a Field worker in Schools is to link family and agencies together to empower them to make positive choices for the family. I am coming up to the end of 2 years in this role and within this time I have worked with over 50 families. Of this 95% of these are single parents, 4 of these being single dads, and 2% married couples. I have found it interesting to see just how important the fathers' involvement is in the welfare of their young people and just how little involvement there has been with many of these kids in difficulty. It is encouraging to see these single dads changing their lives to put their children first.

What I have found that has helped to make a difference in the lives of these young people is the dads who are willing and open to being worked with to learn different skills to cope with and manage with these young people.

What I have noticed is that a group, like Fathering the Future Trust, is helping to make society aware of the importance of fathering and that portraying fathers' as other than being useless.

I think, as fathers, we must not forget about our family and young people. It is too easy just to focus on our job and paying our bills. Our young people need us and we need to make time for them.

The positivity we give to the lives of young people, our own and others' will be repaid in the future. Remember we are never too old to learn new skills of how to be with our young people and our families.

Keep growing fathers!

Grant Harris
Christchurch City Council



fathering the future trust





What's On

Courses in Christchurch

Fathering, Parenting and other related courses.

Home and Family Society: Courses are designed to provide and share information that will assist individuals and couples to develop both personal confidence and interpersonal skills in relationships.

For Further Information call, 379 5645

Presbyterian Support Services: run programs that support individuals, couples and young people 10-25 years and their families. For information on parenting courses phone the intake worker on 366 5472, at 44 Bealey Avenue between 9am and 1pm.

Methodist Child and Family Services:

Do you have problems with: communicating with your children, household routines, temper tantrums, behaviour management? Are you seeking new parenting ideas, friendship, support, or discussion with parents in the same situation?

For further information: Ph: 366 8839

Catholic Social Services: is an approved child and family agency. They offer parenting education and support groups.

For Further information call 379 0012.

Tough Love: A self-help program for parents with troubled teenagers. Toughlove is for parents who are at the end of their tether. It offers parents guidance and support when their teenagers' behaviour is unacceptable and disruptive within the family, school and community.

For further information call 366 5472



Parents Centre: We have early pregnancy and FREE antenatal courses (led by qualified Childbirth Educators), Postnatal Courses, Babies and Toddlers Music Group and Toy Library, Pleasurable Parenting Courses, shopping discounts, babysitting clubs, a national network of parents and much, much more.

Phone: 385 4640

Plunket: Plunket Karitane Family Centres offer support for caregivers and children. The centres are friendly and relaxed places. You are welcome at the family centre any time during the day.

For further information please call 389 5588

Family Planning



Do your children ask tricky questions about sex and sexuality?

Would you like to answer them more openly and honestly?

FPA Educators are running a workshop for mothers, fathers and caregivers on talking with your children about sexuality.

17 & 24 November 1999

Time: 7.30 p.m. - 9.30pm

Place: FPA Education Service,

301 Montreal Street, Christchurch

Cost: Gold Coin

Phone: 379 0514

Photography: Jane Wyles

Financial Support During the Year:

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