

CIM.TANTRUMS

Te au riririri'anga

E maata te au tamariki i rotopu i te uki okotai mataiti e te ā mataiti, e riririri ana. Kare teia i tupu no te kino i te akono tiaki'anga a te au metua, me kore ra, e au tamariki kanga kino ratou – e tuanga natura teia no te tamariki ia ratou e tupu maata maira.

“E ngata ana ratou i te noo marie i te tiaki i te ka tupu.”

E pera ana te katoatoa

Na te noo ma te manamanata e te ngata, e akatupu ana i te riririri te kare e rauka i te tamariki i te kimi ravenga. I te maata'anga o te taime, e tupu ana teia no te kare te tamariki e kite i te akaari mai i to ratou manako na roto i te tuatua.

Ko te tuatau me roiroi te au tamariki, me matepongi, me kare ratou e noo meitaki ra, me maromaroa, me kore ra, me kua maata rava ratou i te akatipatipa'ia anga, na teia au tuatau e akatupu i to ratou au turanga riririri. Ka tupu katoa teia me vare'ae te tamariki, me kore ra, me te manako ra ratou e, kare ratou e inangaro'ia ana.

Ka inangaro'ia te tamariki kia kite i te akatano i to ratou au manako. Ka rauka ia koe i te tauturu ia ratou na roto i te akara ke atu anga me riririri ratou, ma te kore e tuku atu ki te au manako inangaro pakari o taau tamaiti. E tauta koe i te akaneke i tona manako ki tetai apinga ke atu.

“E tauta koe i te noo marie ua, no te mea, kare toou riri e riro ei tauturu.”

E pera ana ratou katoatoa

E ngata te kimi ravenga i te akamotu i te riririri me akamata ana, ina ra, i tetai taime, ka rauka ia koe i te akamotu i teia i mua ake ka tupu ei, na roto i te rave marie anga i tei tau kia raveia ma te kore e rapurapu, ma te kore e oronga kia maata rava te au iki'anga kia raveia, me kore ra, na roto i te rave'anga i tetai angaanga maru mei te aereaere, me kore ra, i te tatau i tetai puka.

“Kia aiteite i te au atianga ravarai”

Ko te akakite ki taau tamaiti e, e akatuke'anga tetai ka raveia, ka riro te reira i te tauturu kia kore e tupu te turanga manamanata te ka akamata i te turanga riririri. Mei teia te akara'anga, e akakite koe kiaia e, kua waitata te ora no te oki ki te kainga.

Me riririri pu tikai ratou

Kare e rauka ia koe i te arai i te riririri. E akapapu koe e, te noo meitaki ra taau tamaiti, e noo waitata atu koe ma te rave atu i tetai au mea ke. Auraka koe e komakoma kiaia, e uriuri manako kiaia, me kore ra, e apii akatano iaia. E mea ngata teia, ina ra, auraka koe e uri akarongo atu kiaia.

E akaari koe e, kare koe i tumatetenga i tei tupu. Penei te riri ootoo ra koe, e tauta ra koe kia kore te reira e kitea'ia atu.

Mei te mea e, tutu rai e ka akatupu aia i te kino kiaia rai, e neke koe iaia ki tetai ngai meitaki ke mai. Me tei roto koe i te toa, akaruke'ia taau okooko ma te aere ki va'o ki tetai ngai kare e māniana.

Me maru mai aia, akapumaana'ia atu aia, ina ra, auraka koe e tuku ki tana i māro mai ana i mua ake ka akamata ai aia i te riririri. Akameitaki'ia aia no tei maru mai tona turanga.

“Me akamata taku tamaine i te riririri aere, ka noo marie ua au no tetai apa ora iaia e tukutuku auai pupu ra. Ka kimi au i tetai ngai no te noo waitata kiaia, penei, ko te inangaro ake aia iaku, ina ra, ka noo ua au ka tiaki iaia.”



S.K.I.P

skip.org.nz

facebook.com/SKIPcommunity

Te au ravenga no te arai atu i te au riririri'anga

E akamanako koe i te tuatau e tupu ana teia. Me ko te tuatau i mua ua ake i te ora kaikai?

Penei, e matepongi taau tamaiti, me kore ra, kua roiroi aia e te inangaro ra aia kia maara'ia atu aia – i te tuatau tikai e orooro ra koe i te rave i tetai angaanga ke.

Mei te mea e, e tuatau ngata me aere korua ki ko i te supamakete, e tieni koe i te ora no korua i te aere ki reira, te akamanako i te aere i te okooko ma te kore koe e apai i taau tamaiti, me kore ra, e oko koe i tetai varaoa punupunu, me kore ra, e apara, ei katikati nana ia korua e aere ra. Me te noo meitaki ra aia, e akameitaki koe iaia ma te oronga i tetai manga apinga nana me oti korua i reira.

Apiipii'ia te akatuke i te kare, ei ae. I te karanga kiaia e, “kare, kare koe e tika'ia i tena”, e karanga ra koe e, “ae, ka tika'ia koe i tena me tae taua ki te kainga.”

Oronga'ia tetai iki'anga te ka rauka i te rave – eiaa koe e ui e, ko teea tana pona ka inangaro i te 'a'ao, e oronga ra koe e rua iki'anga kia rave aia.

“E aere koe e ngai ke, akangaropoina'ia atu aia, raveia tetai angaanga ke”

Akamaara meitaki

Kare te riririri i te turanga akono'anga kino, e turanga teia tei pāti mai te kena o te tamariki rikiriki. Kua tu te maata'anga o te tamariki i teia tu, e maata te au tamariki e riririri ana okotai taime i te epetoma, e tetai pae, okotai taime i te ra okotai.

E komakoma koe ki tetai aronga ke tei kite meitaki i taau tamaiti, me kore ra, kua tupu katoa ana teia kia ratou e ta ratou tamariki. Penei, e taeake noou, ko tetai mei ko mai i ta kotou punanga apii a te tamariki rikiriki, me kore ra, e au metua ke atu.

Ka anoano'ia te nga metua katoa ai kia rave aiteite i te akatano turanga akono'anga. E komakoma korua i te au mea e tupu ra, ma te ariki kapiti i ta korua ka rave no te akatano'anga i te turanga riririri o ta korua tamaiti.

“Akaea pu maata'ia te au akaea'anga”



S.K.I.P

skip.org.nz

facebook.com/SKIPcommunity

SKIP supports parents and caregivers
to raise their children in a positive way.

For more information go to:

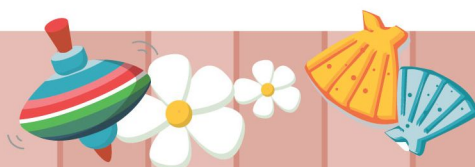
www.skip.org.nz

Email: info@skip.org.nz

Phone: 04 916 3300

For more information on support for parents, go to:

www.familyservices.govt.nz/directory



S . k . I . P

skip.org.nz
facebook.com/SKIPcommunity