

## Whānau Welcome

### **Nau mai, harae mai, welcome to the E Tū Tāngata resource Kete.**

We're so happy you've landed here, and hope you find this a useful launching place for exploring the ideas of E Tū Tāngata with your whānau.

These days, parenting can be overwhelming, and there's so much information coming from all directions it can feel like we are never doing enough.

E Tū Tāngata is not a complicated programme or a set of rules to implement with your kids. Instead it's a mindset, shared language that can help you start a conversation with your family that counters the culture of criticism that we so often are immersed in.

If you, like me, want to raise good humans who are:

- confident in who they are
- willing to work with others for the good of all
- and who are able to reach out and help other people: you're in the right place.

Get started by selecting your area of interest below this video. You can choose 'Get started for tamariki', 'teens' or 'parents and caregivers'. Once you've selected your area of interest you'll be taken to an area where you'll be able to explore the three strands of E Tū Tāngata: You Have Value, We Succeed Together and Others Matter.

Another good first step is to display the three strands somewhere in your home where you will all see them often. We have poster downloads, or you can make your own posters. There are also some sweet colouring sheets if you want to get the kids involved.

From there, it's helpful to use the language of E Tū Tāngata as situations arise.

Do you hear some negative self talk? Counter it with, E Tū Tāngata, You Have Value.

Is it time to clean up? You can say, remember, we succeed together, it'll be faster if we work as a team!

Time to volunteer to help with something and the kids aren't keen? Remember, Others Matter.

We hope that you'll find this Kete supports you as you bring the ideas of E Tū Tāngata into your home. Have fun exploring what's on offer, and if you have any bright ideas, let us know, we'd love to hear from you.

Remember, this doesn't have to be hard or complicated, what's most important is that you continue to remind yourself and your tamariki that: you have value, we succeed together and others matter! It really is that simple!