

## Learning new skills

**With five lively boys aged under six, Eta is a busy mum. Feeling overwhelmed, she sought help from Iosis's Parent Support service. Now she is learning skills that will help her parent wisely and run her home more effectively.**



**Read how your support helps parents learn skills 'on the job' in their own homes.**

Iosis has two Parent Support workers, who coach mums and dads in parenting and home management. Every situation is different, so the response is tailored to the specific needs of each family. Meetings take place in the client's home, which gives the Parent Support worker a deeper understanding of the family's situation.

In Eta's case, one thing her family needed help with was menu planning. Buying groceries knowing the type of meals you plan to create is a more economical and effective way to shop. It also makes it easier to ensure you have sufficient food for the week.

Once the concept and benefits of creating a menu plan were explained to her, Eta quickly adopted the practice. Now she carefully works out each week's meals and prepares a shopping list accordingly.

With five young boys vying for her attention, Eta was unable to have quiet time to think and to finish housework uninterrupted. Eta's Parent Support worker recognised this was creating stress. She helped Eta to enrol the second youngest boy in kindergarten.

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**Parent Support workers gain a unique understanding of their clients' world during their weekly home visits. When issues beyond parenting or household management need addressing, extra help often can be found within other Iosis services and programmes, enabling us to provide wraparound support to the family.**

L to R:

Iosis Parent Support workers, Banu and Marian





## CEO's message

Recently a graduate from our Merivale programme related how it was the concerted efforts of several people – her midwife, a mentor, a Bible study teacher, and Merivale staff – who helped her change course. From someone who self-confessedly “lived for crime”, she is now focused on raising her baby, getting a job and a home, and making a stable life for herself and her daughter.

Like a jigsaw, each of those connections from different parts of her life all came together, to help her create a different picture, a different future.

**As a supporter of Iosis, you are part of the picture, too! You may never meet the mums, dads and children you read about in our newsletters. But if you were missing, the picture would never quite be complete.**

Thank you for connecting with us and others to help families transform their family life for good.

Tunumafono Tracey-Leigh Peters  
**CEO**

### **Learning new skills** ...Continued from pg1

With one child at school and three others now in early childhood education, Eta has a few hours each week to get things done and unwind a bit. This makes concentration easier too, and Eta is keen to use some of that spare time learning parenting tips from her Parent Support worker. These include simple actions that are effective if consistently used, for example developing chore charts for the children and using ‘time out’ as a safe form of discipline.

Talking to a stranger about your family's challenges can be awkward at first. But, as Eta knows, when that person has advice that can help you, it makes sense to be open to learn.

**When you donate to Iosis, you enable parents like Eta to gain the knowledge, skills and strategies that can transform their family life for good. ☺**

## News

### **Iosis CEO appointed to NZCCSS**

Tracey-Leigh Peters has been appointed as a representative of Baptist social services to the National Council of Christian Social Services (NZCCSS). She is also involved in the Council's policy group on children and families. NZCCSS speaks for its members in government policy discussions and submissions. It also advocates for the poor, disadvantaged and vulnerable members of New Zealand society, and conducts research in social justice.

### **Children's Team update**

The Counties Manukau Children's Team will officially launch on 22 March 2016, although much background work has already been done towards that. Many Iosis frontline staff have already attended ‘Lead Professionals’ training to prepare them to be able to undertake assessments and plans of action for children referred to the Children's Team.



## Supporter story

**Christina Baird is an Iosis Partner.\*  
She shares why she supports our work in this way.**

There were three important connections that drew me to become a financial supporter of Iosis. Firstly I had a historic connection; my mother worked at the Manurewa Children's Home in the 1960s, and the stories she told of her time there made an impact on me.

I also had a personal connection to the work of Iosis, as I had worked with Ruby Duncan's husband and had met her on several occasions. Thirdly, I felt there was a good connection between my passion to see women empowered and developed, and Iosis's transformational work with women and families.

I am passionate about the development of women, yet with the demands of family, work and church, and having introverted, intellectual

tendencies, my opportunities to act on that are limited. Financial giving allows me to make a difference in areas I never could with my own skills, abilities and time constraints.

It enlarges the scope of my vision and, through the stories I get to read, it increases my awareness of the real issues women are struggling with. My hope is that, as well as allowing women's lives to be improved, my regular giving is a message to Iosis frontline staff that says there are people who believe in your vision of what can be, and who value your skills and abilities to make that happen.

*\*Iosis Partners donate automatically on a recurring basis. This convenient way to give helps Iosis to budget for the year. See back page for more details. ©*

## Prayer needs

- We've recently had a number of enquiries from people interested in becoming respite foster carers. This is great! However we still need more carers for long-term placements. This shortage is being experienced by other foster care organisations too, so this is still an area for prayer.
- Our Family Learning Centre's first term programmes commenced mid-February. Please pray for the parents attending these programmes, that they settle in quickly and have the courage to make changes for the sake of their children.
- Iosis has a number of vacancies, some of which are new roles. Please pray for the recruitment process, that we will find people with the right mix of abilities and attributes to join our hard-working and close-knit team.

# Meet our staff

Judy, KFS facilitator



My biggest challenge is getting the children to understand that violence is not OK, and that there are healthier ways to relate to others. Some think they are the ones who have done something wrong and that is why their parents are separated, or why dad is in jail. Getting them to believe that it is not their fault is not easy sometimes.

I work with families when they are most vulnerable. For them to share their story and put trust in me to offer support, information and understanding is something I hold dear. I feel honoured to be part of their journey as they explore new ways to build a healthier and happier future for themselves, as a family free from violence. ☺

As a Kids Feeling Safe (KFS) facilitator, I give support to children who have seen, heard or experienced violence. My experience as a counsellor and programme facilitator enables me to assist them to gain understanding around what violence is and how to keep themselves safe.

Yes!

## I want to help transform family life for good.

### Four ways you can help:

1. **Donate online** by Mastercard or Visa. [www.iosis.org.nz](http://www.iosis.org.nz)
2. **Deposit into our bank account**  
Account name: Iosis Limited Account number: 02-0192-0285062-00  
and email us at [supporters@iosis.org.nz](mailto:supporters@iosis.org.nz) so we know the details for your receipt.
3. **Send a cheque to Iosis**, PO Box 98840, Manukau City, Auckland 2241.  
Include your name and address details for your receipt.
4. **Become an Iosis Partner** by making a regular contribution by automatic payment.  
Contact your bank to arrange this. Our bank account details are above. Please use your surname as a reference and contact us on Ph 09 269 0050 or email [supporters@iosis.org.nz](mailto:supporters@iosis.org.nz) to advise us when the AP has been set up.

**All receipts will be sent as annual tax certificates at the end of the financial year unless otherwise requested.**

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