

He tamaiti nohinohi tāu i te kura?



MANA AKE
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Te rārangi Ihirangi

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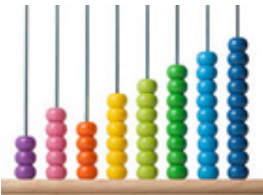
He tamaiti nohinohi tāu i te kura?

Te reri mō te kura



Ko te mea nui ake i te ako i te tātai pū ko te ako me pēhea te whakawhanaunga me ētahi atu me te tiaki i a koe anō.

Engari ka pēhea ō mātau māharahara?



Kia māia! Ka titiro ngā tamariki ki a koe ki te ārahi, nō reira me noho koe hei taurira pai. Me tiaki i a koe anō, me rātau anō.

Mō tō tamaiti



Me ngākau pai! Ka tino rawe rātau (me koe anō!).

He wā whakaongaonga tēnei mōu me tō whānau, engari ka āhua māharahara anō pea tātau ...

Ka pai anō taku tamaiti? Ka rata ngā tamariki ki a ia?

Ka aha mēnā ka weriweri, ka ngākau whakawiri rānei tētahi ki a ia?

He pai noa te māharahara mō te hunga e arohatia ana e tātau – ka kaha tō hiahia ā-whānau nei ki te whakarite kei te pai ia.

Anei ētahi āwhina, whakaaro hoki hei āwhina i a ia kia tau ai ia i te kura.

Te reri mō te kura

Ka riro pea ō tātau whakaaro ki ngā tae, nama, hanga, te ako pū, te tuhituhi/te mōhio ki tōna ingoa, engari me mau tonu ki ngā mea taketake.

Me whakatenatena i ngā pūkenga whakahaere-whaiaro, mā te āwhina ki te ako:

- ki te haere ki te wharepaku me te horoi i ōna ake ringaringa me te kore e tohutohutia;
- te hari i tāna ake pāhi;
- te whakamau i ōna ake hū;
- te whakamau me te unu i tōna koti;
- te whakamau i ōna kākahu kaukau me te tango;
- te tono i ngā mea e hiahia ana ia.

Me whakatenatena i a ia kia **pākiki**. He wāhanga nui te tuku pātai o te pākiki, ā, e hiahia ana tātau katoa kia ngākau titikaha ā tātau tamariki ki te tuku pātai.

Me āwhina i a rātau ki te whakapakari i tō rātau **whakarongo** – mā te pānui ki a rātau tētahi āhuatanga tino pai rawa ki te mahi i tēnei. Ka āwhina ki te whakapakari i tō rātau whakaaro pohewa me ō rātau pūkenga reo!

Me tākaro tahi me rātau – ko ngā kēmu e ako ana i a rātau ki **te tatari kia tae rawa te huri o te wāhanga ki a rātau me te hohoko o te huri tētahi ki tētahi** ka āwhina ēnei i a rātau kia tū pakari i roto i te akomanga me te papatākaro.

Te mōhio ki te tikanga o te 'kāo' me te 'kāti' – me **whakatau tikanga** me te pupuri i ēnei tikanga, kia mōhio ai rātau ki ngā ture me te wā e tohutohutia ana rātau e te pakeke kia noho haumaruru rātau.

Me whai wā rātau me ētahi atu tamariki kia mōhio ai mea me pēhea te **whakawhanaunga, te pāhekoheko me te tuari**. Kaua e tino piri atu, engari me waiho mā rātau anō rātau e ārahi.

He whai take anō ngā whakariteritenga whaikiko, pērā i te whakarite i ngā kākahu kura, ngā pouaka tina, pāhi hoki i mua i tō rātau rā tuatahi i te kura.

Ka āwhina anō te mōhio ki tōna wāhi kura hou i a kōrua ko tō tamaiti kia ngākau titikaha ai. He maha ngā kura ka whakarite wā kia whakawaia, ngā haerenga whakawhiti rānei ki te kura. Mēnā kāore i te wātea mō ēnei, ka whaitake te haere ki te tākaro haere i te kura i ngā mutunga wiki - te omaoma here, te

pikipiki i ngā hanganga o te papatākaro, te kīkiki pōro haere rānei i te papa hākinakina.

Ko te whakaaro pea he rautaki māmā ēnei, me te aha he mahi pea ēnei kei te mahia e koe. Engari, he pai tonu kia whai whakaaro, kia whakanuia hoki ngā mahi e mahia ana e tātau i tēnei wā!



Engari ka pēhea ō tātau māharahara?

He tika tonu te noho māharahara mō te rā/wiki/wāhanga tuatahi i te kura, engari ka whai pānga ō mahi me tō āhua ki tōna āhua. Ko ngā tino akoranga whaikiko e whakaakona ana e tātau ko ērā e whakatauiratia ana e tātau.

- Me whakatauiria i te whanonga māia: me whakamātau i ngā mahi hou me te whakamātautau i ētahi mea uua – ka āwhina tēnei kia māia anō tō tamaiti.
- Kaua e karo: ka tipu pea te wehi, ā, ka uua haere ake i roto i te wā. Kaua e whakarerekē i ngā whakaritenga hei whakamāmā i tō anipā.
- Me whakatauiria atu me pēhea te tū pakari ina pā mai te anipā. Hei tauira, me kī atu, “Kia āta pūmanawa nei ahau hei āwhina kia mauri tau ai ahau”. Kia maumahara, kei te mātakitaki ia me te ako mai i a koe. Mēnā ka anipā koe me te tū pakari tonu, ka taea anō e ia tērā.

Kia maumahara he wā poto noa te pā mai o ngā māharahara mō te tīmata i te kura, ā, ka taea ērā te whakarite - kei reira ngā kaiako ki te tautoko i tō whānau. Ka pai noa iho koutou katoa, ahakoa kāore pea e tino pai i ētahi rā, he rā anō āpōpō.

Ka noho tātau ngā mātua mō muri rā anō tātau – me whai whakaaro koe ki te tiaki i a koe anō – kei te pai tō kai, kei te korikori tinana, kei te nui te moe? Me toro atu ki te hunga ka taea te āwhina. Me kaukau ki rō tāpu. Me whakatā.



Mō tō tamaiti

- Kaua e ārahi i ngā kare ā-roto o tō tamaiti. Me pēnei te pātai “Kei te pēhea ō whakaaro mō te kura i tēnei rā?”, kaua te “Kei te māharahara koe mō te kura i tēnei rā?”
- Me whakarongo ki tō tamaiti ka whakaatu i tō atawhai – he rawe te awhiawhi.
- Me kī atu he pai noa iho te māharahara – me tautoko, kaua e whakaiti i ōna wehi. Kaua ngā kōrero pēnei, “kaua e māharahara”, engari me kī kē i ngā kōrero pēnei “ka āhua mātakutaku pea koe ki ngā mea hou”.
- He pai noa iho te kōrero mō ō kare ā-roto, ā, ka whiriwhiri me pēhea te whakarite.
- Kia tūpato kei nui rawa tō whakatūturu – me hāpai i tōna ngākau titikaha me tōna kaha kia tū pakari ia.
- Me kōrero mō ētahi atu uauatanga kua turakina e tō whanau, hei tauira, te rā tuatahi i te kura, te akomanga puoro, ngā akoranga kauhoe, aha atu, aha atu. Kia maumahara ki ngā kaha o tō tamaiti, ā, ka āwhina ēnei i a ia.
- Mēnā ka pā mai he uauatanga, me whakamātau ki te wānanga i ngā rongoā me tō tamaiti. Ko te ako i a ia ki te rapa rongoā tētahi atu āhuetanga rawe hei tautoko i a ia me ana akoranga.
- Me whai i te taha ora ka whakahau i a ia ki te whakaputa whakaaro pai.
- Me whakatakoto ngā tūmanako me ngā tepenga – ka hiahia ngā tamariki ki te mōhio ki ngā ture. Me whakamihi ina pai tana mahi me tautoko tonu i a ia kia ngana tonu ia.
- Me whakatau i ngā ritenga pai i te ata, i muri i te kura, ā, i te wā moe.
- Me whakarite ētahi mahinga kori tinana, ngahau me te katakata – me puta ki waho, me tango i ngā kēmu papa, me rapu i te āhua manawa reka i roto i ngā āhuetanga.

I ia wā ka whakamātau tātau i tētahi mea hou, ka pā mai ngā whakaaro anipā – he tika tonu tenei, ā, he pai noa iho. Ko te urupare pai rawa kia māia tō āhua; ko te manawanui te mea e whāia ana e tātau.

Ka tino rawe ia – me koe hoki!

Ka whakakapi ake mā tētahi ruri

Te rā tuatahi i te kura

Ka whakaaro ake kei te aha koe i tēnei wā, kei te manaakitia koe e rātau. Ko te manako ka kitea e koe he tino tangata, he hoa pai mōu.

Kei te mōhio anō pea te kaiako, ko koe taku kuru pounamu. Ā, ka kitea rānei e ia e te tīaho o tō ngākau.

Kei te whakaaro anō koe mōku, kei te hiahia awhi koe. E kōingo ana kia rangona tō reo, me tō kukume i tōku waewae.

Kei te mōhio anō koe i te uaua o te tuku i a koe kia tipu koe. I tēnei rā ka ngaukino taku ngākau, ā, me taku ako ki te tuku i a koe.

Ētahi atu kōrero:

Kei te paetukutuku a Te Tāhuhu o te Mātauranga ētahi tohutohu whaitake mā ngā mātua

<https://parents.education.govt.nz/primary-school/your-child-at-school/enrolling-and-starting-your-child-at-school/>

Ngā rauemi e hāngai ana:

Sparklers – Me pēhea te āwhina i ngā tamariki ki te whakarite i ō rātau māharahara – sparklers.org.nz

Anxiety BC – Ngā āwhina whaitake mā ngā mātua – bcchildrens.ca/about/news-stories/news/2015/back-to-school-anxiety-bc-children%E2%80%99s-shares-tips-for-parents-and-caregivers

Ngā mea e iwa me whakamātau e ia mātua kei te anipā – heysigmund.com

Te Tohe Kia Kaua e Haere ki te Kura: Ngā tamariki 5-8 tau – raisingchildren.net.au

Ngā mahi pea a ngā mātua ngākau atawhai e pokorehū ai pea te tipu o te anipā i roto i ngā tamariki – me ngā mahi tika hei whai – Karen Young – heysigmund.com

Kei te pai? Ngā Aratohu Tiaki Tamariki – allright.org.nz/tools/sparklers/parenting-guides