

Websites and Apps Information about healthy families and relationships

[Family Planning NZ–Relationships section](#)

<https://www.familyplanning.org.nz/advice/relationships-and-sexuality-education>

www.familyworks.org.nz (Presbyterian Support) www.gottman.com – Guidance and

[strategies for improving your most important relationship](#) www.beyou.edu.au

www.whiteribbon.org.nz Information about respectful relationships and a toolbox for men

www.justice.govt.nz/family Information about changes in relationships and tip sheets

www.skylight.org.nz Information to support children through change or loss with health, parental relationships, and grief

Tangata Whenua - Māori whānau

www.health.govt.nz go to whānau ora pages

Whānau Mai www.whanauoraservices.co.nz

www.mwwl.org.nz

Pasifika families www.leva.co.nz for Pacific Island healthy families and relationships

information and support www.Pasifikafutures.co.nz Information for healthy Pacific Island

families

Asian families www.asianfamilyservices.nz

Youth www.youthline.co.nz

www.ry.org.nz Information about healthy relationships and what to do when things go wrong for LGBTI community

Parenting

There are a heap of resources and information you can tap into either in person or online. Some of them are free and some will have some fees. We recommend the following

- For information about range and location of parenting programmes across New Zealand go to www.smartstart.services.govt.nz
- For Family Start home visiting programme from pregnancy to when child is 5yrs old go to <https://www.orangatamariki.govt.nz/support-for-families/support-programmes/family-start>

- Incredible Years Programme for children aged 3 to 8 years old
<https://pb4l.tki.org.nz/Incredible-Years-Parent>
- Home Interaction Programme for Parents and Youngsters (HIPPY) for children between 3 ½ and 4 ½ <https://www.greatpotentials.org.nz/home-based-pre-school-education>
- THRIVE programme hosted in the ‘clearinghouse for military family readiness’ Go to www.thrive.psu.edu for children aged 0 to 18 years old
- Kaupapa Parenting programmes through Iwi services with Whānau Ora programmes for a variety of ages including Mokopuna Ora go to www.smartstart.services.govt.nz
- Ministry of Justice for Parenting through Separation for a free course to support parents who are going through a separation, find out more at <https://www.justice.govt.nz/family/care-of-children/resolving-parentingsdisagreements/parenting-through-separation/>
- Triple P www.triplep-parenting.net.nz
- All whānau in New Zealand can now access three online programmes via this site https://www.triplep-parenting.net.nz/nz-uken/triple-p/?fbclid=IwAR2p1O_pA9iR3l15XTA80TH9g3po7i_T7f-4ceBTuPAhkaX5G6LkHQMQR9E
- Brainwave Trust www.brainwave.org.nz — provides information about how the brain works and develops in children. It shows the impact on brains of healthy parent child relationships and safe environments. It shows how important the early years are for healthy child development.
- Pepe programme from Plunket NZ <https://www.plunket.org.nz/plunket/what-weoffer/parenting-education/parenting-education-programme-pepe>
- SKiP – Strategies with kids information for parents www.skip.org.nz
- Parent Help a helpline and parenting groups www.parenthelp.org.nz
- Parenting Place NZ 0800 568 856 (0900 to 2300 each day) www.parentingplace.nz
- Ministry of Social Development www.msd.govt.nz
- Ministry of Education www.parents.education.govt.nz
- Well child Tamariki Ora programme www.wellchild.org.nz
- www.barnados.org.nz

- www.familyworks.org.nz
- 1-2-3 Magic www.123magic.com

For support and therapy services

0800 NZDF4U wellbeing support (0800 693 348) 24/7 helpline with support for the military community with military lifestyle factors