



# Emotional Literacy in a Teen Parent Unit

Kellie Warren and Lisa Watkins  
Matangi Āwhio  
Auckland Point Kindergarten Nelson.





## Karakia Timatanga

Whakataka te hau ki te uru

Whakataka te hau ki te tonga

Kia mākinakina ki uta

Kia mātaratara ki tai

E hī ake ana te atākura

He tio, he huka, he hau hū

Tihei mauri ora

*Cease the winds from the west.*

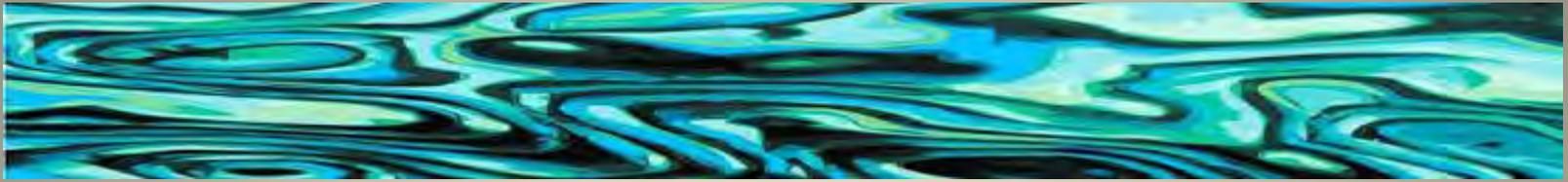
*Cease the winds from the south.*

*Let the breeze blow over the land.*

*Let the breeze blow over the ocean*

*Let the red-tipped dawn come with a sharpened air.*

*A touch of frost, a promise of a glorious day.*



# Waiata

## **Te Aroha**

Te Aroha

Te whakapono

Te Rangimarie

Tātou tātou e



# Our Place



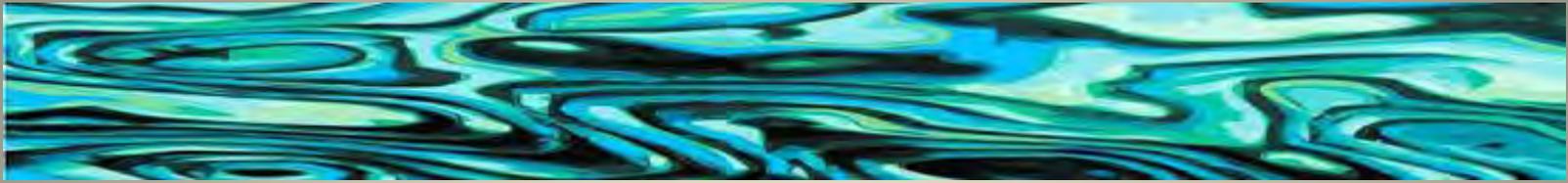


## Pōtiki Kaupapa

Nurturing tamariki and whānau in an environment steeped in Māoritanga and respect. Full of love, peace, calm and gentleness to instil strength within them.

**Kohikohia ngā kākano, whakaritea te pārekereke, kia puāwai ngā hua.**

Gather the seeds, prepare the seedbed carefully, and you will be gifted with an abundance of food.

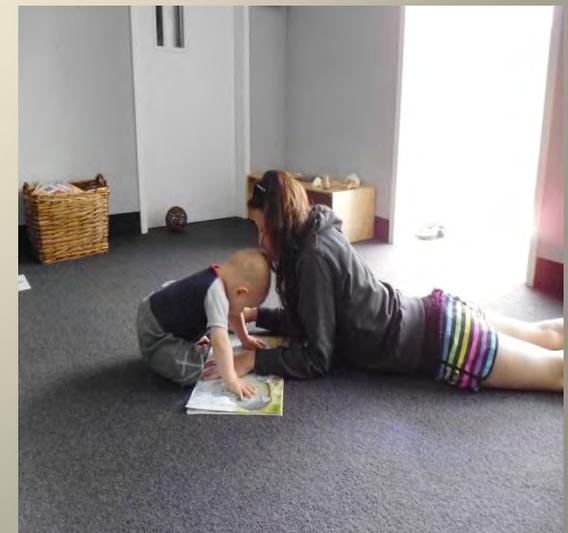


# Our Vision

*Secure attachments*

*Loving relationships*

*Respectful interactions*





## How could we achieve this ?

- *By highlighting the amazing things they were already doing with their tamariki.*
- *Role modelling respectful practices.*
- *Creating a calm environment.*
- *Through visual and written literacies.*



# Emotional Literacy

1. **Knowing** what feelings we have, how strongly and why.
2. **Caringly recognising** other people's emotions, their strength and reasons.
3. **Developing** the love-centred ability to express or hold back our feelings so as to enhance the quality of our lives and the quality of life of those around us.

*(Claude Steiner Emotional Intelligence with a heart, 2002)*



*Ace Gibson  
Pötiki 2014*



*"To those born into the gaze of loving eyes,  
life is beautiful.  
To those welcomed by tender voices,  
life is peaceful.  
To those embraced with gentle hands,  
life is secure.  
To those born into a world of compassion,  
life is good beyond measures."*

Author unknown, adapted by Leigh Schroeder  
Salvage







## Pōtiki 'Edible Garden'



## Making connections



October 13, 2015 4:55am

Ace, it was our first day back after the holidays today. When we walked out into the maara we were so surprised by how big the vegetables had grown in the time that we had been away. The bok choy was starting to flower telling us that it was ready to be picked. It was time for our first harvest! We asked your Mum if she could come and help us when she had time, and sure enough she didn't let us down. As soon as you saw her by the planter box you ran over to join her. You were captivated by what she was doing - leaning in every now and then to help. She very carefully cut the bok choy off near the base using a very sharp knife. You grinned from ear to ear when your Mum proudly held up the plant. You were so inspired that you even decided to harvest a lettuce all by yourself - then very graciously helped us re-plant it later. As soon as your Mum moved to the other end of the planter box to harvest the silver beet, you followed her closely - happy to be her assistant. When you were all done, your Mum took some of the bok choy and silver beet home with her to cook for your dinner!

Ace it was heart warming to watch you and your Mum gardening today as the incredible connection and love that you have for each other just shone through. I remember when we first decided to establish the 'edible garden', your Mum told me how she always used to work on her vegetable garden with her Mum - your Nana, when she was little. It struck me today, as I watched you working together that this was the beginning of her now passing down her valuable knowledge to her own child. What a wonderful gift you are to each other!





# Ako

## The Atua with MY Dad!



### What happened? / Ngā te aha?

At the beginning of the week Moko, I watched you quietly sitting on your Dad's lap, fascinated as he told you the karakia of the Atua. A father passing his knowledge down to his son was clearly a very special moment shared between the two of you!

Later on in the week Moko, I was so touched to see you pointing at the pictures of the Atua, as you attempted to tell Māia the same karakia - just like your Dad had to you.

Ui and Waru, as well as the benefits to Moko's cognitive learning and development, this experience clearly highlights how his inner sense of belonging, wellbeing and identity are empowered through caring and respectful interactions with his loved ones. Moko sparkled with delight and pride as links between important aspects of his life were connected - his Māori culture, whānau and kindergarten environment. This corresponds with both the Family & Community/Whānau Tangata and Empowerment/Whakamana Principles of Aotearoa's early childhood curriculum document Te Whāriki.

What I especially enjoy about this story, is Moko's confidence in communicating both verbally and non-verbally to Māia what he had just learnt from you Ui. In essence, Moko felt that he was in a position to make a contribution to the well-being of others. Ka pai tō mahi!

### Future opportunities / Ngā taumata

Ui and Waru, the skills and knowledge that you both possess of the Māori culture are a true gift that we hope you will continue to share with Moko and the rest of the tamariki. Whānau are welcome and encouraged to spend time in Pōtiki to ensure that precious moments like these continue to occur. In doing so, I am sure that Moko's confidence and sense of identity will continue to grow and he will be empowered with the belief that his own contributions to the centre are enjoyed and valued.



Summer, I took this video of Autumn while he was having a kōrero with me. In this video you can see how he moves his tinana as I am talking to him. He waves his arms and looks up in response to my voice, as he talks he is making lots of delightful sounds. I so enjoyed our conversation Autumn. Summer you also told me that he chats a lot to you at home as well.

## Kōrero

Right from the time they are born babies are capable of telling the difference between the voice of others and that of their Mothers. Summer when you come into feed Autumn he automatically calms down when he hears your voice. Babies also respond to touch. The positive emotions that Autumn feels through your touch and voice help aid his brain development. Helping him to feel secure and loved as well as developing feelings of warmth and empathy (Sue Gerhart, 2004).





## My Mum and I



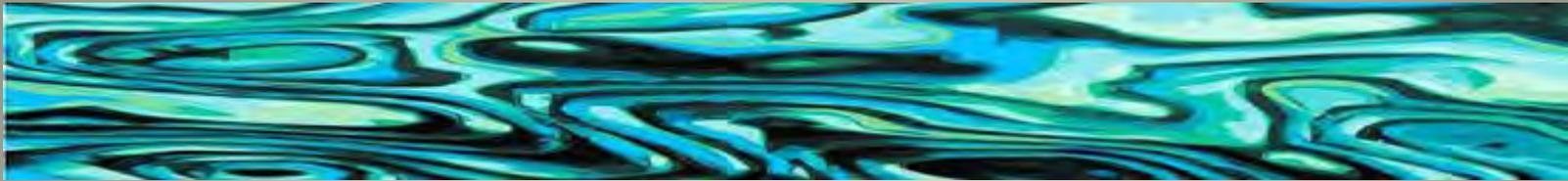
Summer, I could see you having a kōrero with Autumn and just had to video the lovely interaction between you both.

I really enjoyed the way you were talking to Autumn. I could see how he responded back to your voice using his own sounds. When you smiled at him he smiled back at you. Summer you are really helping his brain to develop when you smile and talk with him. Autumn knows your voice. He would have been able to hear your voice when you were hapu. This means your voice is very familiar to him. Babies prefer their Mothers voices over that of anyone else and I can really see that Autumn knows that you are someone important in his life.

Summer when you were talking with Autumn I could see how you were looking right into his eyes. Eye contact—gazing into each other's eyes—creates a strong emotional connection that makes your baby feel loved and special. It is also a way for babies to engage and explore. They study your face carefully and come to understand your expressions. They start to know when your feeling happy or sad.

Summer all of these beautiful interactions that you have with Autumn throughout the day show the bond that you are developing with him. Having a strong bond with Autumn will help to nurture his growing mana and wairua.

Summer its great having you come and spend time with Autumn. I'm looking forward to seeing Autumns continued smiles and kōrero with you.



## Kanohi ke te kanohi



### Kōrero mai



Lucie, I watched as your Mum lay next to you and softly spoke to you. I could see how you smiled and communicated back to her using your tinana , waving your arms and kicking your legs. Then you smiled as you responded to your Mums voice and facial expressions, with your own voice and facial expressions. All through this lovely interaction Lucie , your Mum is gently touching your feet. As Helen Fisher quoted "Touch is the 'mother of all senses". Infants smile more to touch with an interactive face reaction than to a still face and touch.Touch can reinforce and maintain high rates of infant eye contact responses, vocalisations and smiles during face-to-face contact with their mother (Parsons CE, Young KS et al, 2010).

Puawai and Xav, Lucie is responding to your voices and touch during all the interactions you have with her. All of these loving,positive interactions aid brain development,helping Lucie to develop feelings of love,warmth and empathy (Sue Gerhart,2004).

I can really see that Lucie has built strong bonds with you both. Whenever Lucie is upset , it doesn't take her long to settle once she is back with mum or dad. It is great that you can both be here to continue these amazing interactions with your pepi.

#### Learning tags:

[Verbal communication](#) [Non-verbal communication](#) [Mānaukātanga](#) [Tāngata Whānaukātanga](#)

Story date: 3 Jun 2015. Added by: Kelle Warren.



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# Empowered Parents

**Actions speak louder than words**

*Respectful ways of handling their tamariki.*

*Understanding that their child may need quiet times.*

*Wanting to spend time playing and communicating with their child.*

*Understanding and empathising with their child.*

*Greater communication between kaiako and young parents.*

## The First Time We Met

The first time I laid eyes on you  
I couldn't help but stare.  
Brand new, you captivated me,  
Laid blissfully unaware.  
Born only seconds earlier  
I gently scooped you up.  
That moment we connected  
And my heart was filled with love.



## Karakia Whakamutanga

Whakapainga tātou katoa  
Manaakitia mai ā tātou whānau, ngā  
kaiako, ngā mātua, ngā tamariki me  
ngā tangata katoa  
Kei roto i ngā mahi rereke  
Pai marie

*Bless all that are present  
Bless our families, teachers, parents,  
children and all people  
In the different work that we do.  
Peace.*



Ko wai ra matou  
Matangi Āwhio  
Ngā akoranga  
Hei whangai atu

**Te manaakitanga te ihi e  
Te whānaungatanga te wehi e  
Ma te ako, ma te mau, Ka tipu tahi e  
Ma te ako, ma te mau, Ka tipu e**

Ngā kaiako  
E tu iho nei  
Tena ra koutou  
Katoa ra nei



# References

Bowlby, J. (1988). *A secure base: Parent-child attachment and healthy human development*.

New York: Basic Books.

**Gerhardt, S.**(2004) **Why Love Matters: How Affections Shapes a Baby's Brain**: Routledge