

Te Reo translation Helping Children & Adolescents for parents/carers

Helping Children & Adolescents after a shooting – advice for parents/carers	Ko te āwhina i ngā Tamariki me ngā Rangtahi i muri i te pupuhitanga – he kōrero mō ngā mātua me ngā kaitiaki
Try and keep routines, including attending school, as normal as possible – these give security and predictability	Kia mau ki ngā tikanga o ia rā, pēnei i te haere ki te kura, kia māori tonu te āhua – he momo whakahaumarū ēnei, he whakamāhoi.
Limit exposure to TV and the news	Me whakaiti i te mātakitakitanga i te pouaka whakaata me ngā karere kawe kōrero.
Be honest with them – share as much information as they are able to understand and cope with.	Kia pono te kōrero ki a rātau – tukuna ki a rātau te nui o te kōrero ka mārama ki a rātau, ka taea e rātau te wetewete.
Listen to their fears and concerns	Me whakarongo ki ō rātau āwangawanga me ngā mea e whakamataku ana i a rātau.
Reassure them that the world is a good place to be but there are people who do bad things	Me whakamanawa i a rātau he wahi pai te ao nei engari tērā ētahi tāngata ka mahi i te kino.
Parents and carers must think about and deal with their own stress responses first	Me whai whakaaro ngā mātua me ngā kaitiaki ki ō rātau ake whakahēmanawa i te tuatahi.
They may regress and want to be with you and need you more.	Ka whakatamariki pea rātau, ka pīrangi kia noho ki a koe, ka kaha ake te whakawhirianki ki a koe.
Rebuild and reaffirm relationships and attachments - spend time together	Me whakakaha i ngā hononga ki a rātau - me whai tāima kia noho tahi.
Remember its ok to ask for help and support.	Kia mahara, he pai tonu te tono āwhina, tautoko hoki