

Tamariki are precious, nurture them

Help our tamariki to survive and to thrive.

When tamariki see, hear or feel violence, the healthy growth of their brains and bodies may be harmed. The sooner they can be supported to feel safe, the sooner they have a chance to thrive.

If you are concerned about someone experiencing family violence, offer support and encourage them to seek assistance.

There are people who can help

If you are experiencing family violence, speak to a trusted friend or whānau member, or contact:

Police
111, if unsafe to speak, push 55

Women's Refuge
0800 REFUGE or 0800 733 843

Oranga Tamariki
0508 FAMILY or 0508 326 459

Shine Helpline
0508 744 633

It's Not Ok (information line)
0800 456 450

These services are free to call from any phone and are available 24/7.

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Nurturing Our Tamariki

Living Without Violence

Brainwave

Our pēpi absorb the world around them.

With brains and bodies that are growing very fast, pēpi/babies are born ready to learn about their world and to connect with whānau/family.

What happens in the early years can affect the oranga/wellbeing of tamariki for the rest of their lives.



Pēpi and tamariki of any age need to be protected from family violence.

Being around family violence (physical, sexual, or psychological harm) can be harmful for tamariki/children.

Family violence affects the people and relationships around tamariki, as well as what's happening inside their own bodies. Both can damage their health and wellbeing.

Family violence can affect pēpi even before they are born.

What tamariki see, hear and feel matters.

The harm caused by family violence can last a lifetime, shaping the way tamariki think, feel, and act.

Tamariki may find it difficult to manage emotions in healthy ways, to trust people, and to see the world as a safe place. They may even blame themselves for what is happening.

With the support of safe adults and whānau, tamariki who have been harmed by family violence can begin to recover from their experiences and go on to have healthy lives. The earlier we help them the better.



Tamariki who grow up in a violence-free whānau are more likely to:

- have healthy friendships and relationships
- do well at school
- develop positive ways of coping with stress
- be mentally and physically healthy.



We can help our tamariki grow in healthy ways by:

- comforting them when they are hurt, sad or scared
- taking time to talk, read and sing with them
- giving them space and time when they need it
- listening to them, and giving them a voice
- having fun and playing with them
- providing safe limits and boundaries when needed.