

# Programmes

## He Aka Pikirangi

Mā He Aka Pikirangi e ekea ai e ngā tamariki nohinohi ngā taumata teitei. These fun, developmental sessions are solely in te reo Māori and include story time, songs, instruments, movement and craft.

MONDAY | RĀHINA 10:30am

## He Pī Ka Roha

Helps children 18 months to 3 years to spread their wings. The sessions are a mixture of song, finger play and stories.

TUESDAY | RĀTU 9:30am

## He Pī Ka Rere Adventurers

Under Fives can take flight with our fun, developmental sessions focussed on story time, songs, instruments and crafts.

TUESDAY | RĀTU 10:30am

THURSDAY | RĀPERE 10:30am

## He Pīpī Paopao - First Steps

Under Twos can take their first steps to opening up a world of literacy and wellbeing with our interactive sessions focussing on active movement, language development, touch and massage between baby and parent.

WEDNESDAY | RĀAPA 9:30am and 10:45am

## He Pī Ka Rere - On the Road

Delivering a 40 minute programme of storytelling, dance and craft at your preschool.

Call TA ph (07) 351 7074

# Health Services

Services in the **Children's Health Hub** include:

- Bicillin Clinic
- B4 School Checks
- Child Development Team
- Vision & Hearing screening
- Breastfeeding Service (Kia Wana)
- Infant, Child & Adolescent Mental Health Services (iCAMHS)
- Newborn Hearing screening
- Outreach Immunisation
- Paediatric Outpatient clinics
- Rotorua Children's Team



Most children visiting the Health Hub will have been referred by other health professionals.

[www.healthpoint.co.nz/childrens-health-hub-1127-haupapa-street/](http://www.healthpoint.co.nz/childrens-health-hub-1127-haupapa-street/)



1127 Haupapa Street, Rotorua



[www.rotorualibrary.govt.nz](http://www.rotorualibrary.govt.nz)



[library@rotorualc.nz](mailto:library@rotorualc.nz)



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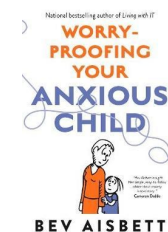
(07) 348 4177

# Nurturing Children

## a Library Pathfinder



# Books

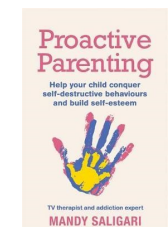


## Worry-proofing your anxious child

Bev Aisbett

Worry-Proofing Your Anxious Child is a calm, clear and, above all, reassuring book to help parents (and teachers) of anxious children.

*Nurturing Children 618.8522 AIS*



## Proactive parenting

Mandy Saligari

Take a proactive approach towards your child's mental health and discover how to have the conversations that will be life-saving and life-changing.

*Nurturing Children 649.1 SAL*

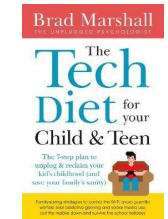


## Heartfelt parenting

Shelly Chauhan

How to raise emotionally balanced and resilient children using the science of Connection.

*Nurturing Children 649.1 SAL*

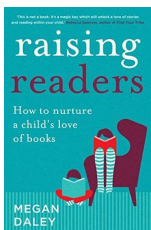


## The tech diet for your child & teen

Brad Marshall

The 7-Step plan to unplug & reclaim your kid's Childhood (And Your Family's Sanity).

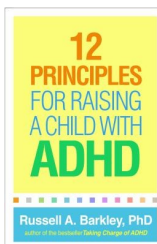
*Nurturing Children 616.8584 MAR*



**Raising readers**  
**Megan Daley**  
 Raising Readers is a must-have resource for parents and educators.  
*Nurturing Children 649.58 DAL*



**Mind kind: your child's mental health**  
**Dr Joanna North**  
 The author gives a unique insight into the world of children's mental health; one that focuses on kindness and values.  
*Nurturing Children 649.4 NOR*

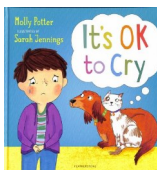


**12 principles for raising a child with ADHD**  
**Russell A Barkley**  
 This unique book guides parents to help their child or teen thrive and keep their loving connection strong, even in hot-button situations.  
*Nurturing Children 616.8589 BAR*

## Books for children



**Leo and the octopus**  
**Isabelle Marinov and Chris Nixon**  
 A stylish, sensitive picture book focusing on Asperger's Syndrome in a unique and humorous way.  
*Nurturing Children 616.85 MAR*

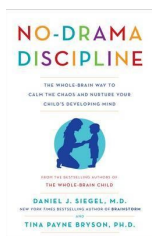


**It's OK to cry**  
**Molly Potter and Sarah Jennings**  
 A picture book to help children talk about their feelings.  
*Nurturing Children 152.4 POT*

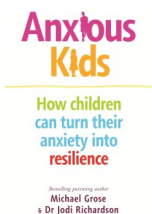


**Go away, worry monster!**  
**Michael Grose & Dr Jodi Richardson**  
 Learn how to reduce the impact of anxiety, enabling children of all ages to live their lives in full colour.  
*In Wheelers ePlatform*

## eBooks



**No drama discipline**  
**Daniel J. Siegel**  
 The whole-brain way to calm the chaos and nurture your child's developing mind.  
*In Wheelers ePlatform*



**Anxious kids**  
**Michael Grose & Dr Jodi Richardson**  
 Learn how to reduce the impact of anxiety, enabling children of all ages to live their lives in full colour.  
*In BorrowBox*

## Magazines



**Ohbaby!**  
 Ohbaby! provides all the parenting information you are hungry for along with fashion and beauty, food and nutrition, health and fitness, expert advice, travel and fun stuff

## Websites

### Plunket:

[www.plunket.org.nz](http://www.plunket.org.nz)

Plunket offers free health and development checks, a 24/7 parenting helpline, and a range of local services doing everything from antenatal classes to car seat installation.

### Whānau support services:

[www.kiwifamilies.co.nz](http://www.kiwifamilies.co.nz)

New Zealand's trusted parenting website for more than 10 years.

### Parents Centre :

[www.parentscentre.org.nz](http://www.parentscentre.org.nz)

Supporting parents to grow great kids and build lifelong communities.

### The Parenting Place:

[www.theparentingplace.com](http://www.theparentingplace.com)

Parenting courses, online support, family coaching, Resilience programmes for your young person

### Health and disability support:

[www.kidshealth.org.nz](http://www.kidshealth.org.nz)

Accurate and reliable information for NZ parents & whānau about the health and wellbeing of tamariki & rangatahi in Aotearoa.

### Ministry of Education recommended sites for parents

A comprehensive list of organisations where parents can get support, advice and resources:

[www.parents.education.govt.nz/learning-support/learning-support-needs/groups-that-can-support-you](http://www.parents.education.govt.nz/learning-support/learning-support-needs/groups-that-can-support-you)