Our ambitious dream at The Parenting Place is for Aotearoa New Zealand to be a place where every family flourishes and every child feels deeply loved. For over 20 years, we have been inspiring and equipping whānau to thrive through a range of nationwide programmes, resources and events. We also connect with a quarter of a million young people each year, encouraging them to lead resilient, connected lives through our Attitude programme in schools.

Toolbox courses inspire and equip families. They are bursting with great advice, humour and encouragement, offering practical strategies and insights into developmental stages. The courses are run over six weeks in a relaxed and conversational small group setting with a trained facilitator. The four courses – Building Awesome Whānau, Early Years, Middle Years, and Tweens and Teens – run nationwide throughout the year.

Sometimes family life is way more challenging than we ever imagined. Family Coaching is designed to meet you wherever you are on your parenting or relationship journey. We want to be on the journey with you. Our coaches will listen to you and bring their extensive training and experience to help bring new insights, ideas and practical solutions.

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Being united also means knowing how the family ticks. Each of you will observe different things going on in the family over the day so share your insights and observations. Spend time chatting about the kids and discussing the issues that are coming up.

Be agreed on boundaries

- No name calling
- Listen to each other
- Cell phones off at mealtimes
- Be polite to everyone

Being united also means knowing how the other ticks. What are your needs from the relationship? What are your partner's needs? Set aside time to be together as a couple.

Tips to set you on your way

Visibly love each other

Yes, kissing in front of the kids will make them gag, but it also creates an environment of security. "If Mum and Dad are okay, we are okay." And remember, they are smart – if they know you are on the same team, they won’t be able to play you off each other.

Back each other up

You don’t have to agree on everything. Real people have real differences on many issues. The important thing is not perfect agreement – it’s a united front of cooperation and communication.

If you give an instruction or set a boundary and your kids tell you it is different from what their other parent has already said, then unless there are hugely important reasons not to, defer to the earlier ruling. "Oh really? You’d better do what he says. I’ll talk to him about what his reasons are." Or, "Hmm, okay. I’ll talk to her and get back to you.”

Some people would say, “Never disagree in front of your children!” But try this instead – “Never disagree disagreeably in front of your children.” As role models, one of the things you should be modelling is how two adults can resolve differences or disagree but concede to one another, and do it in a peaceful, friendly, mature way. If you can do this well, your children will benefit to occasionally witness it.

To be united means knowing how the other ticks. What are your needs from the relationship? What are your partner’s needs? Set aside time to be together as a couple.

One of the keys to a settled home is to be united in your parenting. The word ‘team’ is so important when it comes to parenting with your partner. Create the atmosphere together, the boundaries together and the goals together – all of these define the environment your children will grow up in.