



Hoki ki te Rito

A course for mothers

Ohomairangi Trust
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Kaupapa Maori Approach

- aroha ki te tangata - respect
- kanoahi ki te kanoahi – engaging in person
- titiro, whakarongo, korero
- manaaki ki te tangata – generosity
- kia tupato – taking care to do no harm
- kua e takahia te mana o nga tangata
- kia ngakau mahaki - humility

Mellow Parenting

Three essential components:

- 14 week course - one day per week,
- hospitality: transport, meals, childcare
- videography: pre and post videos of a caretaking activity – meal time – in the home



What we did

- Home visit 1:
made initial contact – explained course and research components, gained consent, made video appointment
- Home visit 2
video of meal time, completed questionnaires
- Home visit 3
review video and prepare section of film to share with group
- venue – warm training space, adequate indoor and outdoor play space and equipment
- kai
- childcare – trained and experienced caregivers (2 had trained in Mellow Parenting)

General Health Questionnaire (GHQ) 30

- excellent quick screener
- used to detect psychiatric disorder
- sensitive to short-term psychiatric disorders
- in the general population and within community or non-psychiatric clinical settings
- assesses the respondent's current state and asks if that differs from her usual state
- used GHQ-30 which is the most widely validated version of GHQ

Parenting Daily Hassles Scale (PDH)

- 20 item scale used to assess the frequency and intensity/impact of experiences that can be a 'hassle' to parents
- commonly used in research to evaluate parenting programmes with families who had major difficulties raising young children, to monitor change
- the scale provides a frequency score (0-80) and intensity score (0-100).

Strengths and Difficulties Questionnaire (SDQ)

and

Ages and Stages Questionnaire (ASQ)

- were both used as measures of child development

Video coding

Quality of interaction between adult and child regarding:

- Anticipation – facilitate or no attention
- Autonomy – encourage, enable or ignore
- Responsiveness – approval, affection or criticism
- Co operation – negotiation or threats to force compliance
- Distress – supportive or unsupportive/negative

These are being coded 'blind' by MP team in Scotland



Evaluation - Werry Centre:

First group

- piloting material,
- piloting process,
- trialing pre and post measures of video and questionnaires – at start of course, end of course and 3mths post course
- focus group - end of course

Second group has

- wait list control group
- video and questionnaires at point of entry to wait list, at start and completion of course and 3mths post course
- focus group - end of course





Preliminary Findings:

General Health Questionnaire (GHQ-30)

- reduction in the total GHQ-30 score between the pre- and post-intervention assessment from 13.09 (SD=8.5) to 2.43 (SD=4.24)

Parenting Daily Hassles (PDH)

- reduction
 - a) frequency score between the pre- and post-intervention assessment from 52.72 (SD=15.93) to 28.33 (SD=7.20). and
 - b) the total intensity score reduced from 56.9 (SD=22.84) to 43.00 (SD=10.24).

Hua Oranga

- is a Maori measure of mental health outcome
- collects information on Te Taha Wairua, Taha Hinengaro, Te Taha Tinana, and Te Taha Whanau
- a modified version with permission from Te Kani Kingi was used to reflect respondent's participation in a parenting programme.
- An example of adapted version of the Hua Oranga item is "*As a result of Hoki ki te Rito do you feel more able to manage negative thoughts and feelings about your tamariki*".

Feedback on Hua Oranga was overwhelmingly positive with all participants endorsing either 'much more' or 'more' suggesting high satisfaction with the outcome of the programme.

- The only items where 'no change' was endorsed by one of the participating women related to physical health.
- No women endorsed feeling worse or much worse on any of the items.

Themes from Group One participants-Ohomairangi

positive outcomes for women

- all reported improved relationships with children and all but one, with wider whanau
- employment – full time, part time, voluntary (6)
- training (2)
- separation – 6 of mothers have arranged their child's first early childhood placement
- all reported improved sense of self - one given up smoking,

ongoing issues for women

- need for ongoing behaviour support for child (2) 3mth follow up(0)
- referral on to internal/external services (3)

positive outcomes for children

- all mothers reported improved socialization skills – interacting with peers and adult caregivers
- all reported children as having improved sense of self
- moving into kohanga reo, early childhood centres, and settling well (6)
- most mothers reported improved or improving meal time skills (and diet)
- all reported improved play skills, exploration, attention, interest, enjoyment –reduced levels of conflict during play
- appropriate interventions engaged with eg Whirinaki



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- Mothers and children

*Ehara taku toa i te toa takitahi,
engari, he toa takitini*