

HOPES AND DREAMS

When you were still expecting your babies, we asked about the hopes and dreams you had for your children. Your responses to this question gave us insights into what you want for your children as they grow up. We thought you might enjoy reading some of these hopes and dreams through our regular newsletters. For this issue we have chosen some with a summer theme.

**We will ensure quotes are kept anonymous.*

I would like my child to be brought up in a coastal environment, to have a good education and enjoy the outdoors and be happy.

I hope our baby has a healthy, active, educated, normal life in New Zealand culture – beaches, fishing, and general outdoors activities.

I want to have a happy child, hopefully outdoorsy and sporty and social, who loves the water.

THANKS TO OUR FUNDERS:

These funders are the Ministry of Social Development, the Ministry of Health, the Ministry of Education, Ministry of Research, Science and Technology, the Ministry of Justice, the Ministry of Pacific Island Affairs, Te Puni Kokiri, Housing NZ, Statistics NZ, the Families Commission, the Children's Commission, the Department of Labour, NZ Police, SPARC, Womens Affairs, Department of Corrections and the Office of Ethnic Affairs.

FREQUENTLY ASKED QUESTIONS

- Q.** Where can I get a copy of the Antenatal Report?
A. You can view the 'Before we are born' report on our website www.growingup.co.nz
- Q.** How often will you produce a report?
A. The plan is to produce a report about once a year.

Where can I get further information?

www.growingup.co.nz
contact@growingup.co.nz
0508 476 946

ENTER TO WIN ONE OF TWO iPod TOUCH 32GB AND WAREHOUSE VOUCHERS!

As our latest research has revealed, the NZ population is highly mobile. That makes it just that little bit harder to stay in touch with our children and their families who already live throughout New Zealand from the Far North to Bluff! It is a great help when we have an alternative contact who we can touch base with should you move on and forget to tell us. So we would like to invite you to send us the details of one or more alternative contacts (preferably with a different address to you) e.g. perhaps a close friend or your parent or the child's grandparent.

Each entry we receive will go into the draw to win one of two iPod Touch 32gb and the new or updated alternative contacts of each of the winning entries will be sent a \$200 Warehouse Voucher.

So what do you need to do?

Complete and tear off the coupon and return to us in the envelope provided by 1pm Monday 17 January 2011 to be in the draw to win.

Alternatively you can call 0508 476 946 or email us at contact@growingup.co.nz to enter.

Terms and Conditions can be viewed on our website.



FILL IN YOUR NAME AND DETAILS HERE:

Name _____
Address _____
Phone _____
Email _____

(tick here if you would like to receive this newsletter by email in the future)

FILL IN THE NAME AND DETAILS OF YOUR ALTERNATIVE CONTACT HERE:

Name* _____
Address* _____
Phone* _____
Email _____
Relationship _____

*(required)
**Any additional contacts can be provided on a separate piece of paper



Sam Sample
Sample Address 1
Sample Address 2
Sample Address 3
Sample Address 4

CHRISTMAS 2010
GROWING UP NEWS

MT MAUNGANUI FAMILY ILLUSTRATES TRENDS

As published in The New Zealand Herald, 26 November 2010, By Martin Johnston.

Tamati Cameron, 29, father of three and soon four, is a supportive kind of guy. So when his wife Tessa, 28, is pregnant he does what he can to make things smooth for her.

"I try to give her sleep-ins. Three kids [aged 2 to 5], they get up pretty early. If I can get up and give her a bit more time in bed, more time to re-energise."

This sensitive, supportive practice even extends to eating and drinking. Mr Cameron, an after-school care manager for the YMCA, says he doesn't drink much alcohol, but cut back for his wife's pregnancy.



Tamati Cameron carries Israel with (from left) Evita, Tessa Cameron and Tawhai.

The baby is due next month. Mrs Cameron, a former high-school teacher, says she was usually a light drinker, but quit when she found she was pregnant. From the six-month point she started drinking an occasional half glass of wine.

She also avoided cold meats and other deli foods, especially in the early weeks, to minimise the risk of listeria, a food-poisoning bug that can seriously harm a fetus. And she took folic acid supplements after finding she was pregnant.

She said her husband's drink abstinence and eating more fruit and vegetables had helped her. "He has been great at making it a team thing."

He is part of a trend. The study found that around 40 per cent of the two-thirds of partners who took part modified their diet.

The study says that while a partner changing his diet is unlikely to affect the child study participant's health and wellbeing, "behaviourally it may be easier for a mother to change her own diet if her partner does likewise."

The Camerons' 2-year-old, Israel, is one of the "leading lights", early entrants to the study who will be used to test the questionnaires.

The Mt Maunganui family also illustrate other trends, such as young families living in rental accommodation and ethnic diversity.

Mrs Cameron is a New Zealand European and Mr Cameron a Maori, of Te Rarawa.

They would like to own their own home eventually, but have put it off while their children are young.

"The priorities for us are the children and making sure that we don't put too much financial stress on the family," Mr Cameron said.

Their expected fourth child may test this resolution, but Mrs Cameron has an answer. "I've always liked the idea of a bigger family," she says.



MERRY CHRISTMAS!

It's been an exciting year here at Growing Up. We've achieved a huge amount! We have interviewed and talked to many of you, launched our first results and found ourselves a new logo. None of this would have happened without your continued support

and again I'd like to say thank you to you all for sharing your time and your experiences with us so generously and thoughtfully over the last year.

Releasing our first report: 'Before we are born' last month was a great achievement and is already providing enormous value in helping us and policy makers understand the changing New Zealand that our children are growing up in. I hope that you have also found the information interesting and that you've managed a few minutes to take a quick look over the report and pick out some of the fascinating snippets within it.

It was great to see the enormous interest that the release of the first results generated. Events at both Parliament and The University of Auckland last month launched the results and we received extensive media coverage throughout the country and positive feedback from participants and general public alike.

In this issue of the newsletter we have included two articles which were published recently in The NZ Herald. The Growing Up families that were interviewed by the media had given prior consent to be contacted and were happy to be involved in this way. We are very grateful to them for offering their stories to give voice to the findings in the report. However, in general be assured that no personal information is ever given to the media without your prior and explicit permission. The answers you provide remain confidential and you and your family will not be identified personally in any of the reporting or feedback from Growing Up.

The media coverage is important for ensuring that the information you collectively provide reaches those able to make a difference for all our families. However, when it is reported in the media the views expressed may not always align completely with the project team as this is beyond our control.

Next year, we'll be putting together another report which will be focused on the interviews and information up to when the children were nine months old. And generally the plan is to produce a report like this about once a year which will (we're sure!) provide invaluable information for us all.

Along with our logo, the website and newsletters have also been refreshed, so please read on ... and be sure to visit our website www.growingup.co.nz from time to time to keep up to date with what's happening at Growing Up in New Zealand.

Once again, the team here at Growing Up in New Zealand wish you a safe and happy holiday.

Dr Susan Morton, Research Director

SUMMER SAFETY



With a long, hot summer predicted we'll all be spending more time outside and at the beach. With a few simple steps it's easy to make summer fun and safe for everyone.

Those essential items

When deciding what to pack for that summer daytrip, camping holiday or simply hanging out in the park, don't forget to have a first aid kit handy. Check out your local pharmacy for details.

Water Safety Tips

Always make sure kids are supervised when in or around water. It only takes a minute to lose them forever. That is the amount of time it takes to answer the phone, get a drink or flick through a magazine.

At the beach swim between the flags where there is a lifeguard patrol on duty. At the pool make sure your kids only use the pool under adult supervision.

How about that BBQ?

This is the time of year to enjoy those long summer days. To make barbequing enjoyable for all remember these simple tips:

- Supervise children around the barbeque
- Don't leave matches and lighters lying round
- Check the gas line and tank for damage and leaks
- Dispose of hot coals by dousing them in plenty of water. Don't place them in plastic, wooden or paper containers as the coals can take five days to cool
- Always barbeque in the open where there is plenty of ventilation
- Drink responsibly around the barbeque. Alcohol and fire don't mix

"IT'S COOL TO READ AND COOL TO ACHIEVE!"

When we visit and interview our families we like to offer a small gift bag as a way of acknowledging your commitment to the study. Families being interviewed around this Christmas period will be very fortunate to have the wonderful book "A Kiwi Night before Christmas" included in their gift bag. These books have been kindly donated to us from Duffy Books in Homes.



Their vision is to break the cycle of "booklessness" in New Zealand by inspiring a love of books in Duffy children so they become adults who inspire a love of reading. Duffy Books in Homes provides free books, three times a year, to over 100,000 New Zealand children in lower-decile schools. Since 1995 over seven million books have been given away to hundreds of thousands of students from low income homes.

"Supporting Growing up in New Zealand means we can spread our message into mainstream New Zealand 'It's Cool to Read and Cool to Achieve!'" says General Manager, Linda Vagana. "If we can extend our message to every young child in New Zealand hopefully they become adults who can create a love of books in every home."

**Please note that books are included in gift bags as they are available. Not all gift bags will include a book.*

FAMILY REFLECTS NZ'S GROWING ETHNIC DIVERSITY

*As published in The New Zealand Herald, 27 November 2010
By Simon Collins*

Karsten Maertzschink is German and his wife Tan is Thai, but they choose to speak English to their sons Max, 4, and Markus, 2.

"I believe if you [immigrate] to a country you have to learn the language. If you don't use it for a time you will never be able to get it to a good level," says Karsten.

Karsten, 40, a biomedical engineer who repairs complex medical equipment, and Tan, 34, a Thai Airways check-in supervisor, exemplify the increasingly diverse parents of New Zealand's babies. Tan came to New Zealand in 1998 to do her masters degree in management. Karsten came after finishing his degree, planning to do two months learning English and two months of work experience in a hospital. They met at an English language school and stayed.

"I think it's easier, if you're a mixed couple, to grow up in a third country," Karsten explains. "If we were to go back to Germany it would be difficult for her, she would have to adapt to everything. If we moved to Thailand I would have to change.

"Here you can build your own life, whatever you think is right, but always having the option to go back if it doesn't turn out alright."

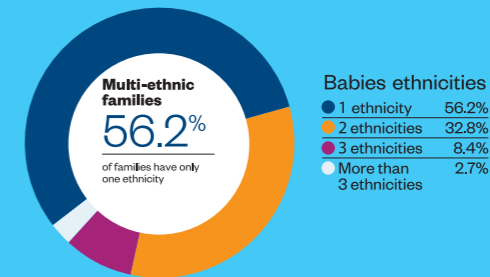
Tan went back to work a year after having each baby because she wanted to keep her job. "If you take too long off it's hard to go back," she says.

Karsten adds: "You need the financial options to be able to bring up kids if they have special needs or play sport or do other activities."

The couple pay almost \$500 a week for the two boys' full-time childcare. They earn too much to get subsidies and don't get the official "free" childcare for 3- and 4-year-olds because their local centre, Dynamic Kidz in Royal Oak, declined to join the 20-hours-free scheme. But they have no complaints. "They seem to prepare the kids very well for school," says Karsten. "We are really happy."



Two-year-old Markus Maertzschink with his four-year-old brother Maximilian and parents Tan Maertzschink (left) and Karsten Maertzschink.



Health findings

- 60 per cent of pregnancies were planned.
- In planned pregnancies, mothers' average age 32; unplanned, 28.
- Planned-pregnancy mothers were two to three times more likely than those in the unplanned group to have a tertiary degree.
- 11 per cent of mothers smoked during pregnancy. Of these, 2 per cent had tertiary qualifications and 43 per cent left school without formal qualifications.
- 76 per cent of planned-pregnancy mothers did not drink during pregnancy; unplanned, 66 per cent.
- 81 per cent of all mothers intended that their children would be fully immunised.
- 90 per cent of mothers intended to breastfeed.
- 87 per cent of mothers avoided some foods or drinks during pregnancy.
- Nearly 16 per cent of mothers did not take folic acid during or immediately before pregnancy.

FAVOURITE TOYS

Check out the snapshot area on our new website, this a fun tool where you can be involved in taking fun "snapshots" of life stages of your kids by uploading images, such as their favourite toy.

Get involved and take a photo of your child's favourite toy and upload it on our website!



GROWING UP IN NEW ZEALAND TIMELINE
(based on your child's age)

Pre-school face to face interview

39-month phone call

31-month phone call

Two-year face to face interview

16-month phone call

Nine-month face to face interview