



MASSEY UNIVERSITY

# Parenting From The Start

FREE EVIDENCE-BASED WORKSHOPS FOR NEW PARENTS



*Nō Papaioea ahau.  
Ko Tararua ngā maunga o tōku ngākau.  
Ko Manawatū te awa.  
Ko Ngāti Pākehā tōku iwi.  
Ko Pugmire rāua ko Burns ōku whānau.  
Ko Morri tōku hoa rangatira.  
Tokotoru ō māua tamariki.  
Ko Leith Pugmire tōku ingoa.*

Kia ora! I would like to invite you to participate in my PhD research for women expecting their first child/tamaiti. We'd like to follow you from pregnancy until your pēpi is one year old to learn about the parenting strategies and resources you find useful, so that we can better support other New Zealand whānau/families in the future.

## If you take part you will:

- attend a one-day parenting course & receive free take-home resources;
- fill in some questionnaires;
- take part in an interview and home observation (60-90 mins) at 4mths; &
- participate in a one-off videoed observation (30-60 mins) in P.N. when your pēpi is 1 year old.



## We would love to hear from you if you:

- are expecting your first pēpi/baby;
- are able to read & write in English (so you can fill in the questionnaires),
- can remain involved in the study until your baby/pēpi is 12-18 months old, and
- live within 60 minutes (or so) of Palmerston North.

Get in touch with me by email ([l.pugmire@netmail.co.nz](mailto:l.pugmire@netmail.co.nz)), phone or text message (021 2548 812) to find out more about the study. I can answer any questions & send you an *Information Pack*. He tino pai ōu pātai / Enquiries welcome. Ngā mihi, Leith.

*This project has been reviewed and approved by the Health & Disability Ethics Committee (HDEC), Application 16/STH/186. If you have any concerns about the conduct of this research, please contact the researchers or the Chair, Southern HDEC, telephone 0800 4 ETHICS, email [hdec@moh.govt.nz](mailto:hdec@moh.govt.nz).*