

Cost

The board payment rate is \$135 per week for a teen mum before her baby is born and \$185 per week following the birth. Work and Income New Zealand usually assist with this. An accommodation allowance can be applied for and we will provide assistance with applying for these benefits.

The Board payment covers:-

- All meals
- Land line telephone
- Electricity
- All laundry requirements
- Communal TV and DVD
- Social Work support
- Education programmes
- Assistance with cooking, budgeting etc.
- Transport to appointments and hospital if required.

Recreation and leisure opportunities.

Mums are to cover the cost of personal toiletries, babies nappies and formula etc.

There maybe an additional cost for Agencies who require written reports and assessments.



Contact Us:

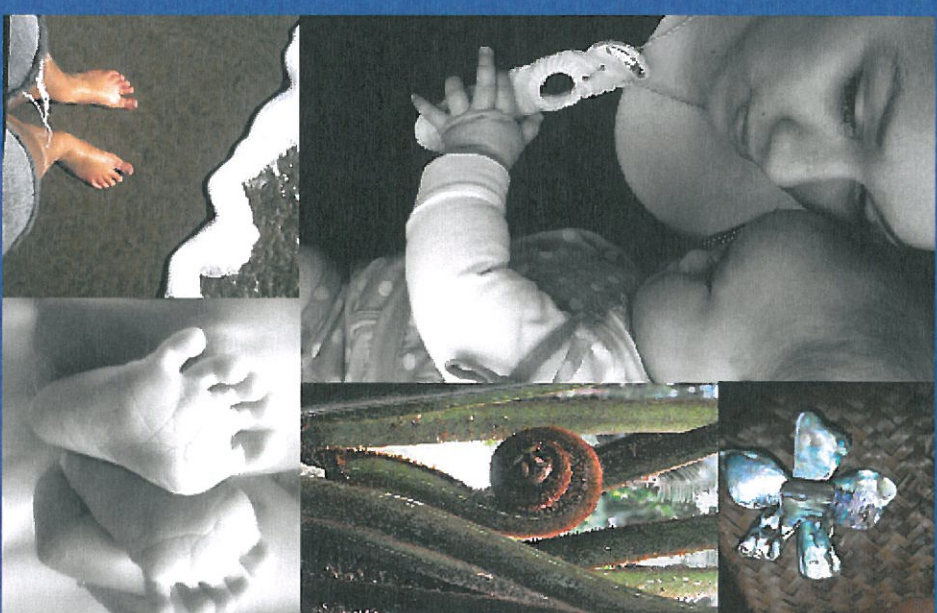
Open Home Foundation
Rotorua Service Centre

Ph: 07 348 8009

Email: Rotorua@ohf.org.nz



TEEN PARENT HOME



TE WHARE KAUPAPA ĀWHINA
Our Guide for Referrers



OPEN HOME
FOUNDATION
TE WHARE KAUPAPA ĀWHINA

A Guide for Referrers

Open Home Foundation is providing a home and teen parenting programme called Te Whare Kaupapa Āwhina in Rotorua for teen mums aged between 13 and 19 years of age and their child/children up to 18 months of age. A day programme is also available at Te Whare Kaupapa Āwhina for the baby's dad. Teen mums can come to the home and stay from 6 weeks prior to their due date. To get the most out of the programme, we recommend that the mum and their baby stay for a minimum of 6 months.

If the teen mum is still of college age then they are encouraged to continue their schooling via the Teen Parent Unit at Rotorua Girls High School while being at Te Whare Kaupapa Āwhina. If the teen parent is not attending school they will be encouraged to explore other ways of furthering their education.

Te Whare Kaupapa Āwhina is not the place for teen mums who have a current drug or alcohol addiction as no drug, alcohol or solvents are permitted on the property.



Management of the Home

At Te Whare Kaupapa Āwhina there are house parents who are responsible to keep the home running smoothly, to assist the young parents in their learning and to be available to assist young mums with their babies.

A Social Worker is allocated to the home and their role is to manage any enquiries and referrals, work with the house parents in assisting young parents to set goals and to plan on how to reach those goals.

Referrals

Referrals can come from the teen mums themselves or with the consent of the teen mum from Community Agencies, Hospitals, Work and Income, Schools and Child, Youth and Family.

Referrals to Te Whare Kaupapa Āwhina are made via the Open Home Foundation Rotorua Service Centre on 07 348 8009.

When a teen mum is considering the programme, it may be useful for you to bring the teen mum to Te Whare Kaupapa Āwhina to have a look and to talk with the house parents about the programme. This will need to be organised with the Social Worker in advance. A pre-assessment is undertaken with the teen mum to assess the areas and levels of support that she will require initially at Te Whare Kaupapa Āwhina.

From the moment the teen mum comes to stay at Te Whare Kaupapa Āwhina they will begin to work on a plan to achieve independent living. We do offer ongoing support to teen mums once they leave Te Whare Kaupapa Āwhina.

Where an Agency makes a referral of a teen parent to the programme they are to remain involved with the teen parent throughout the course of the programme.

E.g. Bringing the teen parent to look at the home prior to being accepted on the programme, attending the Intake meeting and all review meetings and being actively involved in the transition of the teen parent back into the community.



Individual Plans

On arrival at the home a planning meeting is held with the teen mum and any support people she chooses; the referrer, the house parents and the Social Worker. The teen mum sets her goals and a plan is developed together to assist her to achieve her goals. This is regularly reviewed.

Learning opportunities are provided to cover a range of topics including:-

- Safe ways of looking after a baby.
- Getting baby into good sleeping patterns.
- Learning what babies need to feel safe.
- Understanding how babies learn.
- Budgeting.
- Building good relationships.
- Further education.
- Planning for the future.
- ... and much more.

We provide a furnished bedroom for the teen mum and baby including all bed linen, duvets, baby bedding etc. All household chores are a rostered shared responsibility for all adults living in the home.



Te Whare Kaupapa
Āwhina is a safe,
nurturing and friendly
place to stay where you
will be given support
and information to assist
you to become the best
parent you can.

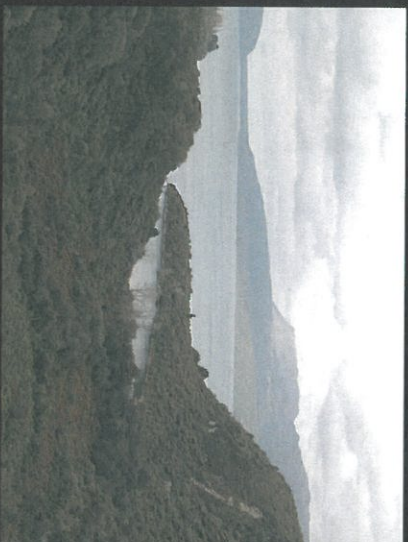
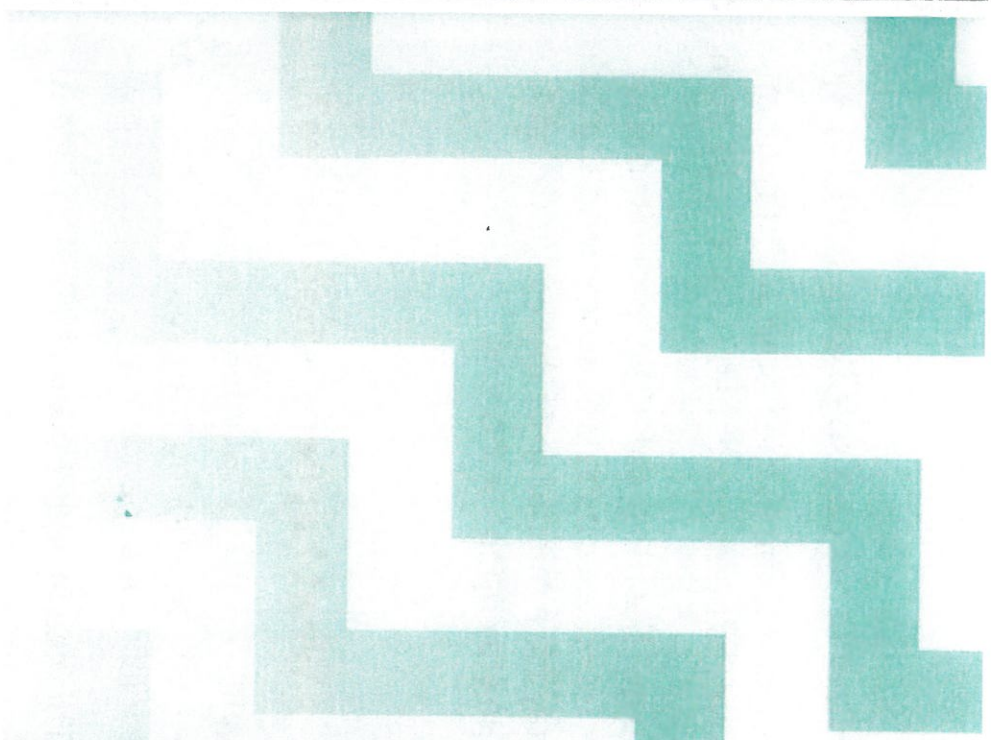


Photo of Mt Tarawera courtesy of Tatiana Morgan
Photos on cover taken & provided by Harmony TePania ©
Panui graphic design by Nativei

OHF acknowledges the support received from the team at
Holly House in Christchurch, Family Works, Upper South Island



Further information please contact:

Natasha Ciani
Ph: (07) 348 8009
Email: Natasha.Ciani@ohf.org.nz



**OPEN HOME
FOUNDATION**
TE WHARE KAUPAPA ĀWHINA

TEEN PARENT HOME



A home and teen parenting
programme in Rotorua for
teen mums and their children

TE WHARE KAUPAPA ĀWHINA

How will staying at Te Whare Kaupapa Āwhina help me and my baby?

- There will be people available to assist you to learn things about being a Mum.
- Safe ways to look after your baby.
- Getting baby into good sleeping patterns.
- Learning what babies need to feel safe.
- How to help your baby learn lots of things.
- Making your money work for you.
- Discovering what makes good relationships.
- Further learning to assist you into work.
- Making a plan for you and your baby's future.

How long can my baby and I stay?

You can come to the home and stay from 6 weeks before your baby is due to be born.

To get the most out of the programme for you and your baby we recommend that you stay for a minimum of three months and can stay up to six months.

What happens when I leave?

While you're at Te Whare Kaupapa Āwhina, we will be working with you to prepare you for living independently.

This can include looking to find a place to live and making sure you know who the people are in the community who can support you and your baby.

A social worker from Open Home Foundation can work with you once you leave Te Whare Kaupapa Āwhina if you would like further support.

What will it be like at Te Whare Kaupapa Āwhina?

At Te Whare Kaupapa Āwhina there are house parents who are responsible to assist you in your stay.

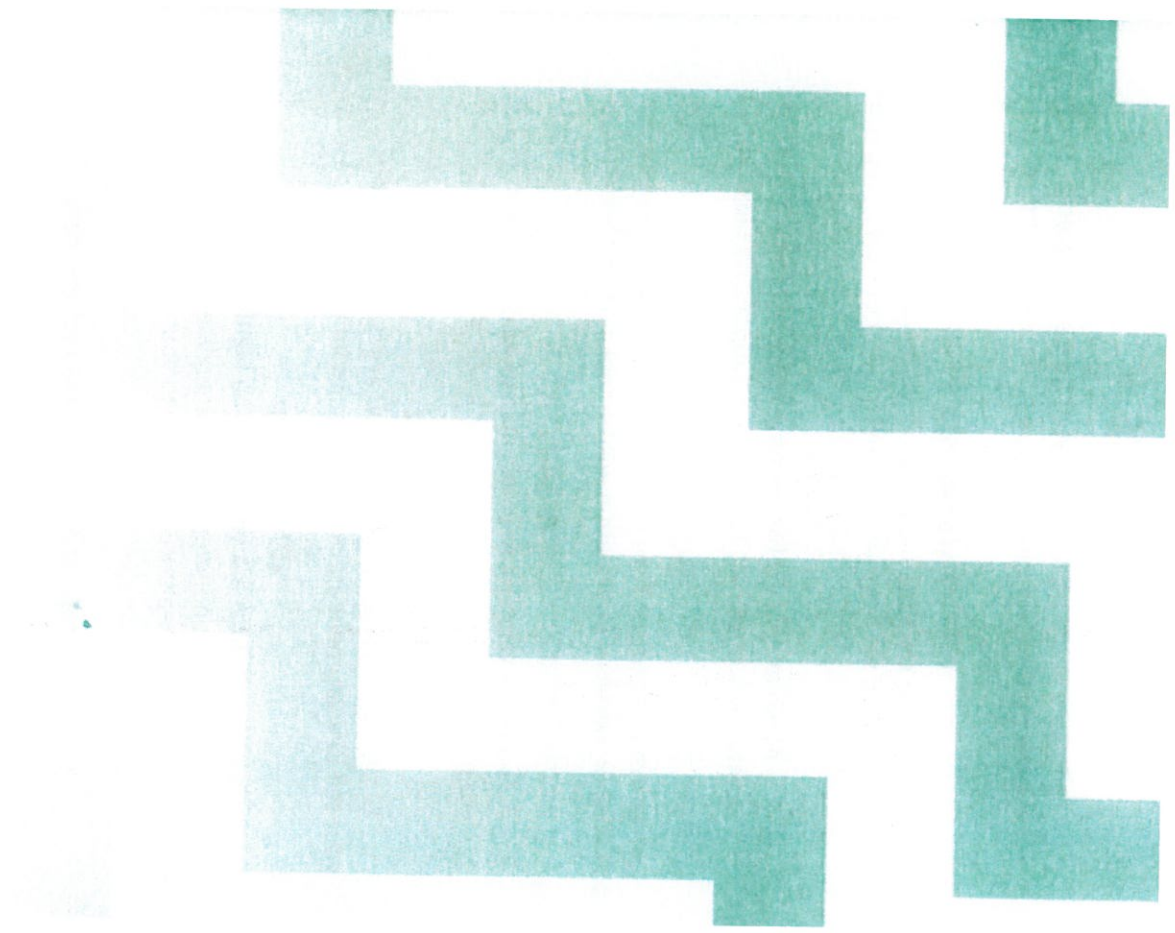
You will have your own room with your baby. A bed, cot, bedding and towels are provided.

The jobs in the house are shared amongst everyone in the home. Your attendance at the Teen Parenting Unit or another Learning Facility is taken into account when the rosters are worked out. If you are not studying outside of the home then mornings will be taken up with learning new things and getting the household jobs done with afternoons being free time.

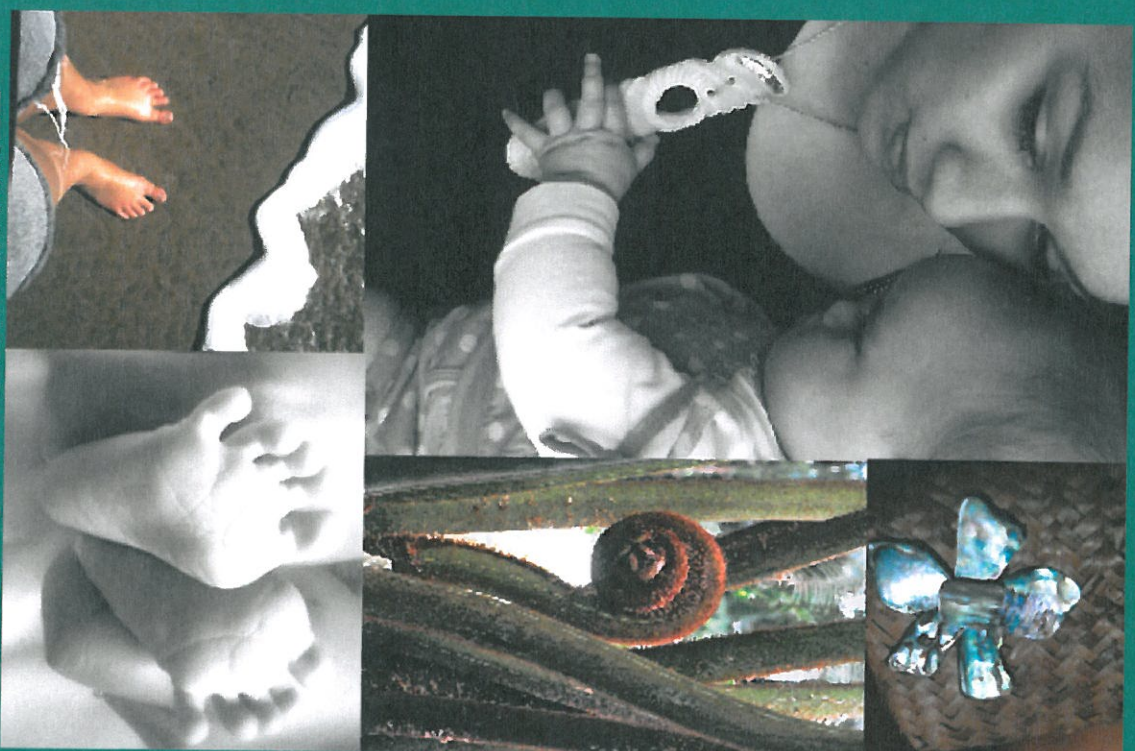
How much will it cost me?

We can talk about this when we first meet you. Help with costs is available.





Welcome to TEEN PARENT HOME



TE WHARE KAUPAPA ĀWHINA

Te Whare Kaupapa Āwhina a community service provided by
Open Home Foundation, PO Box 587, Rotorua 3040
Ph: 07 348 8009 Email: Rotorua@ohf.org.nz



OPEN HOME
FOUNDATION

TE WHARE KAUPAPA ĀWHINA

Te Whare Kaupapa Āwhina

Values

Te Whare Kaupapa Āwhina is your home where you have the right to feel safe and have a sense of belonging.

Kotahitanga

Our Te Whare Kaupapa Āwhina whānau make decisions and work together when we need to. Everyone's point of view is important.

Mana

Mana enhancing behaviour is expected from everyone who comes to Te Whare Kaupapa Āwhina.

Whakaponono

Our Te Whare Kaupapa Āwhina whānau will respect your privacy and all your personal information will be kept safe and confidential.

Aroha

Te Whare Kaupapa Āwhina whānau work together to provide a loving and nurturing home environment.

Tumanako

Te Whare Kaupapa Āwhina whānau are here to support your self development and increase your confidence as a parent.

Whakapapa

Te Whare Kaupapa Āwhina whānau highly value your unique identity as fundamental to your wellbeing. This includes maintaining a strong healthy connection to your family and whānau.

Tapu

Te Whare Kaupapa Āwhina whānau set and keep boundaries that keep us safe and feel secure in our home.

Houhanga Rongo

As a whānau we work together to find peaceful ways of resolving our differences and finding solutions.

Grievance Procedure

If during your stay here you are unhappy with another persons behaviour, it would be best if you could go to them and discuss the problem. Your education module on Conflict Resolution will assist you in thinking through the situation.



If you feel you require some support to do this, please ask the house parent or the Social Worker to assist you.

If your problem is with the house parent you could ask the Social Worker for support to assist you.

If your problem is with the Social Worker you could ask the house parent for support to assist you.

If you feel the problem has not been addressed well, you can contact the Open Home Foundation Practice Manager on (07) 348 8009.

If after this you still feel the problem has not been addressed, you can contact the Open Home Foundation Regional Operations Manager on 027 239 2656.



Welcome to Te Whare Kaupapa Āwhina

We hope during your stay here that you find this a safe, nurturing and friendly place to be and while you are here you will increase in your knowledge, understanding and skills of being a mum.

If your baby's father would like to increase his knowledge, understanding and skills of being a Dad, please talk to us as we would like to assist him also while you are here.

There is a team of people who are involved with the home and its programme and we each have responsibilities.

Our house parent is to be here in the home and to keep things running smoothly, to assist you in your learning and to be available to you at this amazing time of your baby's first months.

An Open Home Foundation Social Worker will assist you in your learning and together we will work with you to set your goals and to plan how you will achieve these goals.

There will be support people in the home at different times and they are here to assist us to keep the home running smoothly and will be available to support you as well.

At times there will be volunteers and they will be here to share their expertise and skills in areas such as cooking etc. When we cannot be here overnight there will be fill-in house parents to take our place.

Please read the rest of this booklet as it contains the things you need to know while you are living here.



Creating a Safe and Nurturing Environment

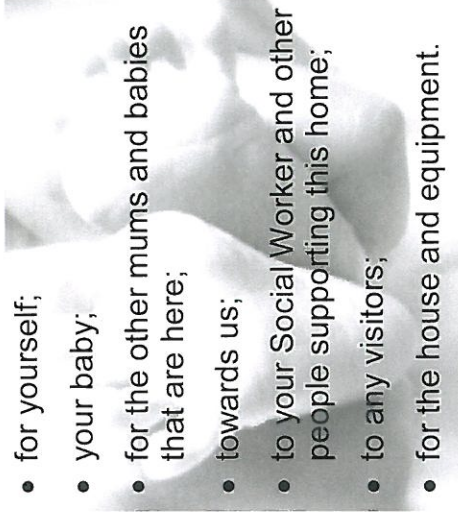
Here at Te Whare Kaupapa Āwhina it is necessary to have routines, guidelines and standards to assist all of us to have a home that is safe and nurturing. It is important that you have the time and space to put what your baby needs first and to be living in an environment that allows you to develop your skills and knowledge of being a great mum.

Open Home Foundation is committed to the care and protection of children. This commitment means that the interests and welfare of babies and children are paramount (i.e. most important) and will be the prime consideration and focus when any decisions are made here at Te Whare Kaupapa Āwhina.

Please tell us immediately if any situation arises where you feel you or your baby are at risk of being hurt. In order to keep our home a safe place, aggressive behavior of any kind will not be tolerated from anyone. Everyone, including visitors, are expected to speak and behave towards others in a respectful manner. This means no swearing, no name calling, no put-downs or any physical or verbal threats.

Co-operation and respect will be needed if everyone is to get along together so we ask that you show respect:-

- for yourself;
- your baby;
- for the other mums and babies that are here;
- towards us;
- to your Social Worker and other people supporting this home;
- to any visitors;
- for the house and equipment.



Please have your visitors read the visitors guide which can be found in your folder. This will advise your visitors of what is expected of them while here at Te Whare Kaupapa Āwhina.

Buses/Transport

Monday to Saturday

Buses run daily, every half hour to and from Rotorua CBD. The trip takes 10 minutes and involves making your way to the corner of Warwick Drive (200 metres). Signal to the bus driver of Route 3 Owkata who will pick you up en-route. The timetable runs ten minutes to the hour or twenty minutes past the hour. The earliest bus runs at 6.50am and the last bus departs Warwick Drive at 6.20pm.

Your return trip back to Warwick Drive departs Rotorua CBD at the earliest 6.50am and every half hour after that up to 5.50pm.

Sunday

Buses run every half hour from 7.50am to Rotorua CBD. The last bus leaves Warwick Drive at 6.20pm. The return bus from Rotorua CBD leaves at 7.20am and every half hour up to 4.20pm.

Post/Banking

The nearest PostShop and Kiwibank is a 20 minute walk to the Te Ngae Shopping Centre, otherwise you may want to use the central city branch on the corner of Tutanekai & Pukuatua Sts, Rotorua. A bus to the CBD will take you directly to this facility (see buses).

Local WINZ Office

Our local WINZ Office is located on 1207 Pukuatua Street. You may take a bus to the CBD. The WINZ building is directly opposite the central city bus stop. Please ask your Social Worker for any further information you may require.

Social Worker

To contact your Open Home Foundation Social Worker please call (07) 348 8009.



Visitors

Your parents, boyfriend, family and friends are welcome at Te Whare Kaupapa Āwhina and may visit at the times below:-

Monday to Friday
between 2:00pm—4:00pm

Saturday
between 1:00pm—4:00pm

Sunday
between 1:00pm—3:00pm

All visitors must sign in when they come to visit.

On occasions visits may occur outside of these times and need to be negotiated beforehand.

If baby's father is involved in the programme he will be able to spend time in the bedroom getting to know your baby or to settle baby to sleep, we may require that the bedroom door is kept open. Once baby is settled in the cot the remainder of the visit must occur in the main living area.

All other visitors are not allowed to go into the bedrooms.

Visitors cannot stay overnight.

Your visitors may like to come for a meal when you are cooking. This needs to be arranged in advance and the cost is \$6 per person for an evening meal.

If you have difficulty asking your visitors to leave, please ask for our assistance.

We reserve the right to deny access to visitors or ask visitors to leave.

A 'Guide for Visitors' is in your folder, please have them read this as it sets out the guidelines clearly for them.

Smoking, Drugs and Alcohol

Te Whare Kaupapa Āwhina is a designated no smoking area. If you need to smoke there is a designated outside smoking area. Please ask us if you would like help to give up. No drugs, alcohol or solvents are to be brought onto the property. There will be no exceptions for anyone being under the influence of drugs or alcohol. They will be required to leave.

Safe Sleeping

To reduce the risk of Sudden Infant Death Syndrome (SIDS) all mums must follow safe sleeping practices for their baby. Whenever a baby is placed down to sleep, it is to be placed on its back in its own bed at all times. Baby is never to share your bed. You will be given a lot of information to explain why this is so important for your baby.

Doctors and Medication

Please let us know if you have any prescribed drugs or medication. We will require that certain medications be kept locked away in the medicine cupboard to be dispensed as required. We will assist you as required with any medical care needed for yourself or your baby, please let us know if you feel unwell or if you feel your baby may be unwell.

All babies will need to be registered with a GP. If you do not currently have a GP in Rotorua, please let us know so that we can assist you in being registered with one. Babies also need to be registered with Well Child/Tamariki Ora or Plunket.

Emergencies

If you discover something that counts as an emergency please let us know immediately. Smoke detectors are installed in the house and the evacuation drill is outlined in your folder.

Night Time Security

All windows and external doors will be locked at 10:30pm each evening. This is for you and your baby's safety. Please do not go outside e.g. for a smoke until after 7:00am in the morning.

Going Out

In the first six weeks after the birth of your baby we suggest that you stay home while you gain confidence in caring for your baby. Plunket recommends that your social life is kept to a minimum for the first six weeks to allow yourself time to attach and bond with your baby.

During the Day

We ask that outings and visits take place when you have seen to your responsibilities at the house. Appointments with professionals e.g. doctors may at times need to occur in the morning and we will work around this. If you are going out during the day we expect you to be home by 4.30_{pm}, or 3:30_{pm} if you are cooking tea. It is important for your babies routine that you do not go out every day and that you plan for some full days at home.

In the Evening

If you plan on going out in the evening you will need to be back by 9:00pm. Once again it is important for your baby's routine that you do not go out every evening.

Overnight

Until baby is 6 weeks old we would discourage you from staying out overnight. Your first out overnight stay needs to be discussed with your Social Worker and the house parents. We ask that you plan your overnight stay for Friday and/or Saturday night. Where possible all further overnight stays should be pre-arranged with the house parents before Wednesday lunch time.

You will need to fill in a weekend/overnight plan leaving us details of when you will be away, who you will be staying with, their contact details and when you will be returning.

Telephone

The phone number for the home is 07 345 4215. There is a toll bar on the phone, therefore only local calls can be made. Tolls or calls to mobiles can be made with a phone card. Telephone calls should not interfere with your other responsibilities and should not exceed 15 minutes. Phone calls can be made after 8am and before 10pm unless there is an emergency.



Television use

The television is not to be used in the mornings except for educational purposes and is not to be turned on until all of your household duties are completed. TV's, DVD players, and laptops used to play films are not permitted in bedrooms.



During the week the TV is to be turned off by 10:30pm. On Friday and Saturday these hours can be extended by negotiation with the house parents. Watching TV must not interfere with caring for your baby.

DVD's can be hired on weekends by negotiation with the house parents and others in the home.

Lending, Borrowing, Buying and Selling

There is to be no lending, borrowing, buying or selling from each other, or each others families or friends while at Te Whare Kaupapa Āwhina. This includes no lending or borrowing of cigarettes, money or cell phones and no buying or selling of products such as Chrisco or Avon.

Meals

Food likes, dislikes and special dietary needs can be built into the menu. The grocery shopping is done once a week and is a joint effort.

Evening Meal

A meal roster is made up each week for preparing and serving the evening meal. This meal is eaten in the dining room and is to be served between 5:30pm and 6:00pm.

Lunch and Breakfast

Food for lunch and breakfast is purchased as part of the weekly shopping. You are responsible for organizing your own breakfast and lunch. It is important you make sure that you do not miss these meals.



Dishes

During the day please place all of your dirty dishes in the dishwasher as you use them. A kitchen clean up and dish washing roster operates only after the evening meal, these dishes are to be done immediately after the meal.

Babysitting

In special circumstances we will make arrangements to care for your baby, this will usually be for you to attend appointments where it would be difficult to take a baby.



Babysitting for Others

Although we hope that you as mums will support each other while here, we discourage you from looking after each others babies too often. This is because this can interfere with each mother's growing bond with her baby. It can also prevent each mother from learning the skills to parent without lots of help away from Te Whare Kaupapa Āwhina.

Advocacy

Your Social Worker will be available to assist you to apply for appropriate benefits and other support as needed.

Personal Education

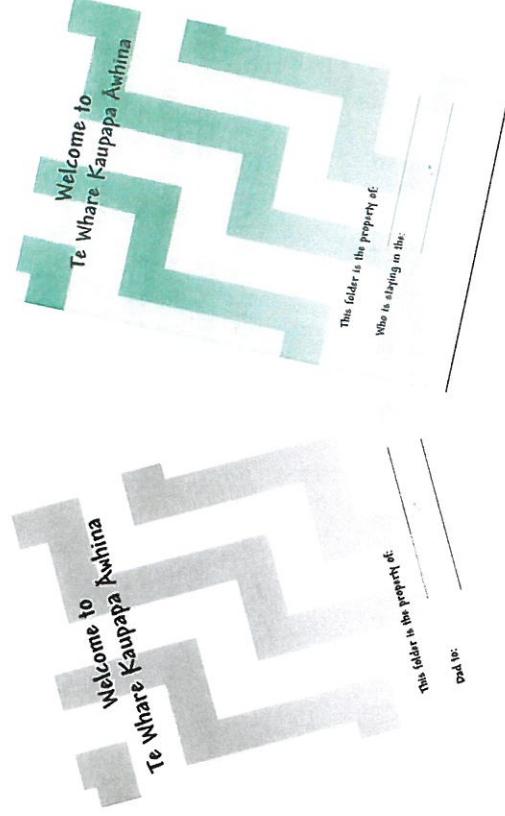
During your stay we will work with you to achieve the personal goals you set up on coming to Te Whare Kaupapa Awhina. The Social Worker and house parents will meet with you regularly to work on your plan, to discuss any personal issues and any other concerns you might need help with.

Parent Education Modules

The areas that are covered in the Parent Education modules are; Baby Care, Home Management, Self Care and Self Management. You will discuss a weekly plan of meetings, appointments and groups that you will need to attend during weekly house meetings. You will need to make sure you remember these commitments.

Baby's Father

If the father of your baby is going to be actively involved in your and/or babies life, we are keen that he becomes involved in the programme wherever possible. When we have our first planning meeting this would be a good time for him to become involved and to be part of setting a plan and goals.



Routines of the House

You are expected to be up by 8am each day to give yourself time to do your rostered duties and to be ready to participate in your education programme. We will relax this later in pregnancy and/or during the first week or so after the birth of your baby. You will be asked to do fewer household duties during this time. We expect you to be settled down for the night by 10:00pm - 10:30pm, Sunday to Thursday nights.

House Meetings

We expect you to attend and participate in the House Meetings. These are held regularly and they provide an opportunity for you to share ideas, difficulties and to sort out any household issues.

Household Duties

Each week you will go on a roster to do daily household tasks. You will need to get these tasks completed each day.

Laundry

You are responsible for your own laundry. We suggest you hang your washing on the clothesline as early as possible and get it in as soon as it is dry. In emergencies a clothes dryer is available.



Baby Monitors

Need to be left on at all times.

Cellphones

Go into a basket at 10.30pm. Are not to be used while feeding. Cellphones are not to be responded to during meetings. They will need to go into a basket if this can't be managed.

Cleaning

All general household duties are shared and are rostered to ensure bathrooms, kitchen and living areas are cleaned regularly. You are responsible to keep your own room clean and ensure bed linen (sheets etc) are washed on a rostered day each week.