



# GROWING UP NEWS

Summer 2015

## From Susan



*Growing Up in New Zealand* is now in its seventh year and, at last count in early December, had completed a staggering 83,491 interviews with the families participating in the study.

This amazing achievement has been possible thanks to your dedication and support, for which we are truly grateful.

The answers you provide give New Zealand policy makers and researchers important information about childhood development

and help them to identify opportunities to improve the lives of all our children. You will find some examples of what we have been working on inside this newsletter. For more research head to our website: [www.growingup.co.nz](http://www.growingup.co.nz)

### Next face-to-face interviews

Towards the end of 2016 we will start a new round of face-to-face interview with all *Growing Up in New Zealand* families.

Now that your child is school age, they will take an active part in the interview and more of our questions and activities will address them directly. To make the interview fun for them and you we are currently investigating some new tools to collect the information in addition to the home visit.

We are very much looking forward to seeing you again and will be in touch with more information in the next newsletter.

### A new section in our newsletter

We hope you and your children enjoy the child-friendly activities and recipes we include in our newsletters. Many of the *Growing Up* children will now be old enough to read so we have decided to dedicate more space in our newsletters solely to them.

This new section on the back page will feature fun games, activities and competitions for the *Growing Up* children and introduce them to some of the results from the study. You can detach the last two pages for them to make this easier.

**Happy Holidays from me and the whole team at *Growing Up in New Zealand*!**

Dr Susan Morton

## Give us your feedback: Online questionnaires

About three quarters of the *Growing Up in New Zealand* parents will have received our new online questionnaires by now: 'Starting School' for the mums and 'Who are today's dads?' for the dad or the child's other parent.

A big thank you to those mums and dads who have completed the online questionnaire and to those who provided us with feedback regarding the questionnaire and our communication around data collection.

Some of you told us that you felt well-informed about the questionnaires but some thought the number of emails and text message reminders we sent you was just a bit too much.

We also received a lot of valuable feedback regarding the structure and length of the online questionnaires, and the questions we asked.

We are trialling online questionnaires for the first time at *Growing Up in New Zealand* so this process is new to us too. Please bear with us while we find out what works online and how long the questionnaire can be, how much information is necessary to keep you well-informed and how many reminders are too many.

We appreciate any feedback that can help us find the right balance.

Email us on [contact@growingup.co.nz](mailto:contact@growingup.co.nz) with your comments, or fill in our brief online form on [bit.ly/guin-z-feedback](http://bit.ly/guin-z-feedback).

Both online questionnaires will be running until mid-2016. All mums and dads will receive their invitation to complete the questionnaire by the end of February. In case we haven't contacted you yet, you will receive an invitation to complete the questionnaire shortly.

If you are unsure whether we have your correct contact details, please get in touch via Freephone 0508 476 946 or email [contact@growingup.co.nz](mailto:contact@growingup.co.nz).



## More than the baby blues: Antenatal depression

New research from *Growing Up in New Zealand* has found that one in eight New Zealand women suffer from depression symptoms while pregnant, with women of Pacific and Asian ethnicity twice as likely to be affected.

The risk was found to be three times higher for women with a history of anxiety before or during pregnancy.

Stress was also a contributing factor, and pregnant women were more likely to experience antenatal depression if they were in a relationship but living away from their partner, had an unplanned pregnancy, lived in an unstable family and felt less integrated into their neighbourhood.

The research team used information collected from all *Growing Up* mothers during the antenatal interviews to find out which groups of women were more likely to suffer from the condition. This information will help midwives and other healthcare workers



If you are interested in the detailed research results, you can find the media release, and links to media coverage and the scientific paper on: [www.growingup.co.nz/antenatal-depression](http://www.growingup.co.nz/antenatal-depression)

### Media coverage

Our antenatal depression research was widely mentioned across New Zealand media, raising awareness about this important yet underreported condition. More than 20 media outlets, including TV One, TV3 and Prime News covered the results.

Radio New Zealand followed up on the topic with a series featuring interviews with several affected mothers: [bit.ly/antenatal-depression](http://bit.ly/antenatal-depression)

diagnose antenatal depression more easily and offer support to women early on in their pregnancy.

Antenatal depression is difficult to diagnose and symptoms such as sleep disruption, low energy or a change in appetite are often misinterpreted as a normal aspect of pregnancy. New Zealand currently has no nationwide screening programme to identify women who might be affected.

While postnatal depression is well recognised, antenatal depression is rarely talked about. But the condition is just as common and can have significant effects on the health of both the mother and her unborn child.

Mothers who suffer from depression during pregnancy can struggle with taking care of their own health and wellbeing. They are more likely to smoke and eat poorly, and gain too much or not enough weight. This, in turn, can slow the baby's growth in the womb, increase the risk of giving birth too early and delay the child's motor and emotional development later in life.

Mothers affected by the condition are also less likely to make use of maternity services or breastfeed, and have a higher risk of experiencing depression after their child is born.

## New Zealand's children are helping to keep te Reo Māori alive

Just in time for Māori Language Week 2015, we released some heartening findings from the study about the state of te Reo among today's young New Zealanders.

Analysing the information you gave us before birth, and when your children were nine months and two years old, we found that the use of te Reo Māori is on the rise. More Māori toddlers understand te Reo compared to their parents, and more parents of all ethnicities are speaking te Reo to their infants.

Twelve percent of all children in *Growing Up in New Zealand* were described by their mothers as understanding at least some te reo Māori when they were two years old.

Of those children who identified as Māori, 40 percent were said to have at least some comprehension of the

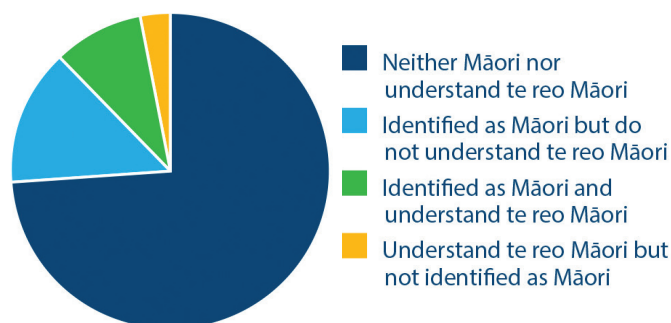
language. In comparison, only around 20 percent of Māori parents reported understanding te reo Māori well or very well at the antenatal interviews.

Dr Te Kani Kingi, *Growing Up's* Māori Expert Advisor sees this as an encouraging sign that many parents would like their children to have the opportunity to learn te Reo, even if they themselves might not be able to speak the language.

Indeed, only eight percent of mothers and six percent of fathers identifying as Māori said they had been expected to speak te Reo at home as children. Yet by the time their own children were nine months old, 15 per-

cent of Māori mothers and seven percent of fathers were speaking some of the language to the younger generation.

We look forward to finding out if this trend continues, and if those children who are hearing te Reo Māori as infants and understanding the language at age two will turn into active te Reo speakers later in life.



The pie chart above describes how many children were identified as Māori when they were two, and whether they understood te Reo

## Hot weather tip

When it is hot outside and children are playing sports – or even just actively playing – make sure they drink plenty of water before, during and after activity.

Children don't sweat as much as adults do, so it's harder for them to cool off. This makes them more at risk from dehydration and heat exhaustion.

As a guideline, encourage your children to drink at least 150 ml or four big gulps of water every 20 minutes.

Try adding a lemon or lime slice for a fruity flavour, and a brightly coloured straw or ice cubes in interesting shapes to make drinking water more fun.



## Keep in touch

### Update your contact details

Did you recently move, or do you have a new phone number or email address? Please Freephone 0508 476 946 or email [contact@growingup.co.nz](mailto:contact@growingup.co.nz) to update your contact details.

### Moving overseas?

That's no problem - we would still love for you to continue participating in the study. Send us your new contact details via [contact@growingup.co.nz](mailto:contact@growingup.co.nz) or give us a call on 0064 9 923 9972 (outside of NZ).

### Follow us

To keep up with what's happening with *Growing Up in New Zealand* throughout the year, you can visit our website, or follow us on Facebook and Twitter:



[www.growingup.co.nz](http://www.growingup.co.nz)



[www.facebook.com/growingupnz](https://www.facebook.com/growingupnz)



[twitter.com/GrowingUpinNZ](https://twitter.com/GrowingUpinNZ)

**A tip:** If you are having problems receiving our emails or they end up in your spam folder, please add our email address [contact@growingup.co.nz](mailto:contact@growingup.co.nz) to your address book or contacts list. This way you won't miss any of our newsletters, competitions and invitations to interviews.

## What New Zealand parents want for their children

Hopes and dreams play an important role in raising children. They give parents inspiration, a goal to strive for and motivation to reach it.

Studies have shown that wishes and expectations of parents are important because they may be self-fulfilling and influence their child's development and future. For example, many children whose parents have high educational expectations do better academically at all ages, stay at school longer, and have high educational aspirations themselves.

He should grow up feeling loved, nurtured, encouraged and inspired by an extended network of family and friends.

That is why we included questions about hopes and dreams in our *Growing Up* questionnaires. They were first asked during pregnancy, and then again at the pre-school interviews to shed light on your hopes and dreams for your *Growing Up* child and how they might have changed since she or he was born.

The pre-school results will be available soon, but our research team has already looked into the responses of 1,000 expectant *Growing Up in New Zealand* mothers and their partners.

Not surprisingly, the baby's health and happiness were high up on the list, but many *Growing Up* parents wanted a lot more than that. They wished things for their child that others take for granted, such as a life free of financial worries, free from bullying, discrimination, drugs and violence.

To be brought up in a safe community like this – that was the reason we moved.

I would like to raise healthy, confident and successful children.

I hope that she will grow into a strong independent woman and accomplish her dreams.

Perhaps most revealing were parents' concerns for their child's future including that they 'never have to worry about money or food'; that they are not 'bullied or suffer any racial discrimination'; and that they 'grow up in an environment that allows freedom of belief and thoughts'.

Many parents also talked about family values, cultural belonging and respect, and spirituality and religion.

One mother was concerned simply that her child would 'not hate me, that's the main one' and that 'she doesn't do the same mistakes that I did'.

Amongst the lighter comments, parents hoped that their unborn child would 'have her mother's nose', 'have ten fingers and ten toes' or 'that they are an All Black', adding 'No pressure'.

Both mothers and partners had broadly similar hopes and dreams with mothers tending to focus slightly more on the child's safety, health and sense of belonging than the partners.

The team is currently in the process of exploring if there are differences between groups of parents regarding the hopes and dreams for their children. This analysis is being done using the answers from all parents in the study.

I hope she has a better childhood than I had and enjoys what she wants to do when she grows up. I also hope she is financially secure.

I want my son to achieve a good education, play union, get a good career and respect all others.

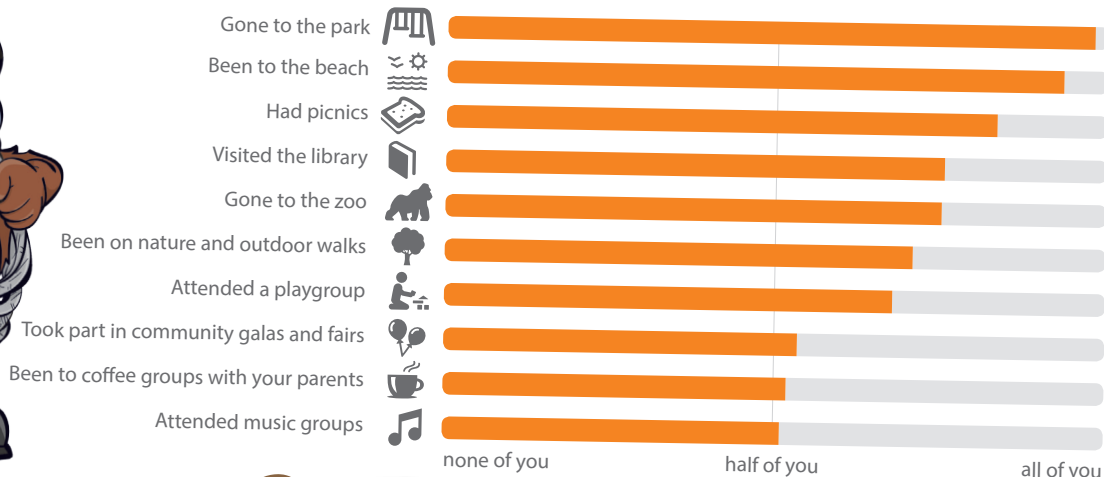
To grow up with the believe in itself that we are all different and it's OK to be who we are.

If you are interested in the full scientific article, you can find it on [bit.ly/hopes-and-dreams](http://bit.ly/hopes-and-dreams)



# THINGS NEW ZEALAND CHILDREN DO

Here at *Growing Up in New Zealand*, we are very interested in how New Zealand children like you spend their time. When you were two and four years old, we asked your parents what you liked doing in your free time and what places you had been to.



## KIWISICLES

Kiwisicles are an easy and healthy treat for hot summer days. The recipe uses kiwifruit but you can also make them with other fruit, such as strawberries, bananas, nectarines or pineapple.

### KITCHEN GEAR

- Vegetable peeler
- Cutting board
- Knife (Ask your parents)
- Wide plastic lid (such as a yogurt or Tupperware lid)
- 4 wooden ice block sticks or wooden forks



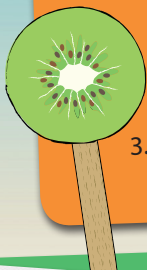
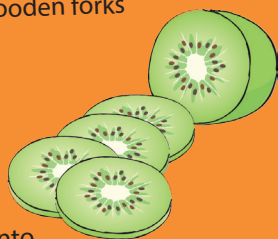
### INGREDIENTS

- 1 kiwifruit or other fruit

### HOW IT WORKS

1. Peel the kiwifruit and cut it into 4 thick slices
2. Push a wooden stick into each slice and lay them on the lid. (Because the lid is flexible, you can bend it to pop the ice blocks off once they are frozen.)
3. Freeze until solid, about 2 hours. Enjoy!

Recipe from: [www.chopchopmag.org](http://www.chopchopmag.org)



## SUMMER IN NEW ZEALAND PICTURE COMPETITION

Draw a picture or take a photo of your favourite thing about summer in New Zealand. Email the picture to [competition@growingup.co.nz](mailto:competition@growingup.co.nz) by the end of February.

All pictures will go in the draw to win one of seven one-year subscriptions to *National Geographic Kids* magazine, a fun magazine with facts, photos and information about people, animals and our environment. We will announce the winners on Children's Day on 6 March.



## TE REO WORDSEARCH

Words can go across and down. Find the solution and some more word games on our website: [www.growingup.co.nz/kids](http://www.growingup.co.nz/kids)

- |   |   |
|---|---|
| <span style="color: red;">■</span> WHERE      | <span style="color: white;">■</span> MA       |
| <span style="color: yellow;">■</span> KOWHAI  | <span style="color: green;">■</span> KAKARIKI |
| <span style="color: grey;">■</span> KIWIKIWI  | <span style="color: black;">■</span> PANGO    |
| <span style="color: blue;">■</span> KIKORANGI | <span style="color: brown;">■</span> PARAURI  |
| <span style="color: orange;">■</span> KARAKA  | <span style="color: purple;">■</span> TAWA    |

M	G	Y	W	L	M	W	B	B	T
K	K	O	W	H	A	I	J	Y	P
K	I	W	I	K	I	W	I	K	A
C	R	D	W	N	P	H	D	A	R
P	K	A	R	A	K	A	B	K	A
A	H	W	H	E	R	O	T	A	U
N	D	K	M	K	X	N	A	R	R
G	W	M	B	K	V	F	W	I	I
O	W	M	J	R	Q	C	A	K	C
K	I	K	O	R	A	N	G	I	K

## NEXT TIME WE SEE YOU

The next time we come to visit you will be before your eighth birthday. This time we want to know much more about you and what you do every day. Look out for a special invitation to take part.