

# Growing Update

The latest *Growing Up in New Zealand* news and information for study families

OCTOBER 2018

## Growing Up kiwis who **fly!**

Eight Year Data  
Collection Wave; the  
finish line is in sight!

Double digits  
here we come

***Growing Up* features  
on Māori Television**

School holiday ideas  
from around the country,  
**plus a chance to win!**

## A word from the Research Director

### Kia ora koutou,

I hope this finds your whanau well and enjoying the warmer, if changeable, temperatures of spring!

One of the privileges we have at *Growing Up in New Zealand* is being invited to



share our learnings with a range of people and organisations, both in New Zealand and overseas.

Over the last few months, we have been fortunate to speak to a diverse range of both local audiences (including the New Zealand Kindergarten Association, Housing New Zealand, Variety the Children's Charity and the Liggins Institute) and international audiences (such as at the recent Society of Longitudinal and Lifecourse Studies conference in Italy).

Frequently, these groups and organisations are interested in not only what we do, but also how our findings can help inform the work they do.

This interest is a testament to the value they place on the insights that you, our families, provide.

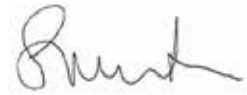
So as we near the end of our current Eight Year Data Collection Wave, I'd like to extend a big thank you to all of the *Growing Up in New Zealand* study families who have participated.

The questionnaires this time had a lot of ground to cover and, on behalf of the study team, I would like to acknowledge the time families have invested in the study, despite leading very busy lives, to help benefit others.

This round of data collection has been particularly special as, for the first time, we've been hearing directly from the children themselves. We are excited to see a glimpse of the world through their eyes as we start collating and analysing the data in 2019.

If you are yet to have your interview, and haven't heard from us, please get in touch – especially if your contact details have changed. Every voice matters and we want to meet with as many families as possible before the end of the year.

Ngā mihi



**Associate Professor Susan Morton**

## Keep in touch:

Visit our website [growingup.co.nz](http://growingup.co.nz) to keep up with our news and latest research. Follow us on

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

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Changed address, phone number or have a question for us?

Email: [contact@growingup.co.nz](mailto:contact@growingup.co.nz) or Phone: 0508 476 946



# Growing Up families who fly

Our national bird may be the kiwi, but that hasn't stopped a number of our *Growing Up in New Zealand* families from taking flight! We meet two study families who, for now, are living overseas.



## The Aitkens

### Growing up (temporarily) in... the Czech Republic

**A 400 hundred year old house, no hot running water, a different language and very different food...life has been full of new experiences for the Aitken family since moving to the Czech Republic in May.**

"Our house has been like stepping back in time, which is good and bad!" says mum Hania. "We only have cold running water from a well so to wash dishes or anything, we have to first heat the water and then put it into a big bowl. That's made us all very contemplative about the bells and whistles, we take for granted in New Zealand – like dishwashers!"

The differences extend to getting around too, with cars travelling on the opposite side of the road and having to slow down frequently for the many villages ("travelling 30km can easily take an hour!").

Even supermarket shopping can present a challenge.

"It is such a stressful thing. No one packs your groceries, and there is no time or space to pack them yourself. I have literally had groceries falling on the floor as the checkout person was too fast for me to keep up!"

So what prompted Hania and husband Kyle, an outdoor instructor at Dilworth School, to travel more than 18,000 kilometres around the world with their four children – Elishka (9), Cruz (7), Meshach (almost 5) and Hosanna (almost three)?

"My 74-year-old mum is Czech and immigrated to Australia in 1968," explains Hania. "But two years ago, she sold up and bought a 400 year old house in the Black Forest region of the Czech Republic, planning to split her time between there, Australia and New Zealand."



Hania admits they thought her mum – the children's Babička ('Babi') – was crazy. But she made it work. And then the Aitkens hatched an idea of their own.

"We decided if we ever wanted to expose the children more to the Czech language and culture first hand, wouldn't it be fabulous if Babi was there to show them her country? So in equally crazy fashion, we have packed up and come over for eight months!"

Even though Kyle has had to stay working in New Zealand, joining the family for several weeks each school holiday, the family's unique experiences have made it well worth it.

In the Czech Republic, new entrants are 'knighted' with a real sword on their first day!

"The forests right on our doorstep have been totally amazing. At the start of summer we picked wild strawberries everywhere; super tiny but so full of flavour. Then the blueberries began - carpets of berries all over the forest floor; picture 500 square metres of blue! Then it was raspberries, cranberries and now blackberries..."

Another naturally occurring highlight has been the swimming holes.

"There are lots of amazing free swimming holes dotted all around the country so we've tried to visit heaps of them over summer."



*Growing Up* participant Elishka with younger brother Cruz ready to start school in the Czech Republic.



Even the food, an array of new flavours and textures, has expanded the family's horizons.

"We've had more than one purchase of food that wasn't what we expected, but we are all learning to keep trying new things and seeing that many of them can become quite yummy. So I am loving this for the children."

So how have the children, including Elishka – who is participating in *Growing Up in New Zealand* – adapted to the change?

"They were so excited to be coming here initially but then after a week or so, reality hit that they had left their friends and school, dad and grandparents behind. They had a few teary moments. Now they are more settled and for the most part are able to make the most of this very rare experience."

That includes attending a school where no English is spoken.

"Compared to our little country school in Mangatawhiri, it is super regimented. They have a timetable from the word go, with maths and the Czech language featuring most days. They even 'knight' new entrants with a real sword!"

So, five months in with three to go, no regrets?

"We are considered rather crazy for doing this, but we figured, one go at life, may as well be a bit crazy and, even if it's an awful experience, we can still grow from it."

"But we do miss New Zealand's friendly people, roads, supermarkets, hot water, dishwashers and showers!"

## We ask Elishka...

**What is the most fun thing you've done while living in the Czech Republic?** Picking all the wild fruit! And going to a water park for my brother's birthday.

**How is school in the Czech Republic different to school in New Zealand?** We have to use a special chip to get in and out of school to mark that we're there. We get a cooked lunch every day at school which always starts with soup! And there is no outside playground, just a tennis court to sometimes play on with toys if the weather is good. But they do have stilts!

**What do you miss most about New Zealand?** All my friends and the kids at school. And my big bunk bed. And my cat.

**What food do you love best from the Czech Republic that you'd never tried in New Zealand?** Blueberry and plum dumplings. They are cooked and then they have butter and sugar and a creamy sauce stuff on top. Soooo yum!

**What is the first thing you think you'll do when you come home in January?** Say hi to all my friends if they're not on holiday. And run inside to see our cat Nalo!

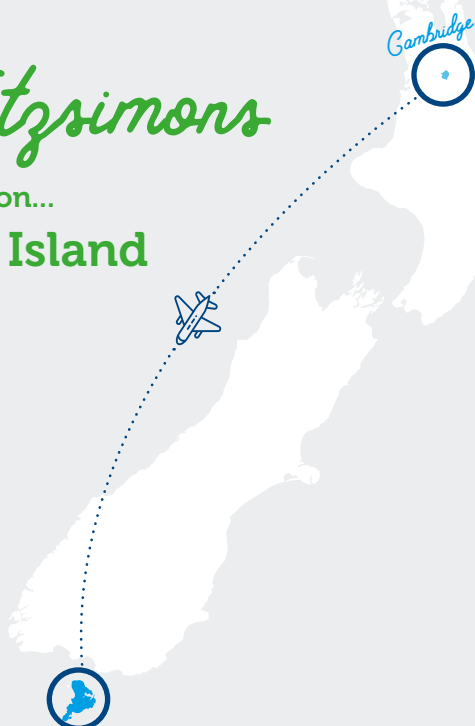


Want to know more? Head over to the family's blog site to follow their adventures:  
[www.pkq.qqp.mybluehost.me](http://www.pkq.qqp.mybluehost.me)

## The Fitzsimons

Growing up on...

### Stewart Island



**They may not be living in another country but, since moving to Stewart Island in January, the Fitzsimons family is certainly living 'over seas' – well, a ferry or plane trip away at least!**

"It's very different," says mum Alison. "The population is less than 400, houses are left unlocked, keys in cars and the kids entertain themselves, get themselves to sports practices and play freely. "There's not much traffic and most people drive old cars with little focus on material wealth".

It was a job opportunity for Alison that lured the family – including dad Paul and children Ryan (12), Aoife (10) and Fionn (9) from Cambridge to Stewart Island, which lies 30 kilometres south of the South Island across Foveaux Strait.

"A teaching job came up for 12 months at Halfmoon Bay School, which I applied for and got. The school has 30 kids and three teachers – best ratios in the country!

"We sold the sheep, re-homed the cats, kept the cattle and have amazing family and friends who have looked after our lifestyle block."



The beach, fishing, building huts and jumping off the wharf... Fionn Fitzsimons is embracing the great outdoors on Stewart Island.

So did those family and friends think they were just a little bit crazy?

"They were very supportive and excited...we've given them an excuse to visit and many said it's the kind of thing that people talk about but don't actually do. We miss grandparents, family and friends but technology is great and everyone is only a flight or two away."

Alison says that nine-year-old Fionn, who is participating in the *Growing Up in New Zealand* study, has had a range of new experiences since moving.

"He's kayaked to Port William, seen a whale after school in the bay and been out to see sea lions. Most of the island is National Park so we regularly see deer and native birds, and hear kiwi.

"The kids are all learning a language via the virtual learning network – Fionn's doing Spanish – and they also do Te Reo and music with a teacher in Kaikoura."

Alison says the island's impact on the children is obvious.

"The kids have been great – they've missed their friends from Cambridge but

they write and talk a lot on Messenger and they're all more self-confident and independent."

And, in another exciting turn of events for the family, a 'surprise baby' is also due in October.

"The kids are all excited about the new addition and will be wonderful big siblings. There's a district nurse clinic held on the island but no midwife or doctor (the motto is 'if in doubt, fly them out!') so the plan is to go to Invercargill to have the baby."

In fact, the experience has been so positive that rather than return to Cambridge at the end of the year as planned, the family has chosen to stay and 'continue the adventure'.

"Stewart Island, for our family, has been more than we ever imagined and we feel very privileged to experience it all with our kids."

**"Most of the island is National Park so we regularly see deer and native birds, and hear kiwi."**



## Five questions with Fionn

**1. What did you think when you found out you were moving to Stewart Island?** I was thinking we were a lucky family to go and that lots of people would want to go.

**2. What is your favourite thing to do on the island?** My favourite thing to do is build huts with friends.

**3. How is school different on Stewart Island compared to in Cambridge?** School is different in a lot of ways... we go to more places, including the beach. There's a lot less kids and the kids are way more athletic.

**4. What do you miss the most about living in Cambridge?** I miss friends, my bedroom and pets.

**5. What do you love the most about living on Stewart Island?** There's a lot of good things – everyone knows who everyone is and doing fun things like jumping off the wharf, fishing on big boats, building huts and walking everywhere.



Birthday boy: Fionn celebrated his ninth birthday on the island.

*Featured families have given their consent to be photographed and/or interviewed.*



## Are you a *Growing Up* family living overseas?

**Did you know that more than 350 *Growing Up in New Zealand* study families are currently living overseas?**

If you're one of them, we still consider you part of the *Growing Up* whanau and would love you to keep participating in our data collection waves – especially the current Eight Year Data Collection Wave! That ends in December, so time is running out! If you're overseas and we don't have your current contact details, please update us by emailing them to [contact@growingup.co.nz](mailto:contact@growingup.co.nz).

We look forward to hearing from you, wherever you are in the world!





# Interviewing the interviewer: **Diana Queenin**

***Growing Up in New Zealand* has a dedicated team of field interviewers currently out and about meeting study families as part of the Eight Year Data Collection Wave. In this issue we talk to one who has been with the study from the very start, Diana Queenin – and she gives us an unscientific insight into what New Zealand’s future workforce might look like!**

A PRIVILEGE: Long time field interviewer Diana Queenin, pictured with study participant Michaela-Chez, enjoys a unique perspective on what it’s like for children and their families in New Zealand today.



**“I love hearing all the answers from the children as it gives a real insight into their lives...”**

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**GUiNZ:** When did you join *Growing Up in New Zealand* as an interviewer?

**DQ:** I joined back at the start when we were first recruiting families for the study.

We staffed booths in places like malls and markets all over Auckland and our job was to find pregnant women and invite them to join the research. Many people hadn't heard about the study at that stage, so we spent a lot of time talking with prospective mums about what it was trying to achieve.

**GUiNZ:** What appealed to you about the job?

**DQ:** I was familiar with the British project called 'Child of Our Time' which followed the development of 25 children born in the UK at the turn of the millennium and I thought it would be fascinating to do the same thing here in New Zealand.

**GUiNZ:** What do you love most about the job?

**DQ:** I love hearing all the answers from the children as it gives a real insight into their lives, but the one I most enjoy asking is 'what do you think you might like to be when you grow up?' Most of them are quite vague – as you would expect at eight years old – but now and again you get a definite answer: 'I am going to be an archaeologist.' And that's it! From what I am hearing during this data collection wave, zookeepers, vets, police, professional footballers, and YouTubers will be experiencing a big influx in numbers in the next ten years!

**GUiNZ:** What geographical area do you cover?

**DQ:** I mainly cover west and south Auckland but last year I also did four months in the Pukekohe and Franklin areas of Auckland; it was a lovely change to drive through the green countryside rather than battling city traffic!

**GUiNZ:** How many families do you estimate you have visited during the Eight Year Data Collection Wave?

**DQ:** Currently I'm doing an interview every day and I've done around 250 interviews with families during this data collection wave.

**GUiNZ:** What do you find the most challenging part of your job?

**DQ:** The biggest challenge is trying to find a time to meet with families and work through the interviews when their lives are so busy. It's a big time commitment for them and they are incredibly frank and open with their answers; I feel it's a privilege to have them share this information with me.

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**GUiNZ:** What was your experience of raising your own children?

**DQ:** I have three grown sons and three grandchildren. I was fortunate enough to be able to stay at home when my children were small and didn't return to the workforce until they were at school. We lived in the US for eight years when they were little and I completed a degree in Bio Geography at UCLA, so it was fascinating to be part of the education system as both a student and a mother. It was also interesting to compare the school systems between the two countries on our return.

**GUiNZ:** Tell us about the other work you do with children.

**DQ:** As well as being committed to *Growing Up in New Zealand*, I also do work for Duffy Books in Homes. I travel all over New Zealand and talk to children at school assemblies. I share my collection of rather eclectic artefacts and talk to the children about dinosaurs, fossils, rocks, geodes, rays, nautilus' and horseshoe crabs – among other things! I just love the questions at the end as some of the children have as much knowledge as I do on a subject and are not afraid to let me know!

**GUiNZ:** You've been with *Growing Up* from the get-go. Do you see yourself continuing in your role?

**DQ:** Most of the interviewers do the job because we know how valuable the study is and will continue to be well into the future. Looking at what is published from the data gained in our interviews is satisfying and fulfilling and makes it all worthwhile. So yes, I'd like to remain part of *Growing Up* as long as I can contribute and it remains an enjoyable and rewarding activity.



# It's that time again – School holidays are here!



## Hamilton

The [hamiltonwaikato.com](http://hamiltonwaikato.com) website has lots of ideas for fun family activities in the Hamilton and Waikato region, including:

- A visit to **Kawhia's** hot water beach
- Seeing cheese being made at either **Kaimai Cheese** or the **Over the Moon Dairy Factory**
- A picnic at the **Hamilton gardens**
- A trip to **Hamilton Zoo** or to the **Otorohanga Kiwi House and Native Bird Park**.
- Exploring one of the area's many **walking tracks** or waterfalls.
- Having an underground adventure at **Waitomo Caves**.



## Auckland

The **Auckland Heritage Festival** is on during the school holidays, with a range of activities planned around the city ranging from gold panning, to wild walks and tugboat trips. Visit [heritagefestival.co.nz](http://heritagefestival.co.nz) and click on 'School holiday fun' to find out more.

Check out the [aucklandforkids.co.nz](http://aucklandforkids.co.nz) website which has a great range of suggestions for school holiday activities including:

- The Tower Champs at **Sky Tower**
- **Amazing Race Days** (various locations)
- Out and about **Auckland Kite Days**
- Free art and craft workshops at **Wynyard Quarter**
- Seeing a **live theatre** show
- Climbing a **volcano**
- Visiting **Auckland Zoo** (children aged 4-14 are free and you can save 20% by booking on line).
- Learning about Puzzling Planets at the **Stardome Observatory**, plus lots more!



## Wellington

Take the **Wild Trail Challenge** at Staglands Wildlife Reserve in Upper Hutt. [Staglands.co.nz](http://Staglands.co.nz)

Complete a hands-on art project or have a go at kids' yoga at Capital E on Queen's Wharf. [capitale.org.nz](http://capitale.org.nz)

Explore the **Wellington Botanic Gardens**. There are 'Sprout Scout' sessions for four to six year olds and full-day 'Garden Explorer' programmes for five to 12 years olds. Learn about habit hideaways and intergalactic plants!

Check out the **Roxy Rocketeers Holiday Programme** in Miramar – four hours of supervised entertainment including a movie and fun activity. [roxycinema.co.nz](http://roxycinema.co.nz)

Attend one of the fun school holiday activities planned at **Te Papa**, including the Craig Smith Wonky Donkey Man Holiday Show and Magic with Zappo. [tepapa.govt.nz](http://tepapa.govt.nz)

Make movie magic at **Weta Workshop**. [wetaworkshop.com](http://wetaworkshop.com)

Visit [wellingtonnz.com](http://wellingtonnz.com) for more great ideas!



Waitomo photo by MaHьko Mapko, Botanic Gardens photo by Pear285, Roxy photo by Gordon Haws: CC-BY-SA-3.0

## Christchurch

Do a Museum Hunt at the **Airforce Museum** in Wigram. [airforcemuseum.co.nz](http://airforcemuseum.co.nz)

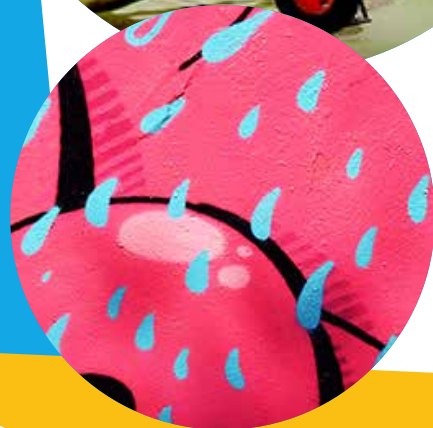
Check out the **Wildlife Photographer of the Year** exhibition at the Canterbury Museum for inspiration, then enter your own animal photographs in the Amazing Animals photo competition. [canterburymuseum.com](http://canterburymuseum.com)

Stargaze and observe the southern night sky with an **Astro Tour** in Selwyn. There are discounts for local residents. [astro.nz](http://astro.nz)

Take in a kids' show at the **Court Theatre** in Addington – these school holidays it's Hansel and Gretel and all tickets are just \$10. The theatre also offers 'relaxed performances' – special shows for those with sensory needs. [courttheatre.org.nz](http://courttheatre.org.nz)

Take a trip to the **International Antarctic Centre**. The centre is offering a range of programmes these school holidays – become a Penguin Ranger or Husky Musher for a day! [iceberg.co.nz](http://iceberg.co.nz)

Visit [christchurchnz.com](http://christchurchnz.com) for more great ideas!



## Dunedin

Explore the **Dunedin Street Art Trail** – 28 blank walls have been transformed into works of art by local and international artists. It takes around 90 minutes to complete the walk. Pick up a map from the Dunedin i-SITE Visitor Centre.

Take your device along and make a movie at **Toitū Otago Settlers Museum**. Enter your movie into the museum's school holiday competition and be in to win \$200 and a free one year membership to the Friends of Toitū Association. [otagosettlers.org.nz](http://otagosettlers.org.nz)

Check out the school holiday programme at the **Otago Museum**...there's the opportunity to explore lots of topics – from Mythological Creatures to the Wild Wild West to Prancing Predators! [otagomuseum.nz](http://otagomuseum.nz)

See Dr Seuss's The Cat in the Hat, live on stage at the **Regent Theatre** – Oct 13. Great for all ages! [regenttheatre.co.nz](http://regenttheatre.co.nz)

Flying, floating, gliding and shooting – be wowed by the Mr Science Magical Science Tour at the **Kings and Queens Performing Arts Centre** on October 5th. The show features sensational science demonstrations on stage. [mrscience.co.nz](http://mrscience.co.nz)



# WIN! WIN! WIN!

Send us a photo of you participating in your favourite activity these school holidays! Tell us what you're doing and why you love it so much and you'll go in the draw to win one of five, \$30 Warehouse vouchers. Plus, we'll include a selection of the photos we receive in our next newsletter. Send your photos to [competition@growingup.co.nz](mailto:competition@growingup.co.nz) by Friday 19 October.





## Double digits here we come!

**In April this year the *Growing Up in New Zealand* study marked ten years since it began, which can only mean one thing: our *Growing Up* children will also soon reach double digits!**

**T**he first flurry of birthdays will take place this month, when around a dozen children from the study's Leading Light group will turn ten.

The first children from the main cohort will start turning ten from March next year.



**Are you a Leading Light child with a birthday before Christmas?**  
Tell us how you feel about reaching double digits and what you have planned to mark the special occasion: email [contact@growingup.co.nz](mailto:contact@growingup.co.nz) with 'My birthday' in the subject line.





# *Growing Up* features on Māori Television

***Growing Up in New Zealand* featured on Māori Television's Native Affairs programme on September 10 during Te Wiki o te Reo Māori/Māori Language Week.**

The story, which starred study participant Sahib, his sister Shyla and parents Ranjeet and Satnam, looked at the *Growing Up* study, Māori language use amongst New Zealand children and the Te Reo Tool that has been used as part of the study's Eight Year Data Collection Wave.

It also discussed a new project - He Ara ki nga Rautaki e Ora tonu ai te Reo Maori: Pathways to Māori language Retention and Revitalisation – which will be carried out by indigenous tertiary institution Te Whare Wānanga o Awanuiārangi, in Whakatāne, using *Growing Up in New Zealand* data.



Missed the episode? Watch it here: [www.maoritelevision.com/news/national/kiwi-kids-shape-future-te-reo-maori](http://www.maoritelevision.com/news/national/kiwi-kids-shape-future-te-reo-maori)



# Te reo speaking interviewer joins *Growing Up*

***Growing Up in New Zealand* is pleased to have welcomed te reo Māori speaker, Donna Te Whiu, to the team.**

Donna, who has 25 years' experience working in the education sector, is available to study whānau who wish to carry out their Eight Year interview in the Māori language.

Born in Auckland, Donna says her family maintained her connection to their roots in the Hokianga.

"I was born and raised in Tāmaki Makaurau but my parents made sure that we regularly connected to the hau kāinga so that we knew where we were from and who are whānau are.

"Growing up I didn't have Kohanga Reo or Te Kura Kaupapa Māori available to me, which ignited my passion to learn my reo and pursue education."

Donna spent seven and a half years working in Te Kohanga Reo before moving to her passion of adult education.

She is currently a project manager with a health and wellbeing service provider and will be available to *Growing Up in New Zealand* as required.

"With the ongoing debate, changes and movement around the development and relevance of te reo Māori, I am extremely blessed and humbled that the *Growing Up in New Zealand* study is providing me with the opportunity to interview whānau completely in te reo Māori."



If your whānau is yet to have an Eight Year interview, and you would like it to be carried out in te reo Māori, please let us know when we call to arrange your interview time.

## Ki te taha o tōku pāpā:

Ko Panguru to maunga

Ko Waihou te awa

Ko Hokianga te moana

Ko Ngātōkimateawhaorua te waka

Ko Waimirirangi te marae

Ko Te Waiariki rāua ko Te Waekoi ngā hapū

He uri ahau nō Ngāphui nui tonu

Tihei Mauri ora!

hau kāinga

homeland

Tāmaki Makaurau

Auckland

Te Reo Māori

The Māori language, the indigenous language of Aotearoa/New Zealand

Kohanga Reo

An early childhood education and care (ECE) centre where all education and instruction is delivered in te reo Māori, the Māori language.

Te Kura Kaupapa Māori

Māori language immersion school



by Eliana



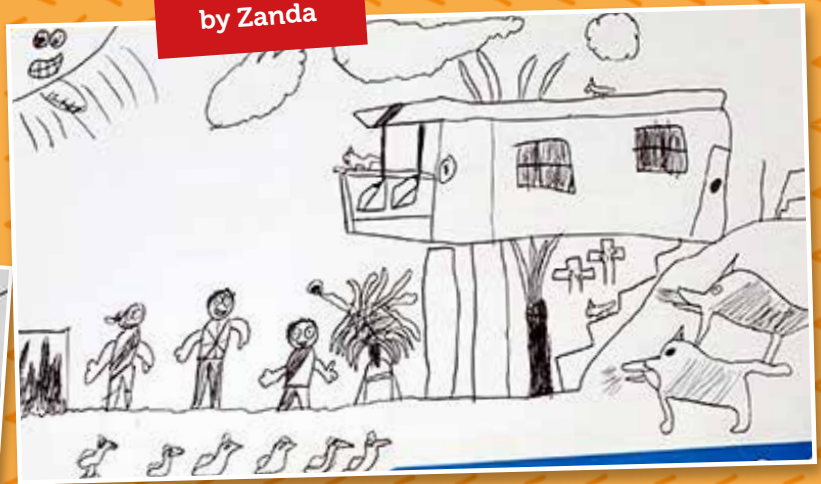
by Callum



At *Growing Up in New Zealand* we love seeing the creativity captured in the children's Time Use Diaries. From family portraits to poems to beautifully embellished diary covers, it's great seeing the talent, time and effort the children have put in to their work!

# Time Use Diaries capture kids' creativity

by Zanda



by Ezabella



by Keanna





My Family is so awesome i think there really cool, I really really love them I hope they love me too!

by Xanthe



by Mia



by Audrii



## My Family

by Isobel

I like to sing and play,  
I've never slept all day,  
Patrick likes to play on the rugby field,  
Just as long as he has a great big meal,  
At boot camp Mum is very keen,  
At home she likes to cook and clean,  
My Dad only smells when he farts  
Because he eats chocolate tarts,  
Grandma like to read her book,  
Even in her little nook,  
My uncle has a purple car,  
Though he doesn't drive it very far,  
There's Grandad on the wall,  
He looks after us all!

## Good turnout to *Transition to school* seminar

Around 75 people attended a *Growing Up in New Zealand* seminar at the University of Auckland on September 6 to learn more about the study's most recent report, *Transition to school*.

The event duplicated an earlier *Transition to school* seminar held in Wellington in June for the report's official launch.

Among those who attended were people working in the education sector, researchers and study families.

The *Transition to school* report looks at the cohort children's experience of embarking on formal schooling and is available from the *Growing Up in New Zealand* website.





# The finish line is in sight!

## The finish line is in sight for the Eight Year Data Collection Wave, which will end in December.

To date, we have met with more than 4000 families, a figure that will climb further before the end of the year.

Our field interviewers want to meet with as many families as possible before then to help provide the best picture of what it's like to grow up in New Zealand.

So if your contact details have changed, please email us at [contact@growingup.co.nz](mailto:contact@growingup.co.nz) or call us on 0508 476 946 so we can arrange an interview with you. If you know someone who is part of the study and who has moved, remind them to contact us too!

We will still be scheduling interviews with families right through into December, so if we have your correct details, but you have not heard from us yet, sit tight – we're coming!

And if you've already had your face-to-face interview, but are still to complete the online questionnaire, we would be grateful if you could complete that before December.

Information from the data collection wave will be collated and analysed throughout 2019, with the *Now we are eight* report due for release in 2020.

## Suggestions? Ideas?

If there's something you'd like to see in the next issue of *Growing Up|date*, let us know! You might have a photo of your *Growing Up* child doing something amazing, or a burning question for our team. We'd love to hear from you! Email us: [contact@growingup.co.nz](mailto:contact@growingup.co.nz).