

## FREQUENTLY ASKED QUESTIONS

Some important questions have been asked by our families so we'd like to share a few with you.

### Why is *Growing Up in New Zealand* called a longitudinal study?

*Growing Up in New Zealand* is a longitudinal research study because it involves repeated observations of children and their families over a long period of time.

### Why do we need such a study?

There is an urgent need for contemporary population relevant data about children growing up in New Zealand. Policy makers have turned to a longitudinal study to provide evidence-based research to better understand the developmental environment experienced by our children.

### How is this study funded?

A range of government agencies have contributed the bulk of funding to-date to develop and establish *Growing Up in New Zealand*. The University of Auckland has also contributed significantly. Future funding will be sourced from local and central government, research funders, community groups and the private sector.

Any further questions are most welcome, please email [contact@growingup.co.nz](mailto:contact@growingup.co.nz)

## MOVING HOUSE OR OFF OVERSEAS?

That's no problem. Just fill in the section at the bottom of this page or give us a call on 0508 GROWING UP (0508 476 946) before you go and we'll make a note of it.

It would be fantastic to keep in contact with you so we can call or email you when your interview or catch up phone call is due. It's important that we stay in touch so we can bring a gift bag to your next interview too!



## EASTER 2011 GROWING UP NEWS

## HERE'S LOOKING AT YOU, KIDS.

Extracts of "Here's looking at you, kids" article published in North & South, February 2011  
By Stacey Anyan

### A new 21-year survey will "track and trace" 7,100 Kiwi kids. Stacey Anyan asks their parents what they want for their children.

A popular chain email congratulating "all the kids who survived the 1950s, '60s and '70s" takes a light-hearted look at the good old days – when pregnant women could consume booze, fags and cold meat with gay abandon; when asbestos was used in housing materials and lead paint brightened up babies' cribs; when kids could play outside all day as long as they headed home when the streetlights came on; when seatbelts and bike helmets were optional; when Mum didn't have to go to work to help Dad make ends meet.

It makes you reflect on how kids today sure are growing up in a different world. A different New Zealand, even. In recent years, Kiwis have become more ethnically diverse – currently one in three children is born into a family where at least one parent didn't grow up here themselves. The mean age at which men and women have children is also increasing. Rather than staying put in the same house for years, families are highly mobile, with over half moving more than twice in the past five years. Relationships are changing too: one in five pregnant women doesn't live with her partner, and just 60 percent of all parental relationships are legally binding. Advances in medical knowledge have resulted in most mothers now making changes in their diet during pregnancy, and the current financial climate sees a significant majority intending to return to work after their child is born.

These statistics comprise some of the first key findings of *Growing Up in New Zealand*, a new longitudinal study which will track the developmental outcomes of nearly 7,100 children born in the upper North Island in 2008, 2009 and 2010 – right up to their 21st birthdays.

### Growing Up Without Regrets

Joanne Ung, 33, works part-time as an accountant and her husband Young, 31, is a GP. The Ungs live in East Tamaki, Auckland, with their children Zachary, four, and Lana, two.

In discussing their hopes for their children – primarily to be successful in all parts of their lives, to be independent, to contribute back to society and to care for others – Joanne says she and Young have a keen awareness their aspirations might be different if they lived in another country.

Young says that in New Zealand it's possible to adopt a hands-on approach to parenting. "Our friends in Hong Kong and Malaysia usually have the maids looking after the children the whole time. I think you miss something doing that." They also note a generational-cultural difference in child-rearing. Young: "We have more physical contact with our children than our parents did with us – we hold them more, hug them more, tell them we love them."



Joanne and Young Ung, with their children Zachary, four, and Lana, two.  
Photo by Simon Young

## CHRISTMAS COMPETITION RESULTS

Congratulations to our two lucky winners from Thames in the Coromandel and Sandringham in Auckland. Each has won a 32Gb iPod Touch.

Both winners nominated their Mums as alternative contacts, who each receive a Warehouse gift voucher to the value of \$200.

In total we received over 500 entries in response to our Christmas newsletter competition.

### CONGRATULATIONS TO OUR WINNERS!

Thanks to everyone  
who took the time to  
send us an entry.



## KEEPING US UP TO DATE

### 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)





*"Our friends in Hong Kong and Malaysia usually have the maids looking after the children the whole time. I think you miss something doing that."*

food comes from, Joanne and Young are concerned their children might not be able to afford a house "with a decent bit of land". They joke about Lana and Zachary still living with them when they reach their 30s.

The couple also don't want their kids to grow up with regrets ("the choices you make were the best at the time, so they're not 'wrong'") or blame their parents for how they turned out. Young: "Once you finish your teens, you should take responsibility and realise your parents had your best interests at heart."

### Going Solo

Carol MacDonald, 42, a part-time nurse, lives in Mission Bay, Auckland, with her daughters Emily, five, and Maya, two.

Having grown up in Auckland "a true Kiwi girl" with a big backyard, Carol has an outdoor space for the girls on her wish-list. She enjoyed the freedoms of her own youth, climbing trees and playing unsupervised for hours on end with other kids in the street. "I feel sad that's changed – we're more safety conscious; you escort kids everywhere."

Carol loved her 10-year OE in Britain and hopes the reciprocal working-holiday visa still exists by the time her girls are old enough to travel. "There are so many things you can do there that you can't do here. I want them to meet heaps of people. But I want them to return home!"

A fan of Lord Robert Winston's British documentaries on child development, Carol was keen to volunteer Maya for the study.

Both Lana and Zachary have been baptised and are likely to attend the local Catholic school nearby. Their parents hope the children will share their faith, but say it's their choice.

While they enjoy being able to plant a garden with the kids and show them where

Now that she has become a solo mother, she feels it's even more important her girls' voices are heard. "I'm dealing with a lot of stress: trying to be a mum, run a house, defend myself as a single mother... The balance is quite fine between going to work and being on the DPB."

### Kiwi Samoans

Full-time mum Seira Isaako, 48, and her husband Afereti, 39, a track worker for KiwiRail, live in Hamilton with their two-year-old daughter Sineva and Seira's 18-year-old son. Sineva is actually the youngest of seven.

Seira and Afereti, both first-generation Kiwi Samoans, speak Samoan and English with Sineva. "It's important she learns our language; I want her to be part of her community."

Having worked as a parent educator, Seira was keen to be involved in the Growing Up study. "I used to help teach women the importance of being attentive with their kids – if you have that bond, they become well-behaved children. Early bonding is also important for outcomes in adulthood." She says she enjoyed hearing first-timer Afereti's views on parenthood during the antenatal interviews. "I found out we had things in common. We want our child to be brought up as a Christian."

Seira also wants Sineva to appreciate the importance of education and goal-setting. "I want her to be brought up in a loving home where her parents aren't fighting and she can see we treat each other respectfully; that she understands her boundaries and is respectful to us; that she feels we love her and that there's a lot of love and peace in our home."

To see the full article, "Here's looking at you, kids" go to our website [www.growingup.co.nz](http://www.growingup.co.nz)

*"It's important she learns our language; I want her to be part of her community."*

## EASTER HOLIDAYS

### Decorating Eggs

Try your hand at decorating eggs for Easter. You will need:

- **Some eggs (preferably white or light brown)**
- **Hot water**
- **Small bowls (disposable)**
- **Food colouring**
- **White vinegar**
- **Cooking oil**
- **Wax crayons**
- **Paper towels**



1. Place eggs in a pot of cold water.
2. Bring to the boil then turn off the heat and leave eggs in the pot for 12-15 minutes.
3. Place eggs in cold water until they have cooled off. They should be perfectly hard boiled using this method.
4. To decorate the eggs, use wax crayons to add lines and shapes to the egg before dyeing it.
5. To dye the eggs, choose the food colourings you want and put a 1/4 teaspoon into separate bowls - one for each colour. Add a tablespoon of white vinegar and about a cup of hot water. For a plain colour, dip the egg in the dye. The longer you leave it the darker it will become. To make a marble pattern add a couple of drops of vegetable oil to the dye mixture before turning the egg around in the dye. Dry the egg off with a paper towel and glaze with cooking oil for a shiny finish.

A word of caution - as the food colouring is a dye, please be careful with your worktops and utensils.

### Egg Hunt

Hide the eggs around the garden (or living room if it's raining) while the kids aren't looking. If you're feeling creative, try drawing a treasure map of where the eggs are hidden.

Tips: Count the number of eggs you hide so you know whether they've all been found. The eggs can be eaten straight away or put in the refrigerator for later. They're also great for packed lunches.



## 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

## FROM SUSAN...



### HAPPY EASTER!

The year of the rabbit has begun and there are many exciting things planned for Growing Up in the months ahead.

We have started the two year interviews and it is really enjoyable to be meeting the children when our interviewers visit. We are looking

forward to visiting all of you over the coming year.

There has been a great deal of interest in the first set of results and we are extremely grateful for the information you provided that allowed us to present such an exciting overview of what our next generation of New Zealanders is like. If you missed this report it is available on our website and we have included a media story that appeared in North & South for you to read in this newsletter.

Thank you once again to those families who agreed to be featured in the media as your faces and voices give a wonderful personal touch to the study and its results.

Please note, your privacy is very important to us and no personal information is ever given to the media without your prior and explicit permission. The in-depth answers you provide during the interviews remain confidential and you and your family will not be identified personally in any of the reporting or feedback from Growing Up.

We are currently working hard to collate the information from the interviews undertaken when your babies were nine months old and add this to the information from before birth. It is exciting that, for the first time (late this year) we will be able to include a longitudinal perspective in the results looking at the first year of your children's development. There would be no chance to do this without the generosity of you all, so thank you once again for your continued support and involvement. Your story is very valuable to this study.

I wish you and your families a safe and happy Easter holiday.

Dr Susan Morton, Research Director

## TO OUR PARTICIPANTS

We really appreciate the time you give to us from your busy lives, so as a thank you for being part of *Growing Up in New Zealand* and sharing your journey...

...we would like to offer each family a gift bag packed full of goodies for you to enjoy or pass on to friends or relatives. You don't need to do anything, we'll bring it with us when we come to visit you for your next interview. This will be when your children are two years old.

A lot of companies wish to reach you with their message, so we decided to give them the opportunity to contribute to your gift bag. It is exciting for us to gain the support of these companies. A big thank you also to our gift bag sponsors who have organised and provided the contents, they are:

