

Workshop 2

Group Kakariki

- You have been working with a household where Type 2 diabetes is present in both parents and now has been detected in one of the four children. During a home visit you notice there is no set pattern for eating; children munch on whatever is available and eat while watching TV or listening to music in one of the bedrooms. Parents seem to eat on the run or pick up takeaways and eat while driving.

Your task

You have concluded that the family lacks values to guide them into healthy lifestyles values and are convinced that a kawa is needed.

How would you go about establishing a kawa for this family?

Aim to build a consensus within the whanau to make change. Identify what's working for the whanau and what's not working for the whanau. Discuss with the whanau advantages and disadvantages of establishing a kawa.

And what would be the main features of the kawa?

1. Identify who in the whanau children respond and can support the kaupapa
2. Look for by in from that whanau member
3. Asking the whanau to sit down together and korero
4. Find agreement on what needs to be done
5. Whanau members taking responsibility for change