Hoki ki te Rito – Oranga Whānau
Mellow Dads in Aotearoa (NZ)

AIM Parenting programmes have been shown to improve children’s relationships with their parents/caregivers and reduce problem behaviours, however little research has focused on outcomes for indigenous fathers. The aim of this study was to evaluate the acceptability and effectiveness of Hoki ki te Rito/Mellow Parenting programme, for Māori (indigenous peoples) and Pacific fathers in Auckland, New Zealand.

MAIN OUTCOME MEASURES Father’s wellbeing, coping with parenting, and children’s behaviour and development, were assessed using fathers’ self-reports on General Health Questionnaire – 30 (GHQ-30); Parent Daily Hassles Scale (PDH); Ages and Stages Questionnaire (ASQ) and Strengths and Difficulties Questionnaire (SDQ).

RESULTS Fathers attending Hoki ki te Rito-Oranga Whānau parenting programme reported a significant increase in their own well being, their ability to cope with their parenting role and their children’s behaviours, their feelings of self esteem and adequacy. Reductions in unwanted problematic behaviours from their children, and an increase in children’s social skills were also found. The programme also led to greater movement from the clinical range to the non-clinical range for mean child behaviour scores on all measures. Qualitative data showed extremely positive responses to the programme resources, content and process.

CONCLUSIONS This study provides empirical support for the effectiveness and acceptability of this culturally adapted version of Mellow Parenting – Hoki ki te Rito – Oranga Whānau, delivered by Ohomairangi Trust in their community setting of South Auckland, Aotearoa, New Zealand. The outcome of this study may be seen as a significant step in increasing appropriate service provision for Māori and Pacific families and reducing barriers to accessing available services in the community.

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