



Kia ora

In our last newsletter we hinted that we may be calling on you for your help. Well here we are and we really do need your help as soon as possible, and it could be as simple as - who do you know?

We are grateful to the supporters of Space who have already reached out to their community contacts and linked us with other organisations and individuals who are also passionate about supporting new parents and their babies. Nga mihi nui.

However, in many areas parents are really struggling to access Space for you and your baby - this breaks our hearts!

Having been involved with Space, we know you understand how isolated you can feel as a new parent. You also understand the importance of having a safe and friendly space to be. A space where you are accepted, spill stains and all!

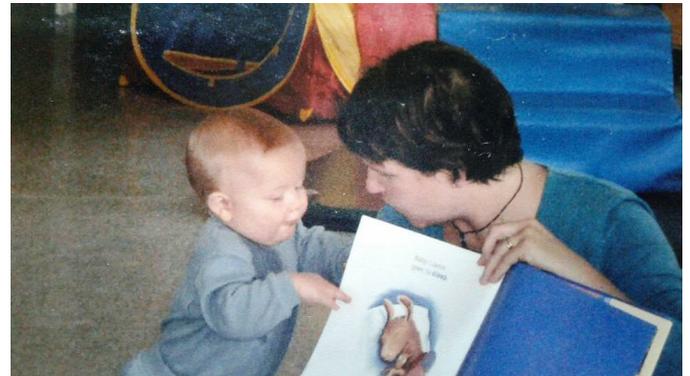
We need you to reach out to your connections - community organisations, Churches, family friendly employers so we can all work towards the vision of a New Zealand where communities come together to support new parents and their babies.

What next - get in touch with us!

We will support you every step of the way! This is what we do - supporting parenting today for tomorrow, and together we can make it happen!

If you have a contact that shares our heart please call Sue 04 589 5038 or email sue@space.org.nz

Join us



Michelle and Joshua enjoying a story

From Space parent to Space facilitator

Although Michelle had always felt comfortable being around children, she had not had a lot of experience with babies until her own son was born. She soon found her expectations of life with a new baby did not line up with the reality of being responsible for this dependent wee baby.

I struggled (huge understatement) with the transition to motherhood. I've always been good with children, but I was unprepared for babies and the relentlessness of being a mum, being 'on' and being responsible for this wee life. 24/7.

Michelle attended Space for you and your baby with her baby Joshua in the Hutt Valley and was grateful for the support she received as she grew to know her son and herself as a parent.

Going to SPACE literally saved my life - the facilitators were fabulously nurturing, caring people, and it was so freeing to be able to explore things and come to our own conclusions about what worked and didn't for us. It was really great to be able to go somewhere that nourished me as a parent and as a person - and where my son flourished.

Michelle found the huge benefit of Space was a sense of not being alone, especially when struggling with feelings that at times could be so conflicting. After graduating, the friendships that Michelle and Joshua formed during their year long journey continued as families met new challenges and grew in both age and numbers. This was true of Michelle's family as her and her husband welcomed a baby girl to their family.

The relationships I made in that group continue today - even though we are literally all over the world. There is something very special about seeing these children come up in my Facebook feed and seeing those personalities and temperaments that I saw way back when they were babies being outworked in the amazing almost 10 year olds that they are now.

After a few moves, Michelle became involved with an organisation that also offered Space. When an opportunity was presented to her to become a Space facilitator Michelle jumped at the chance to train. She is now facilitating Space for you and your baby and is loving being able to support other new parents as they transition to parenthood. Watching a parent's confidence grow and seeing those lifelong relationships develop is one of Michelle's favourite things about facilitating.

Coming to understand that they are not the only person who has ever experienced THIS - and that this is many and varied - from feeling like throwing their baby out the window, to struggling to 'feel' love for their baby, to being overcome with feelings of great love for their baby, to feeling guilty because their baby sleeps through the night and other people's don't, it's harder than they thought, it's easier than they thought!

In Michelle's region they are struggling to provide enough Space for you and your baby sessions for new parents to attend. She believes that Space is building a village for people to 'do' new parenthood together in a way that benefits both parents and their babies.

It is a safe place to be real and explore what this thing looks like for them. I have often heard from mums that "it saved my life". We have a lot of mums who come to SPACE who don't have family down here - and find it really tough. The babies get treated and seen as people in their own right, which has to be a good thing for everybody - friends to grow up with and learn socialisation skills, while their parents are near and involved.



Oak Tree Lane Crafts - the Space Ruru

We have a wee Space Ruru from our friends at [Oak Tree Lane Crafts](http://OakTreeLaneCrafts.com) to gift to the first five people who get in touch with [Sue](mailto:Sue@space.org.nz) about like minded organisations as a small way of saying 'thanks' for making a connection!

Oak Tree Lane Crafts

Cherie from Oak Tree Lane Crafts is based in Kaitiaki in the beautiful Far North. She is inspired by the Retro / Nostalgia of those special people in her life who loved to knit and crochet when she was a child.

Oak Tree Lane Crafts adds a contemporary / modern twist creating Amigurumi Crocheted Toys ranging from bears, farmyard, safari, woodland, to the magical, dragons, unicorns and mischievous monsters for children and adults alike to love and cherish. Customised keepsakes are also an option.

Find Oak Tree Lane Crafts on [Facebook](https://www.facebook.com/oaktreelane) or contact Cherie on [email](mailto:cherie@oaktreelane.com)

Shop

Give another family the gift of Space
Donate \$35 to give Space to another family!

Donate



SAVE THE DATE - 15 October at Westpac Stadium, Wellington
[YOU AND YOUR CHILD EXPO](#)

Thank you for taking the time to read our Space NZ Trust update. Your feedback is always appreciated, and we are always available to answer your questions.

Just as ripples spread out when a single pebble is dropped into water, the actions of individuals can have far-reaching effects.

Dalai Lama

Nga mihi
The Team at Space NZ Trust

Space NZ Trust Facilitator Training

Space Facilitation training is coming up in March in Christchurch. In order to participate trainees must have completed our online course The Heart of Space Foundation Level.

Interested? Contact [Karen](#)

Donate Now



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