



## Family Participation

Your daughter has chosen to do a Tides rite of passage - Celebrating the important transition from girl to woman. As a family member you can assist in making this a significant experience...

Tides is primarily about your daughter and acknowledging the unique and special time of life that she is in. Everyone around her is affected, directly or indirectly by the changes that are unfolding in her life.

**WE ASK GIRLS** to bring along an object that represents her childhood - a symbol of the childhood she is (in essence) leaving behind.

**WE ASK FATHERS** (or another significant male figure e.g. step-dad, uncle, grandfather) to find words and perhaps a symbolic gift to mark this time, to be presented to your daughter on the first day.

**WE ASK MOTHERS** (or another significant female figure e.g. step-mum, aunty, grandma) to find a symbolic gift to give to your daughter on her day of transition during the event.

This is an opportunity to reflect on your life as a parent or guardian, share heartfelt words and celebrate your connection outside of your family environment. It is also an opportunity to let your daughter know you recognise where she is in life and that you are there for her as time unfolds.

**If either parent/guardian is unable to be present we ask that a short letter be written. Your own words are important, as a man or woman from the Tracks & Tides community will stand in on your behalf.**

**Tides Completion** – All family and friends are welcome to the completion ceremony and farewell feast from 2 - 4pm on the last day. Return to the wider community is an important part of the process. There will be an opportunity to share words, welcoming the young women back from their journey.

**Before the camp** we suggest taking the opportunity to celebrate the girl's childhood. This could be a special family meal, looking through old photos, telling stories, and referencing the coming Tides event. We encourage parents to talk about what Rite of Passage means for them. This helps prepare for the idea of shifting away from childhood. It also makes space for new ways of relating. This

could also be the beginning of working towards a new set of agreements to take effect after Tides. This assists in understanding the new responsibilities and freedoms that come with being a young woman. What do you want to create more of and what do you want to let go?

**After Tides** - Becoming a woman does not happen over night or just 5 days! Tides can be seen as a significant marker or reference point. Once the event is complete you can begin exploring and re-negotiating a new phase in the family relationship. Together you may want to discuss how to incorporate or celebrate any changes.

We encourage you to take your time with this and make space to reconnect as a family. A special meal or occasion is a nice way to celebrate the event's completion and the fact that your daughter has now entered a new phase of her life. This gives her the opportunity to share about her experience and the acknowledgements she received. This helps build on the confidence and new foundation she touched on through her rite of passage.

**If you have any questions please contact:**  
gabby@tides.net.nz or 035257610 or 0272754327

If you would like more information on our programs please visit [www.tides.net.nz](http://www.tides.net.nz)

We look forward to sharing this journey with you and your daughter.

Ka Kite

Tides