



## LOCAL SUPPORT NETWORK RULES

These groups are private and only open to GRSNNZ members who have agreed to a confidentiality agreement

It is up to you to decide on how the group can best meet your needs. Chat via email, arrange to meet one-on-one or arrange group meetings all via the Yahoo Group and/or Facebook Group.

We now also have available a “National Gastric Reflux Support Network NZ” private Facebook group.

These groups are secret so can't be found by searching on Facebook. If you don't belong to Facebook, but do want to belong to one these groups, you may want to join Facebook and only use your profile to participate in this forum. Our forum at <http://kiwihealthpregnancyandparenting.co.nz/forum/96-gastricgastro-oesophageal-reflux/> has become very quiet – possibly due to its move away from [www.everybody.co.nz](http://www.everybody.co.nz) and because of the increasing use, safety and confidentiality of the private Facebook Local Support Network Groups.

Roslyn Ballantyne (RN)

Website Manager

Crying Over Spilt Milk

[www.cryingoverspiltmilk.co.nz](http://www.cryingoverspiltmilk.co.nz)

<http://www.facebook.com/cryingoverspiltmilk>

National Coordinator

Gastric Reflux Support Network NZ for Parents of Infants and Children Charitable Trust (GRSNNZ)

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### **Local Support Network Rules**

Having these rules will encourage a trusting relationship with support network members. GRSNNZ Local Support Networks are designed to offer moral and practical support.

Please remember group members and support parents are volunteers and not trained. Members and support parents are parents who have experience living with an infant with gastric reflux.

- Our groups are a place where parents can socialise without fear of their infants gastric reflux/screaming/puking etc. being judged because everyone understands.
- Try to avoid pity parties. It is important that attending the group makes parents feel better not worse.
- Coffee group is for sharing experiences and not for giving advice especially on medications. You or the member can phone Phone/Text 022 5855 935 or Phone 0800 380 517 to ask any questions that are more technical. Our goal is to keep the information given to parents consistent, safe and accurate throughout NZ.

- Accept without making judgements
- Confidentiality: what is said in the group stays in the group. Every family attending the group needs to complete a membership and confidentiality form. If a non-GRSNNZ member attends the group without a friend, please ask them to complete a membership form via our website [www.cryingoverspiltmilk.co.nz](http://www.cryingoverspiltmilk.co.nz) – About Menu – Join GRSNNZ Network dropdown, or Phone/Text 022 5855 935 or Phone 0800 380 517 to join.
- Try not to talk about group members when they are not in attendance.
- Share the responsibility of making the group work.
- It is a great idea for those members who no longer need support to either become a support parent, host the meeting or still attend if they have the time as their experience is invaluable.
- Please feel free to print fact sheets off our website to hand out to parents. (We can email you a PDF which is easier to print.)
- Please ensure that any information that is not directly from GRSNNZ that you wish to give to group members is OK'd by GRSNNZ beforehand.
- If a member has concern about a member's behaviour please contact GRSNNZ straight away. Any problem will be dealt with confidentially and quickly.
- A host or member may discuss any concerns or ask for help from GRSNNZ staff as we are all bound under a confidentiality agreement which you also agreed to when you joined GRSNNZ. All staff and volunteers must have completed the agreement.

GRSNNZ Board of Trustees  
National Coordinator (Roslyn Ballantyne)