

4P Family Assessment



SSW 201 Family Relationships

Meredith McEvoy

October 30, 2025

Case Study: The Robin and Nimmy Family

Robin (32) and his wife Nimmy (30) recently moved from India to New Zealand with their two young children, Elisia (4) and Evan (2). They are a kind and loving family who decided to move abroad to build a better future for their children. Robin completed a technical course in India and had worked there for a few years before marriage. After getting married, he and Nimmy dreamed of starting a new life overseas, hoping to find better job opportunities and more stability.

However, things have not gone as smoothly as they expected. After moving to New Zealand, Robin has found it very difficult to find a job that matches his qualifications. He has been doing part-time labor jobs to support the family, while Nimmy stays home with the children. Nimmy also faces challenges, as she struggles with the local accent and language, making it hard for her to communicate or make new friends. The couple often feels lonely and isolated in this new environment.

Despite these challenges, they are determined to stay strong for their children. Elisia has recently started preschool, and that has helped them connect with other parents and teachers. The family lives in a small apartment on the outskirts of Auckland and is slowly adjusting to the new culture. As one of my [REDACTED], I have seen how hard they are trying to build a better life, and I feel both proud of their courage and concerned about their well-being.

Place

The place where a family life can deeply shape their experience, especially when they move to a completely new environment. For Robin and Nimmy, moving from India to New Zealand meant leaving behind not only their extended family but also the familiar surroundings, culture, and weather. In India, they lived in a busy neighborhood surrounded by family and friends, where they could easily rely on people for help or companionship. In New Zealand, they live in a quieter area where they know very few people.

The change in place has affected their sense of belonging. The distance from home makes them feel disconnected from their cultural roots and support system. Robin often talks about how he misses the local festivals and community gatherings back home. Nimmy, who used to enjoy visiting relatives and cooking with her mother, now spends most of her time alone with the children. The lack of social connection and community has made them feel emotionally distant and homesick.

At the same time, New Zealand offers them a safe environment and good opportunities for their children's future. They appreciate the cleanliness, friendly neighbors, and the support systems for young families. But still, the feeling of being outsiders in a new land continues to challenge them emotionally. Their story reminds me how the idea of *place* is not only about physical location but also about emotional and cultural belonging.

People

The "People" aspect highlights the importance of relationships and community connections. For Robin and Nimmy, their main circle of support right now is each other.

They share a strong bond and try to stay positive for the sake of their children. However, being away from their extended family has created a huge emotional gap. Back in India, they had grandparents, siblings, and friends who would often visit, celebrate, or help with childcare. In New Zealand, they are mostly on their own.

I noticed that this isolation has affected their confidence and social life. Nimmy told me she sometimes feels shy to talk to other parents at Elisia's preschool because of her accent. Robin has a few co-workers at his part-time job, but they rarely meet outside work. As a result, both of them spend most evenings at home, missing the warmth of family and friendship.

Still, they are trying to build new relationships. They recently joined a local Indian community group that celebrates cultural festivals and supports newcomers. Slowly, they are meeting people who share their background and understand their struggles. This has helped them feel less alone and more accepted. I think that, for families like theirs, having supportive people around can make a huge difference in adapting to a new country.

Protocol

The "Protocol" P focuses on cultural practices, traditions, and respectful ways of being. Robin and Nimmy were both raised in a traditional South Indian Christian family where respect for elders, hospitality, and togetherness are highly valued. In India, they followed cultural customs such as attending Sunday church services, celebrating Onam and Christmas with relatives, and sharing meals with neighbors.

In New Zealand, they are trying to keep some of these traditions alive. They attend church on weekends and celebrate Indian festivals with the few friends they have met. However, they sometimes find it difficult to balance their traditional values with the new culture. For example, they were surprised to see how independent people in New Zealand are and how children are encouraged to express themselves freely. At first, this felt strange to them because in India, children are often taught to listen quietly and respect authority.

This cultural adjustment has sometimes created small misunderstandings, especially when Elisia started preschool. Nimmy worried that teachers might think she was too strict, while the teachers encouraged open communication and play-based learning. Over time, Nimmy began to understand the value of these new cultural norms and started to blend them with her own beliefs. I feel that their ability to adapt while still holding on to their traditions shows great strength and openness.

Protective Factors

Despite the struggles, Robin and Nimmy have several protective factors that help them cope. The first and strongest one is their love and commitment to each other and their children. They always support one another emotionally, even when things are tough. Another protective factor is their faith, which gives them hope and strength. They pray together regularly and believe that things will get better with time.

They also have some practical supports. Robin recently attended a free job-skills workshop organized by a local immigrant center, which helped him update his resume and learn about new job opportunities. Nimmy joined an online mothers' group where

she can talk to other women about parenting and cultural adjustment. Their connection to the Indian community group is also growing, and they now attend cultural events that help them feel closer to home.

These supports show that even though they face difficulties, they have the resilience to move forward. They are using every resource available to create a better life for their children and to rebuild their sense of belonging.

Conclusion

I chose this family for my assessment because they are my [REDACTED], and I have seen their journey closely. Their experience of migration, struggle, and adaptation is something that deeply touched me. Writing about them helped me reflect on how challenging it can be to leave everything behind and start over in a new place. It also made me think about how important it is for families to have emotional and community support during such transitions.

As I worked on this assignment, I realized how much our environment, people, and cultural values shape our mental and emotional well-being. I could see that their struggles are not just about money or language but also about belonging, identity, and adjusting to a different way of life. I learned that social service workers must always look at the *whole picture* of a family, not just their surface problems.

This assignment also helped me reflect on my own values. Coming from a similar background, I understand how much family and culture mean to people like Robin and Nimmy. It reminded me to always be respectful of cultural differences and to listen carefully to people's stories before making judgments.

If I were supporting this family, I would connect them to more community programs for newcomers, language classes, and parenting groups. I would also help them explore employment support services and encourage them to keep their cultural practices alive while learning to adjust to the new environment.

Overall, doing this assessment taught me that every family's story is unique and that as a future social service worker, I need to approach each one with empathy, respect, and an open heart.