

# PARENT *ZONE*

## @ HOME



**Fourteenth Edition**  
**20<sup>th</sup> October 2020**



Parenting challenges everyone.

At ParentZone, we offer all carers and parents a chance to develop and strengthen their parenting skills. ParentZone can help you to bring out the best in your family.

We provide free parenting groups, workshops, resources, and training for parents and the professionals who work with them.

Our programs cater to all ages and stages, from newborns to teenagers. Our skilled and experienced facilitators will tailor the sessions to meet the interests of each group.



ParentZone supports families to

- Improve communication and understanding between carers and children.
- Feel more prepared for the different ages and stages of childhood.
- Learn new ideas and strategies to shape children's behaviour positively and develop their potential.
- Strengthen relationships within the whole family.
- Foster stronger relationships while dealing with loss, disability, trauma, separation or divorce.
- Empower children to deal with their emotions.
- Build a more resilient family that can grow together.



“We all had a laugh and we learned something too. It was great to hear from other parents.”

- Joanna, Gippsland

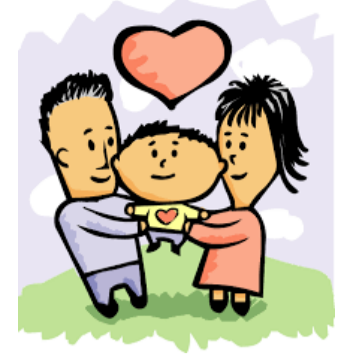
All parents can benefit from parent education and skills development, which can reinforce and expand on what you already know about parenting.

**For parenting support, resources and information** please call ParentZone Gippsland on 03 5135 9555 or email [parentzone.gippsland@anglicarevic.org.au](mailto:parentzone.gippsland@anglicarevic.org.au)

The purpose of this newsletter is to share resources and activities from a range of sources to support our Gippsland ParentZone families. If you would like further information contact ParentZone Gippsland or refer to the original source.



# Special Time



## SPECIAL TIME CHECKLIST



Use this Special Time Checklist to make the most of your special time together.



### NAME IT

Encourage your child to name Special Time so it really is special and they can ask for it.



### FOLLOW THEIR LEAD

Your child is in charge, and they get to do whatever they want within the limits of safety, time and finances.



### LET GO OF YOUR AGENDA

The activity is less important than your undivided attention. Don't answer the door, don't check your messages, don't clean up, don't let your mind wander. Just be with your child. Give them your undivided attention and delight in them!



### ONE CHILD AT A TIME

Special Time works best one on one.



### SET A TIMER

You determine how much time to offer. A timer keeps it clear that you will pay attention the whole time. And you don't have to watch the clock. It's the timer that ends Special Time - not you.



### OFFER 1/3 OF THE TIME YOU HAVE FREE

Big feelings may erupt when the timer goes off. So smart of you to leave a buffer to time to listen to your child's feelings.



### LET SPECIAL TIME END

When the timer goes off, thank your child. Tell them you look forward to doing Special Time again and when it will happen again. If disappointment comes up, you've left a buffer of time to Listen to Feelings.

## hand in hand

### 6 WAYS TO DO SPECIAL TIME WITH SIBLINGS



#### Round Robin Style

Spend 2 minutes each with each child. Do several rounds..



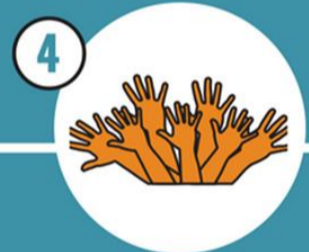
#### Invite a Friend

Have that friend play with one while you do Special Time with the other, then switch.



#### Involve The Sibling

Sibling does what the Special Time sibling wants, and then they trade.



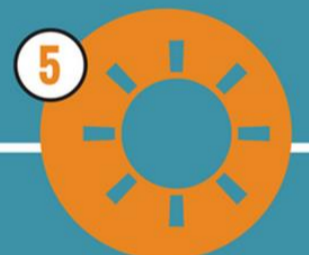
#### Add a Parent

Two parents hang out with all the children except the one getting Special Time. Then swap roles.



#### Online Date

Have someone hang out on video chat with one child while you do special time in another room.



#### Wake Up Early

Spend five minutes doing what they want before every one else is wakes up.





# LET IT ROLL!

## SUPPLIES

- Tray
- Tempera/Poster Paint
- Marbles, small balls, or pebbles
- Spoons
- Paint Cups or Bowls
- Paper cut to fit in the tray



## Set-up

- Pre-cut at least 5 papers to fit in your tray. This project can be exciting and your child may want to make more than one!
- Squeeze paint into cups or bowls, add marbles, and place a spoon in each cup.

## Create

Invite your child to cover the marbles in paint and roll them on the paper. Experiment with rolling the paint. Experiment with color mixing.

## Ask

- What different marks can you make?
- What other objects could we roll in the paint?



# Self-Regulation Coping Strategies

## STUDENTS CAN USE AT SCHOOL





# Pack your child a **HEALTHY LUNCH BOX**



Choose a variety of foods from each food group

**Fruit**



**Vegetables**



**Dairy**



**Wholegrains**



**Lean meat & alternatives**



**A Healthy Lunch Box**



**MAKE WATER YOUR DRINK**



**PACK ICE BRICKS TO KEEP FOOD COOL**



**USE A THERMOS TO KEEP FOOD WARM**



**Health**



# Practice Mindful Parenting, starting today:



*Listen to your child with your full attention.*



*Accept your child (and yourself) without judgment.*



*Imagine your child's feelings and match your response.*



*Manage your own feelings and reactions.*



*Show compassion for yourself and your child.*



## Volcano Breakfast Buns

An easy weekend breakfast or picnic idea that can be made ahead of time and eaten chilled.

Makes 4

Preparation 10 MINS

Cooking 15 MINS

### Ingredients

4 wholegrain rolls

2 slices shaved ham, halved

3/4 cup baby spinach leaves

4 x eggs

1/2 cup grated cheddar cheese

1 tablespoon freshly chopped parsley

sweet paprika, for dusting (optional)



### Method

1. Cut the top third off the rolls and scoop out most of the bread.

2. Line each roll with a piece of ham and spinach leaves. Crack an egg into each roll and sprinkle with cheese, parsley and paprika.

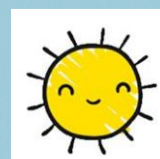
3. Bake at 180°C for 15 minutes or until the rolls and cheese are golden.

If you would like to ask us a question or suggest an idea or recipe for our newsletter please feel free to contact us:

Anita: [anita.weber@anglicarevic.org.au](mailto:anita.weber@anglicarevic.org.au)

Kathy: [kathy.ryan@anglicarevic.org.au](mailto:kathy.ryan@anglicarevic.org.au)

Anita,  
Kathy  
& Lisa





# PARENTZONE GIPPSLAND

## TERM 4 PROGRAMS

### Storytime:

#### Supported Playgroup

Join us online to enjoy songs, stories and fun activities each week.

Tuesdays  
10:30am – 11:30am

Wednesdays  
12:30pm – 1:30pm

Throughout school term  
**Online via Zoom**

### Homework Club:

to assist your children with their homework or just have some fun reading and playing games.

Tuesdays  
3:30pm – 5:00pm

Throughout school term  
**Online via Zoom**

### Breaking The Cycle

For parents and carers of adolescents who are violent or abusive in the home

Thursdays  
15<sup>th</sup> October – 3<sup>rd</sup> December  
10:30am – 12:30pm

**Online via Zoom**

### Let's Talk About Parenting

Learn strategies, share stories and take some time out for you!

Evening: Wednesdays 11<sup>th</sup> November – 9<sup>th</sup> September, 5:30pm – 7:30pm

Dads Matter: Fridays 20<sup>th</sup> November – 18<sup>th</sup> December, 10:30am – 12:30pm

Parenting Teens: Wednesdays 28<sup>th</sup> October – 2<sup>nd</sup> December, 10:30am – 12:30pm

**Online via Zoom**

### Single sessions

Parenting Pre-schoolers: Monday 30<sup>th</sup> November, 10:30am – 12:30pm

Parenting Anxious Kids: Monday 7<sup>th</sup> December, 10:30am – 12:30pm

Self-care for Parents: Monday 14<sup>th</sup> December, 10:30am – 12:30pm

**Online via Zoom**

For more information or to register please contact –  
ParentZone Gippsland on 5135 9555  
or email [Parentzone.Gippsland@anglicarevic.org.au](mailto:Parentzone.Gippsland@anglicarevic.org.au)

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