

PARENTZONE

@ HOME



Sixteenth Edition
17th November 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.



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

- Joanna, Gippsland



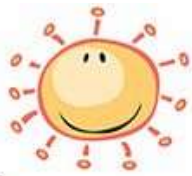
ParentZone supports families to

- 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.

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

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.



10 SUPER-FUN WAYS

TO MAKE YOUR SUMMER LAST A LITTLE LONGER



1 Room revamp



Redesign, rearrange, repaint, or redecorate your room. Make it into a space that makes you happy. A little change goes a long way.

2 It's A Wash!

Offer to wash someone's car for a small fee. Or do it for free; you may be surprised at the reward you receive.



3 Chill Out and Read



Find a spot (under a tree, or even in the tub), and read that book (or books) you've always wanted to. And remember, it's not a race. Take your time and enjoy the journey the author is taking you on.

4 Camp Out!

Whether outside or in the living room, with a tent or a blanket; find a space, set up camp, and invite some friends (animal or otherwise) and have fun!



5 The Rural Mural

Find some butcher paper or an old sheet, grab a few markers (or whatever—see Dirt+Water) and draw a mural of your city or town. Ask friends to help, or draw them into your artwork, then proudly display the masterpiece in your room.



6 Water+Dirt=Art

There's nothing better than mud for all kinds of art projects. Find a good spot, stir up the soil with a garden spade (or large fork), add water, and let your imagination do the rest. Add dry grass or straw as a binder, and let your mess-terpiece dry in the sun for a couple of days. BTW, you will get dirty. :-)



7 Solar System from the Store

Pick up a solar system at the store:

- Mercury (green pea)
- Venus (walnut in shell)
- Earth (pearl onion)
- Mars (cherry tomato)
- Jupiter (10-inch head of lettuce)
- Saturn (8-inch cabbage)
- Uranus (grapefruit)
- Neptune (large orange)

What kind of dinner can you make from your solar system? (If you want to include Pluto, pick up a peppercorn.)



8 Be Knotty!

There are hundreds of kinds of knots. Spend some time this summer learning a few. They can come in very handy. Search wikipedia for "list of knots."



BOWLINE>

9 Be Big About It!

Find a bright flashlight, prop it up with a stick (or have a friend help), and step between it and a large building or house. Watch yourself grow many feet in a few seconds.



10 It Fingers

Learn ASL sign language (at least the 26 characters of the alphabet) and have a conversation with a friend. The more you practice, the faster you will get.



Courtesy KIDS DISCOVER Magazine; Infotoon: Michael Kline [dogfoose.com]. For more fun, read Summer Fun by Susan Williamson.

TIPS TO BUILD EMOTIONAL RESILIENCE IN KIDS

Spend quality time with kids. When they feel loved and supported, children develop emotional strength.

Talk about feelings so your child learns to share their worries and fears with people they trust.

Instead of rushing to solve problems, give kids time to work things out themselves.

When children experience failure or disappointment, it's important to praise their effort and encourage them to try again.

Acknowledge your own mistakes to teach kids that mistakes are essential for learning and growth.

If your child can't find a solution to a problem, use gentle questioning to guide them towards it.

Ensure kids are eating well and getting enough sleep and exercise.



Self-Care Bear

This is your reminder

to take a sip of

water right now,

fill up your water

bottle, or go get

something to

drink!



BlessingManifesting

5 CALMING TOOLS For Kids with ANXIETY

1. BELLY BREATHING

PLACE HAND ON BELLY. BREATHING IN THROUGH NOSE, SLOWLY FILL UP BELLY LIKE A BALLOON. THEN, SLOWLY LET AIR OUT THROUGH MOUTH. REPEAT.



2. CALMING KIT

IT'S GROUNDING TO ENGAGE THE SENSES, SO FILL A SMALL BOX WITH THINGS LIKE: ESSENTIAL OILS, MINTS, SILK, SMALL BELL, AND COMFORTING PICTURES.



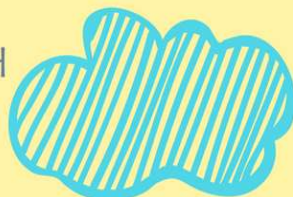
3. ILLUSTRATE YOUR WORRY

"WE ARE NOT OUR FEELINGS." A CHILD CAN FEEL EMPOWERED BY DRAWING THE WORRY AS IF IT WERE A CREATURE.



4. THOUGHT CLOUDS

CLOSE EYES AND IMAGINE EACH THOUGHT IS A CLOUD. WATCH EACH ONE FLOAT AWAY.



5. TEN "WORRY MINUTES"

ALLOW 10 MINUTES OF SAFE WORRY TIME. WRITE OR DRAW WORRIES, PUT THEM IN A BOX AND WALK AWAY.



HOW TO PRAISE YOUR KIDS



PARENT'S CHEAT SHEET TO PRAISING KIDS

by Big Life Journal

Positive words to use

creative	open-minded	reliable
thoughtful	independent	determined
kind	cooperative	enthusiastic
confident	hardworking	optimistic
adventurous	respectful	positive
generous	trusting	skilled
organized	grateful	patient
curious	resilient	focused
tolerant	brave	insightful
grateful	helpful	innovative
friendly	polite	inventive

Praise beyond achievements

- Their **appreciation** of art.
- Their **excitement** about simple things.
- Their willingness to **ask for help** when they need it.
- Their **care** for grandparents.
- Their **ideas** on how to **improve** things.
- Their **curiosity** about the world and people.
- Their endless **imagination**.
- Their **care** for plants and animals.
- Their **positive outlook** on things.
- Their **patience**.
- Their **focused attention**.

SUPER FUN EXERCISES FOR KIDS

what's *fit activity for kids* your name!

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- | | |
|---|--|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |

HOW TO TEACH **PROBLEM-SOLVING** TO CHILDREN

A GUIDE FOR PARENTS

STEP 1 WHAT AM I FEELING?



Noticing and naming emotions diffuse their charge and gives your child a chance to take a step back. Explain that ALL emotions are acceptable, there are NO "bad" emotions. If needed, guide your child to a calming space to process their emotions so they can problem-solve, learn and grow.

STEP 2 WHAT'S THE PROBLEM?



Guide your child to formulate the problem. Repeat back what they said, "So you're saying..." This will help them feel heard and understood. Help them take responsibility for the problem rather than pointing fingers.

STEP 3 WHAT ARE THE SOLUTIONS?



Encourage your child to list as many solutions as possible. Write them down. At this point, they don't even need to be "good" solutions, you're just brainstorming. Say, "What are some things you can do to fix this?" Help to brainstorm some ideas if they need more support.

STEP 4 WHAT WOULD HAPPEN IF...?



Ask, "What would happen if you tried these solutions?", "Is the solution safe and fair?", "How will it make others feel?" It's important for your child to consider both positive and negative consequences of their actions. Ask, "What do you think will happen next? What do you think would happen if...?"

STEP 5 WHICH ONE WILL I TRY?



Guide your child to pick one or more solutions to try. If the solution doesn't work, go back to the list. They've learned valuable information and can move on to a new approach. Encourage your child to keep trying until the problem is solved. Ask, "What did you learn? What was easy? What was hard? What would you do differently next time?"

Choc Coconut Balls



These little sweet treats are perfect for a snack and they are lots of fun to make. This exercise encourages children to count and measure. It is hands-on and as such allows children to practice their fine motor skills. More than anything, it is an interactive task that brings you together to make something from scratch, learning about flavours, textures, aromas and the joy that brings!

What you need:

- 1 packet of Marie Biscuits
(or any sweet, plain biscuit)
- 1 teaspoon of vanilla essence
- 1 can of condensed milk
- 1 bag of desiccated coconut
- Cocoa powder

Utensils:

- 2 x mixing bowl
- A wooden spoon
- Electric food processor/blender
(or baking paper and rolling pin)



What to do:

Let's prep

+ Crush up the biscuits until they are crumbled into small morsels. You can do this in a blender or food processor- or you can put them between baking paper and allow your children to crush the biscuits with a rolling pin.

+ Pour the crushed biscuits into one of your mixing bowls. To this add:

- 1/4 cup of cocoa powder
- 1/4 cup of desiccated coconut
- 1 teaspoon of vanilla essence
- 1 can of condensed milk

+ Mix all of this until combined

+ In an empty mixing bowl, put one cup of desiccated coconut

Now for the fun bit!

+ Roll the mixture into little balls and drop them in the desiccated coconut

+ Put on nice plate or place in a container to rest in the fridge for a few hours then...

Bon appetite! *Try not to eat them all at once!*



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
15th October – 3rd December
10:30am – 12:30pm

Online via Zoom

Let's Talk About Parenting

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

Morning: Fridays 16th October – 13th November, 10:30am – 12:30pm

Evening: Wednesdays 11th November – 9th September, 5:30pm – 7:30pm

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

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

Online via Zoom

Single sessions

Understanding Your Child's Behaviour:

Wednesday 14th October, 10:30am – 12:30pm

Risky Business: Tough Conversations with

Teens: Wednesday 21st October, 10:30am – 12:30pm

Parenting Pre-schoolers:

Monday 30th November, 10:30am – 12:30pm

Parenting Anxious Kids:

Monday 7th December, 10:30am – 12:30pm

Self-care for Parents:

Monday 14th 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

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