

# PARENTZONE

## @ HOME



**April 2021**

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](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.



# ParentZone Gippsland

## Term 2 Programs 2021

### **Breaking The Cycle**

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

Fridays  
30<sup>th</sup> April – 18<sup>th</sup> June  
10:00am – 12:00pm

**Online via Zoom**

### **Afterschool Family**

#### **Connections:**

For parents and carers to build connections with their children.

Tuesdays  
Throughout school term  
3:30pm – 5:00pm

**Churchill Community Hub**

### **Dads Matter**

A group for Dads the talk about parenting, share stories and learn new strategies.

Thursdays  
29<sup>th</sup> April – 27<sup>th</sup> May  
10:00am – 12:00pm

**Online via Zoom**

### **Supported Playgroups**

Join us to enjoy songs, stories and fun activities each week during school term.

**Mondays:** Morwell, 10:00am – 12:00pm

**Tuesdays:** Morwell, 10:00am – 12:00pm

**Wednesdays:** Morwell, 10:00am – 12:00pm

**Wednesdays:** Churchill, 10:00am – 12:00pm

**Fridays:** Churchill, 9:30am – 11:30am

### **Single sessions**

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

**Parenting Anxious Kids:** Thursday 10<sup>th</sup> June, 10:00am – 12:00pm

**Understanding Your Child's Behaviour:** Thursday 17<sup>th</sup> June, 10:00am – 12:00pm

**Self Care for Parents:** Thursday 24<sup>th</sup> June, 10:00am – 12:00pm

### **Let's Talk About Parenting**

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

**Warragul:** Warragul Specialist Centre, Tuesdays 27<sup>th</sup> April – 25<sup>th</sup> May, 9:30am – 11:30am

**Toora:** Toora Primary School, Thursdays 29<sup>th</sup> April – 27<sup>th</sup> May, 9:00am – 11:00am

**East Bairnsdale:** East Bairnsdale HUB Wednesdays: 12<sup>th</sup> May – 16<sup>th</sup> June (no session 2<sup>nd</sup> June), 11:00am – 1:00pm

**Online via Zoom – Mornings:** Wednesdays 26<sup>th</sup> May – 23<sup>rd</sup> June, 10:00am – 12:00pm

**Online via Zoom – Evenings:** Wednesdays 21<sup>st</sup> April – 19<sup>th</sup> May, 5:30pm – 7:30pm

**COST: FREE Bookings essential.**

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)

**PARENTZONE**

# ELECTRONICS PLAN

## THE 5 MINUTE RULE

- Give a 5 minute warning before electronics time is done.



## ASK & PLAN

- Instead of saying, "ok time is up," work together to come up with a plan.
- Ask "how long do you think it's going to take to finish what you're doing?"

## USE A VISUAL AND AN AUDITORY TIMER

- Make it visual. Use a visual timer so they can see time ticking away.
- Use an auditory reminder. Alexa works for this.



## MAKE AN ELECTRONICS TIME SCHEDULE

- Set up expectations ahead of time for when electronics can happen throughout the day.
- Example times are right before school (if there is enough time), after school, and after dinner.

## MAKE A PLAN FOR WHEN THINGS DON'T GO AS PLANNED

- Set expectations ahead of time that if they don't finish, they won't be able to do the next electronic time.
- Talk about how electronics are a privilege and they come with expectations and responsibilities.
- If we can't be responsible, then we don't need to be doing it.



## NINJA TIP

**Have a Family Meeting.** The main idea is to have kids on board with you. Have a short family meeting at night to talk about wins and problems that need to be solved. They can bring things to the table for discussion.



incase YOU need to KNOW incase  
SOMEBODY forgot to tell You ♥ incase YOU  
EVER questioned it → YOU are EVERYTHING  
You've ever needed to be @: EVERY CELL  
of You is PERFECT \* EVERY molecule  
of You is DIVINE 🌿 Right as You are,  
Right NOW → You were born to be YOU ♥  
JUST as You ARE 🌈 You were BORN to  
love & ENJOY & CELEBRATE all of YOU ☀️  
You WERE BORN TO HAVE fun with this @  
You were BORN to GLOW & BLOOM  
in Your own beautiful way 🌸 You weren't BORN  
to SECOND GUESS yourself \*\* You weren't BORN  
to WONDER if You are worthy 👑 You inherently &  
IRREVOCABLY ARE ♥ That Worthiness is at the DEEPEST  
PART OF YOUR BEING 📐 You weren't BORN to  
compare YOURSELF 💎 AFTER ALL, we can't  
compare 2 MIRACLES, 2 shooting stars,  
so how on earth can we compare two souls?  
If You've ever WONDERED, TRUST ME: ♥  
you are loved ♥ WILDLY + FULLY: ☆:  
BY those SEEN & UNSEEN 👁️ You ARE  
ENTIRELY lovable ♥♥ EASILY  
adorable 🌿 EXQUISITELY scrumptious,  
in all Your hardness & softness, in all  
Your strength & in all Your breaks.  
You WERE BORN to be here • You WERE BORN to be you



# 4 Ingredient Milo Weet-Bix Balls

The easiest Milo Weet-Bix Balls made from just 4 ingredients (Weet-Bix, Milo, condensed milk and coconut) ... and only 10 minutes prep time!



5 from 13 votes

Course: Snacks   Cuisine: kids parties   Keyword: Milo Weet-Bix Balls   Prep Time: 10 minutes  
Total Time: 10 minutes   Servings: 30 balls   Calories: 104kcal   Author: Lucy - Bake Play Smile

## Equipment

- food processor, blender or Thermomix

## Ingredients

- 10 Weet-Bix
- ¼ cup (25g) Milo (malted milk powder)
- 1 cup (100g) desiccated coconut
- 395 g sweetened condensed milk
- extra coconut and sprinkles (100s and 1000s), for rolling

## Instructions

### Conventional Method

1. Place the Weet-Bix into a food processor and process until they resemble fine crumbs (you could also use a rolling pin instead).
2. Place the Weet-Bix into a large bowl and add the Milo, coconut and condensed milk and mix together.
3. Roll heaped teaspoons of the mixture into balls.
4. Roll in the extra coconut to coat. Store in an airtight container for up to a week.

### Thermomix Method

1. Place the Weet-Bix into the Thermomix bowl and crush on Speed 8, 10 seconds.
2. Add the Milo, coconut and condensed milk and mix on Speed 4, 10 seconds. Scrape down the sides of the bowl and mix for a further 5 seconds.
3. Roll heaped teaspoons of the mixture into balls.
4. Roll in the extra coconut to coat. Store in an airtight container for up to a week.

## Nutrition

Calories: 104kcal | Carbohydrates: 11g | Protein: 2g | Fat: 6g | Saturated Fat: 5g | Cholesterol: 5mg | Sodium: 30mg | Potassium: 109mg | Fiber: 1g | Sugar: 9g | Vitamin A: 50IU | Vitamin C: 0.5mg | Calcium: 45mg | Iron: 0.4mg

