

PARENT *ZONE*

@ HOME



Being a parent is the most important and challenging job in today's changing world.

Parentzone promotes the independence and healthy development of families with children aged 0-18 years through the provision of support, information, education, advice and resources to parents/carers.



WHO DO WE SUPPORT?

- Mothers and fathers
- New parents
- Expectant parents
- Single parents
- Teen parents
- Parents in blended and step families
- Grandparents and kinship carers raising children
- Indigenous parents
- Isolated parents
- Parents with multicultural background
- Parents of children with special needs
- Parents who are ordered to undertake parenting education
- Fathers in prison
- Fathers on community corrections orders
- Foster Care givers
- Friends and relatives



For one on one parenting support, resources and information please call

Parentzone Gippsland on 03 5135 9555 or email parentzone.gippsland@anglicarevic.org.au

This service is Monday – Friday 9am - 5pm but is not always manned.

Messages are normally returned within 1 business day.

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

The importance of Sleep

While sleep is an individual thing and some children need more than others, giving your child a strong bedtime routine is important for their health, well-being and learning.



Benefits of a good nights sleep...

Your child's brain needs sleep to restore resources that were used up during the day.

A well-rested brain can solve problems, learn new information and enjoy the day a lot more than a tired brain.

Some areas of your child's brain are even more active while they sleep.

Children who consistently get a good night's sleep:

- Are more Creative
- Can concentrate on tasks for longer
- Have better problem-solving abilities
- Are better able to make positive decisions
- Are more able to learn and remember new things
- Have more energy during the day
- Can create and maintain good relations with others.

kidsfirst CHILDREN'S SERVICES							
How much sleep does your child need?							
wake-up time:							
AGE	6:00am	6:15am	6:30am	6:45am	7:00am	7:15am	7:30am
Bed-time							
3 *	6:30pm	6:45pm	7:00pm	7:15pm	7:30pm	7:45pm	8:00pm
4 *	7:00pm	7:15pm	7:30pm	7:45pm	8:00pm	8:15pm	8:30pm
5	6:45pm	7:00pm	7:15pm	7:30pm	7:45pm	8:00pm	8:15pm
6	7:00pm	7:00pm	7:15pm	7:30pm	7:45pm	8:00pm	8:30pm
7	7:15pm	7:30pm	7:45pm	8:00pm	8:15pm	8:30pm	8:45pm
8	7:30pm	7:45pm	8:00pm	8:15pm	8:30pm	8:45pm	9:00pm
9	7:45pm	8:00pm	8:15pm	8:30pm	8:45pm	9:00pm	9:15pm
10	8:00pm	8:15pm	8:30pm	8:45pm	9:00pm	9:15pm	9:30pm
11	8:15pm	8:30pm	8:45pm	9:00pm	9:15pm	9:30pm	9:45pm
12	8:30pm	8:45pm	9:00pm	9:15pm	9:30pm	9:45pm	10:00pm
13	8:45pm	9:00pm	9:15pm	9:30pm	9:45pm	10:pm	8:45pm

* Plus a daytime nap of between 1 and 3 hours' duration

Better sleep for children

Daytime habits to improve sleep



Physical activity and natural light during the day can help your child's body produce melatonin at the right time each night.



Your child should avoid caffeine after 3 pm. Caffeine is a stimulant, which can make it harder for your child to sleep at night.

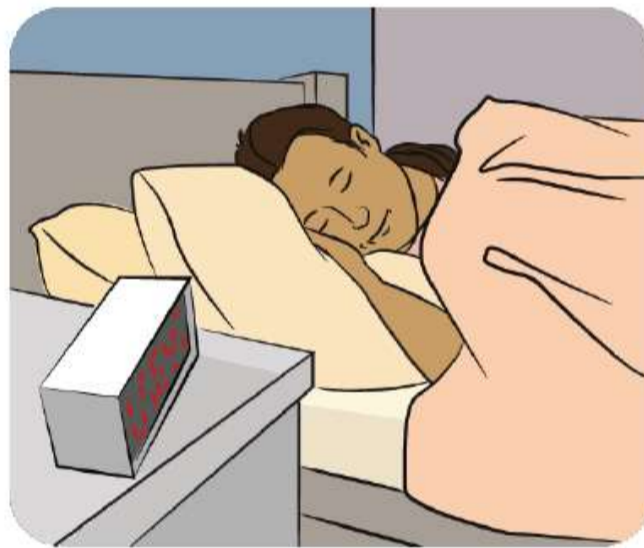


Sleeping during the day can make it harder to get to sleep at night. Your child should keep naps to 20 minutes, and avoid naps close to bedtime.

Bedtime habits to help children to sleep better at night



Encourage your child to wind down before bed. Your child could try reading, quiet music or a warm bath.



Encourage your child to go to bed at the same time every night.



Make sure your child falls asleep in bed each night, rather than in a family area.

Good habits to help children wake up



Keep computers, TVs and mobile phones out of bedrooms. Using devices instead of sleeping makes your child tired in the morning.



Keep wake-up times on school days and weekends to within two hours of each other. This helps your child's body clock get into a regular rhythm.



Let the sunshine in! Sunshine helps switch off melatonin, so your child feels ready to wake up.

Family Fun before Bedtime



Pick each others pyjamas and both parent and children put them on at the same time

Share 5 favourite things about your child with them.

Make up a bedtime story where someone in the family is the main character and the children guess which family member it is.



Read a bedtime story in a silly voice

Make up your own knock-knock jokes

Communicate only through gestures and hand signals

Listen to each others favourite songs together

Plan breakfast for the following day

Try some fun yoga poses

Try a guided meditation

Write poems together

Colour in or draw

Journal together or next to each other

Put a puzzle together

Play a board game

Build a collaborative LEGO creation

Write a song together

List 10 things you are grateful for

Read or listen to a book



Have a bedtime snack together

Colour in a calming book

Lay out clothes for the following day

Put up glow stars on the ceiling and make a wish

List every feeling you had today

Look through a family photo album

Share your family tree/ancestors with your children

Write or draw a letter to someone

Make up new rules for an old board game

Bedtime Routine

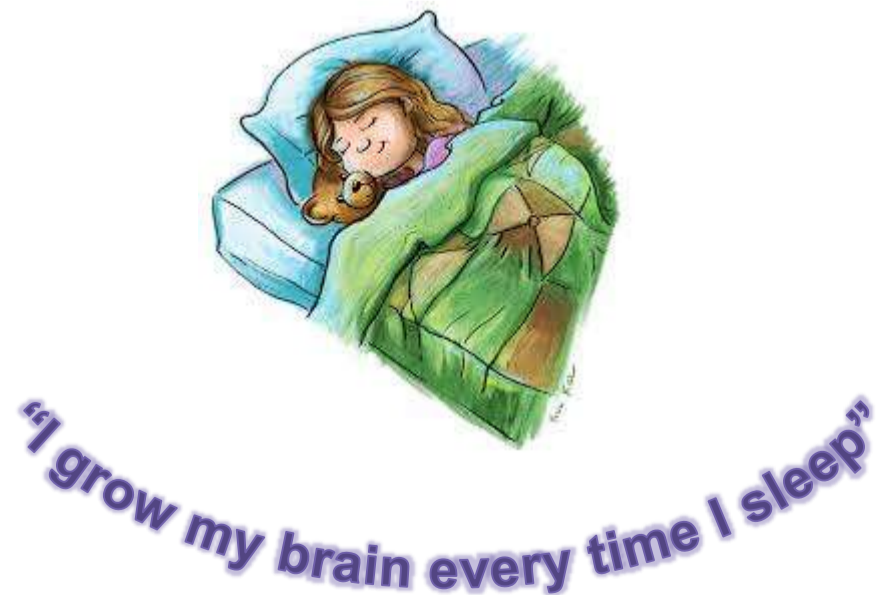
- Let them own their routine
- Create a checklist of things that help them sleep
- Give them choices from limited options – which pair of pyjamas, who gets to bathe first
- Give specifics like the exact number of books, songs, kisses they want
- Turn on soothing music and choose track they like or listen to an audio book or podcast



"I sleep well and wake up feeling rested and ready for my day"

- Connect through rituals
- Reflect on what went well during the day
- Kiss, cuddle and say goodnight to each other
- Read a story together
- Brush your child's hair
- Collect teddy and blanket and cuddle
- Brushing teeth and washing face
- Tuck them in tight

- Create a soothing atmosphere
- Engage your child's senses....
- Sight: dimmed lights,
- Touch: warm bath, back rub, cuddles
- Sound: soothing music, speaking in quiet voices, lullabies
- Taste: soothing cool water and minty fresh toothpaste
- Smell: find a smell that is calming
- Pick a dream to have tonight or discuss favourite ways to feel calm



Sleep relaxation for children

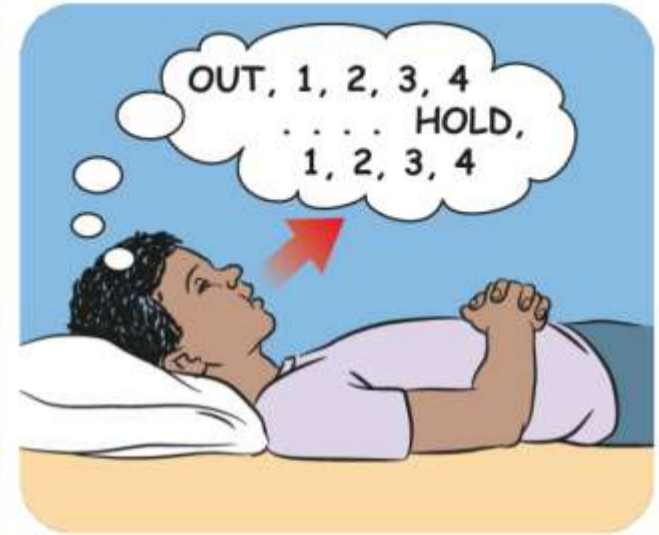
Deep Breathing for sleep relaxation



Deep breathing can help children relax. Bubble-blowing can help your child learn and practise how to slowly breathe in and out.



At bedtime, get your child to relax his shoulders. Ask him to **breathe in for four counts** (count, 'One rabbit, two rabbit, three rabbit, four rabbit'). Hold the breath in for four counts.



Ask your child to **breathe out for four counts**. Hold the breath out for four counts. Repeat up to four times. Tell your child that deep breathing gets easier with daily practice.

Using pictures for sleep relaxation



Choose a book with pictures of a place your child can imagine (avoid scary pictures). Talk about the picture and ask your child if she can see it in her mind.



The more your child can learn to create pictures in her mind, the more it can help her relax. She can use her imagination to change the picture if she wants.

Sleep relaxation after a busy day



After a busy day at school, a bedtime routine can help get your child ready for [sleep](#). A quiet, dimly lit place to sleep will help your child settle in for the night.



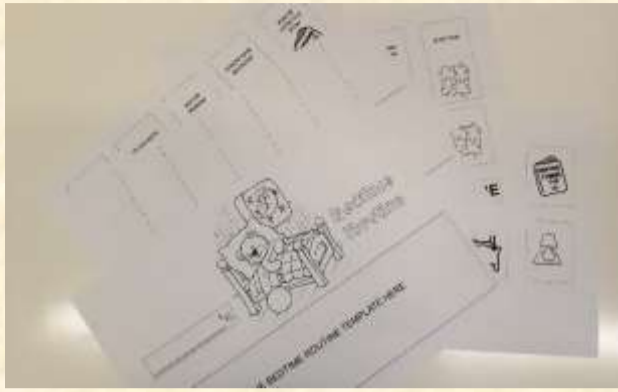
Try to keep the bedroom free from screens like computers, TVs and phones. Playing games and watching TV takes up sleep time. And the blue light from screens can make it harder for your child to fall asleep.



Try a worry box. Before bedtime, your child can draw or write down his worries. At bedtime, he can put these worries in a box. During the day, you can talk about the worries and try to think of solutions.

Make a bedtime routine chart

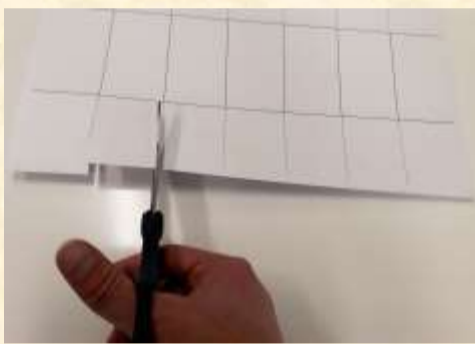
1. Print out the template.
Make sure it is single sided.



2. Colour in



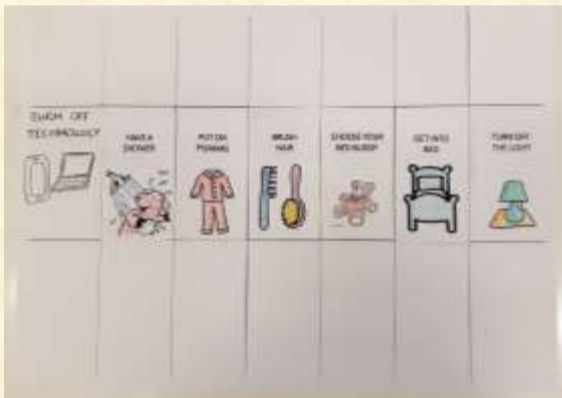
3. Cut along the dotted lines. Be careful not to cut past the solid line.



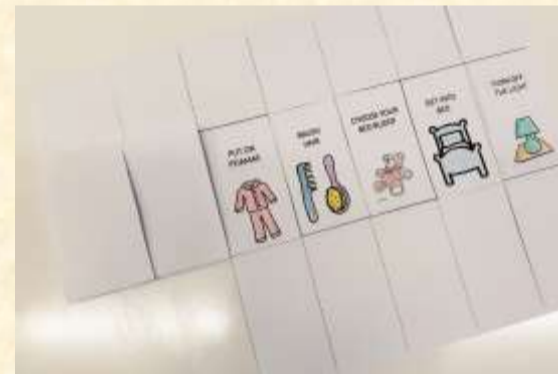
4. Choose 7 options and colour or draw your own. Also colour the same picture in the square.



5. Glue them onto the gridded page like shown



6. Fold over the flaps bottom flap first.



7. Glue the word done on the bottom of the chart as shown and then fold over top flap.



8. Glue the squares onto the outside of the top flap as shown



9. Glue the bedtime routine to the chart as shown



10. You have created your chart!

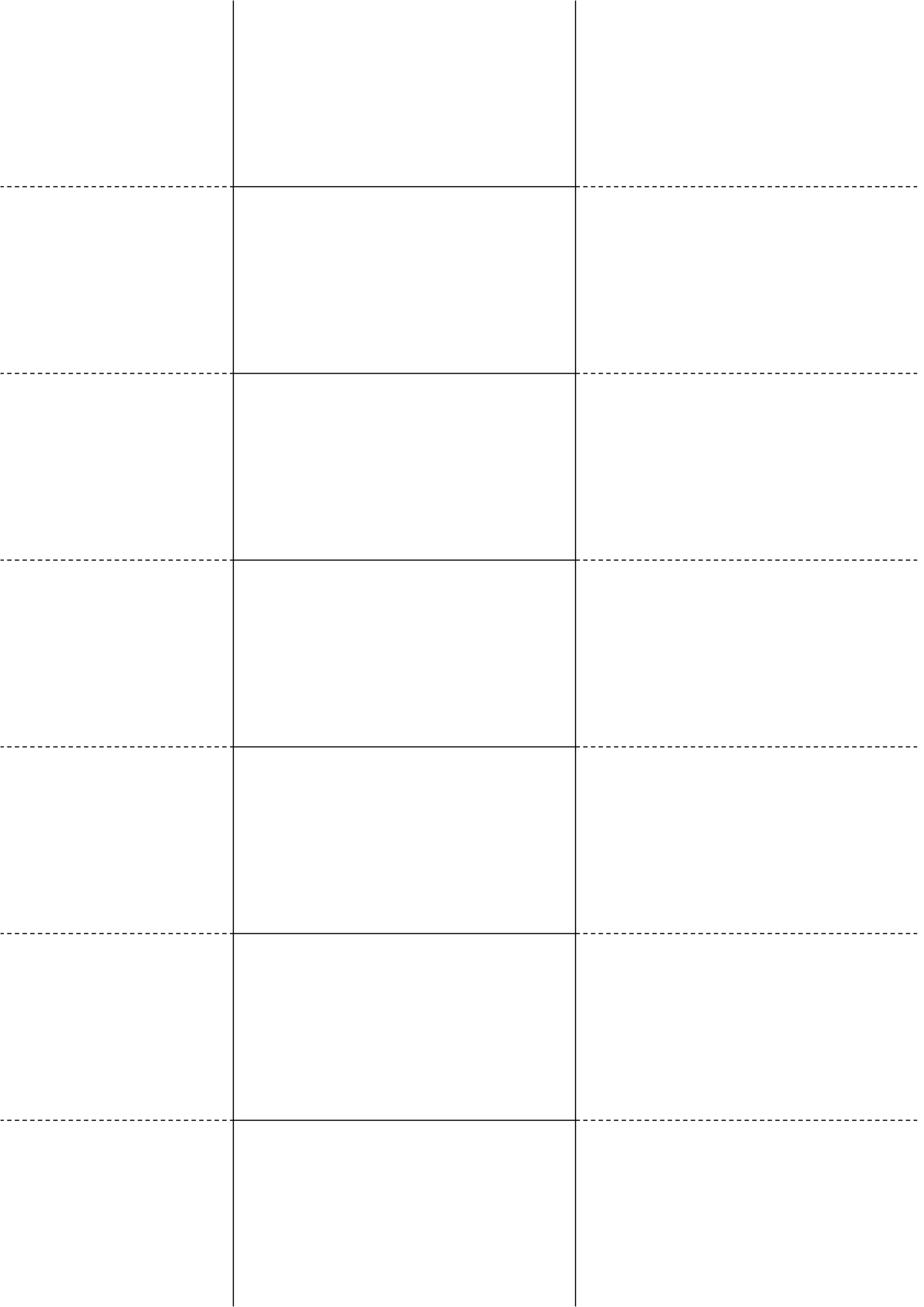




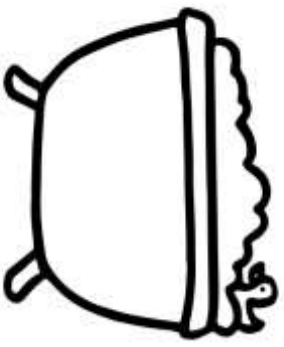
_____ 's

Bedtime Routine

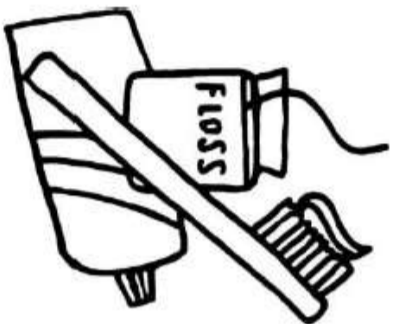
GLUE BEDTIME ROUTINE TEMPLATE HERE



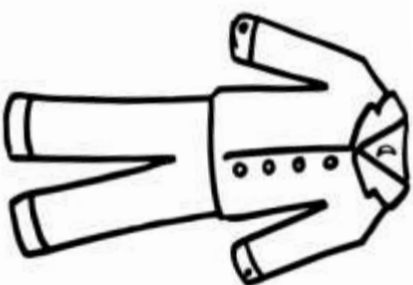
HAVE A BATH



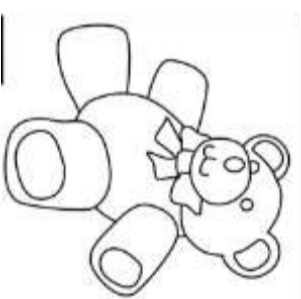
BRUSH TEETH



PUT ON
PYJAMAS



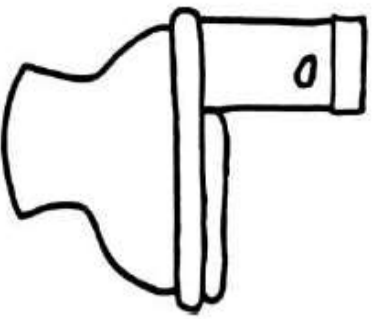
CHOOSE YOUR
BED BUDDY



READ OR
LISTEN TO A
STORY



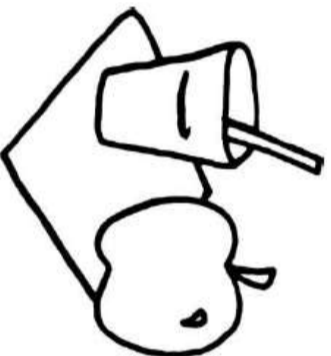
GO TO THE
TOILET



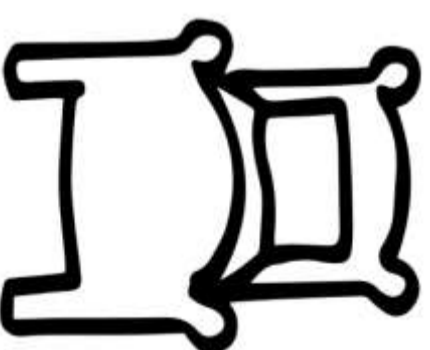
LISTEN TO
CALMING MUSIC



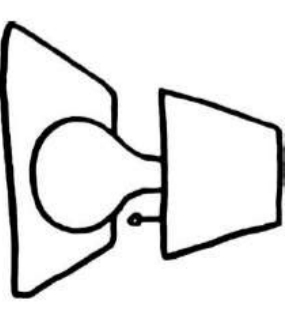
EAT A SNACK &
HAVE A DRINK



GET INTO
BED



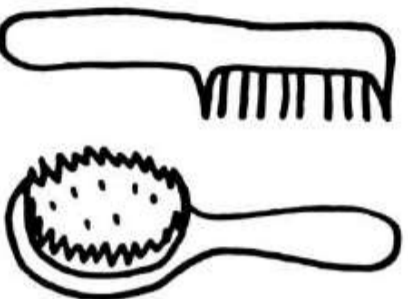
TURN OFF
THE LIGHT



SAY GOODNIGHT



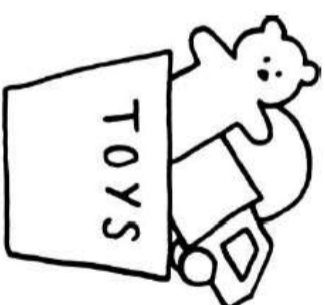
BRUSH
HAIR



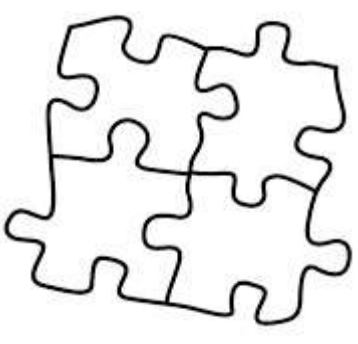
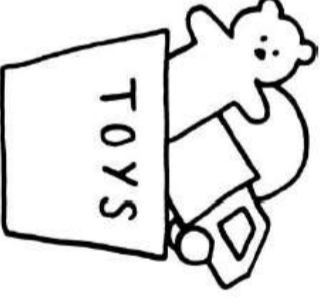
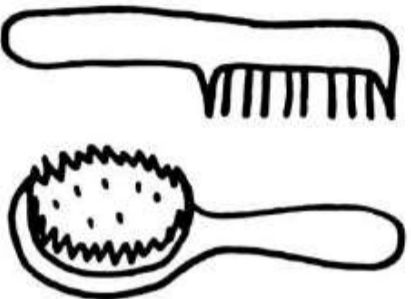
HAVE A
SHOWER



PACK AWAY
YOUR TOYS



QUIET TIME



DONE

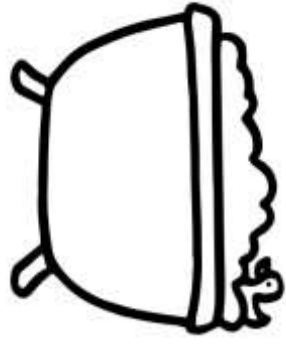
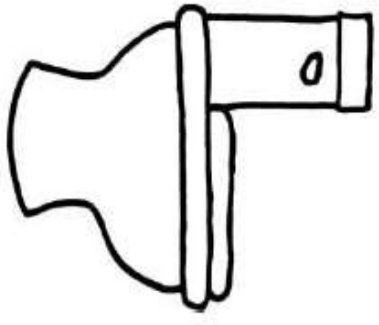
DONE

DONE

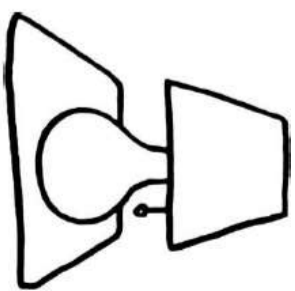
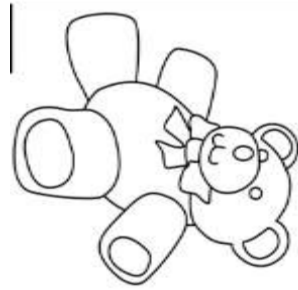
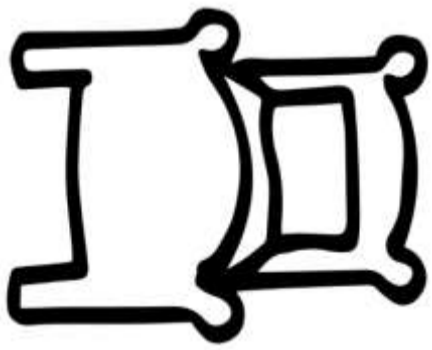
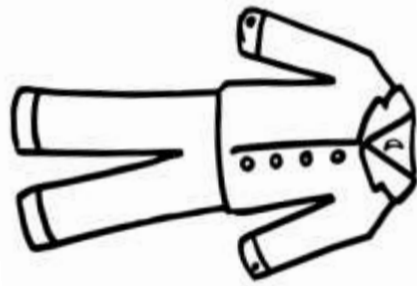
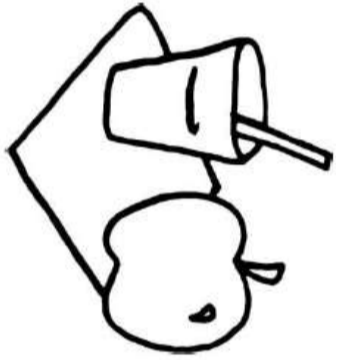
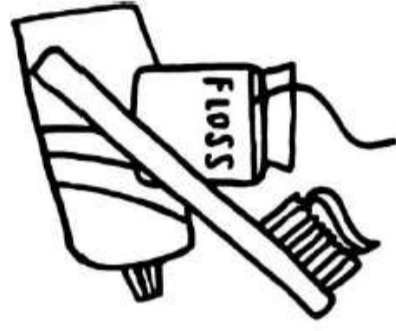
DONE

DONE

DONE



DONE



Bananas are a great food to help aid your sleep.

They are a great source of potassium and magnesium, which allow your body's muscles to relax. Bananas also contain tryptophan, an amino acid that helps your body to produce serotonin that aids your body to regulate sleep. So, next time you get the late night munchies, reach for that banana. Your body will thank you for this perfect bedtime snack!



Easy banana bread

Serves 10

Prep 0:10

COOK 0:55

This banana bread is too easy to make.

Literally mix the ingredients together and pop it in the oven for a delicious banana bread that you're sure to love.

Ingredients

- 2 cups self-raising flour
- 1 tsp bicarbonate of soda
- 2/3 cup caster sugar
- 2 bananas (mashed)
- 1 tsp Vanilla essence
- 2 eggs
- 1 cup light milk
- 1 tbs light olive oil



Method

1. Preheat oven to 180°C (160°C fan-forced).
2. Mix flour, bicarbonate of soda and sugar in a bowl with mashed banana, Vanilla, eggs, milk and oil.
3. Spoon into a loaf tin and bake for 50-60 minutes or until a skewer inserted in centre comes out clean.