

# PARENTZONE

# @ HOME



**Seventeenth Edition**  
**1<sup>st</sup> December 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](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.

# CONNECTING WITH *kids*

A step by step guide to effective emotion coaching.

## What to do for **YOUR CHILD**

### 1. Become aware of your child's feelings.

Only 7% of a person's communication comes from words. Pay extra attention to their non-verbals!

- Observe body language and behaviour.
- Note the tone of voice.
- Listen to their words.

### 3. Connect through empathy.

Soothing words and affection are great ways to show you care.



### 4. Encourage your child to talk about their feelings and listen without judgment.

- Allow them to speak.
- Use open ended questions to encourage sharing.
- Seek clarification.
- Paraphrase.

### 6. Help them name their emotions and show you understand.

Naming emotions helps kids identify each different feeling they experience. This helps them understand themselves better.

### 7. Help your child problem solve.

- Use open ended questions to provoke thought & discussion.
- Help them expand their thinking to take other people's feelings into account.
- Set limits on unacceptable behaviour.

Move to this step only when your child feels validated and has calmed down. Otherwise, problem solving will not be effective.

## What to do for **YOU**

### 2. Become aware of your own feelings in response to your child's emotions.

Trigger alert! The way your child displays their emotions can impact how you feel. Pay attention to how you react to your child when they express their feelings.

Stay present in the Moment. Look past their behaviour to focus on the feelings behind. Extreme behaviour signals strong emotions.

Did you know: when you are angry, you can't be empathetic. The empathy part of the brain shuts down during anger, making it almost impossible to connect with your child.

### 5. Maintain awareness of, and focus on, your child's feelings.

If your emotions start to interfere with your ability to connect empathetically with your child, use strategies to calm down and re-centre yourself, such as:

- Re-read these steps.
- Get yourself a drink of water.
- Take some deep breaths.

If you find yourself repeatedly triggered by your child's emotions, it is useful to discover why. Understanding the cause of your triggers can bring you greater self-awareness and peace.

### 8. Resist the temptation to solve the problem for them.

If you try to solve the problem for them it sends a message you don't trust them to solve their problems. This can leave them feeling insecure in their own abilities.

The result: kids who regulate their emotions better, are more confident and have higher emotional intelligence. Your home will be more peaceful too!



# WHAT CAN HELP...

## COPIING STRATEGIES PRINTABLES



when I feel stress:



Exercise



Play  
Outside

Discover  
Treasures  
in Nature



When I feel blah or BORED:



Play a Board Game

Build



when I feel alone:

Listen to  
Music



Cuddle or  
Play with  
Your Pet



when I feel sad or hurt:



Get a Hug



Journal or  
Write a  
Letter



WHEN I FEEL ANGRY:

Ride a Bike or  
Skateboard



Jump On  
A Trampoline

when I feel worried:



Create  
Origami

Visualize a  
Calm  
& Peaceful  
Place



# BRAIN BREAK TIC TAC TOE



Players will play Tic Tac Toe just like the original game. However, after placing an X or O in a square, one, or both, players will need to complete the activity in the box.

Make a card for someone.	Go for a walk.	Read a book.	Help to bake or cook something.	Play a card game.	Clean and organize your closet.
Draw a picture.	Research two facts about an animal.	Have a dance party.	Draw with sidewalk chalk.	Go on a nature walk.	Draw or create a new invention.
Set a timer for 10 minutes and clean.	Play a board game.	Complete a craft.	Make an obstacle course.	Read a book.	Write a letter to someone.

Sort toys to donate.	Set a timer and organize something.	Write a story.	Build something.	Read a book.	Play a board game.
Color a picture.	Read a book.	Create a vision or gratitude board.	Make a fort.	Have a scavenger hunt.	Go for a walk.
Do a puzzle.	Create a toothpick tower.	Play an educational game.	Draw a picture for someone.	Play with Play-Doh.	Make up a game to play.

# 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?

# Makeover LEMON SLICE



## Lemon slice

Serves 15 Cost per serve \$0.34

Time to make 30 min

- 1 cup plain flour
- ½ cup self-raising flour
- ¾ cup caster sugar
- 125g reduced-fat table spread
- 1 egg, separated
- ¾ cup light thickened cream
- Zest of 2 large lemons
- ¾ cup lemon juice
- 2 tablespoons cornflour
- 1 tablespoon icing sugar

- 1 Preheat oven to 180°C. Line a 30cm x 20cm slice tin with baking paper. Combine flours and ¼ cup sugar in a large bowl.
- 2 Place table spread into a small saucepan and place over low

heat for several minutes, until it melts. Set aside to cool. Add table spread and egg white to flour mixture and stir until well combined. Press mixture evenly over base of prepared pan. Bake for 15 minutes, or until golden.

- 3 Meanwhile, combine egg yolk, cream, lemon rind, juice, cornflour and remaining sugar in a saucepan and place over medium-high heat. Whisk until mixture comes to the boil and thickens. Pour mixture over hot slice base. Spread evenly and stand to cool.
- 4 Once cooled, cut into 15 squares and dust with icing sugar.



## Our version

PER SERVE	
770kJ/184cal	Sugars 14.1g
Protein 2.5g	Fibre 0.6g
Total Fat 7.8g	Sodium 72mg
Sat Fat 4.9g	Calcium 11mg
Carbs 25.3g	Iron 0.3mg

## Traditional version

PER SERVE	
1375kJ/329cal	Sugars 34.3g
Protein 2.9g	Fibre 1.9g
Total Fat 17.0g	Sodium 159mg
Sat Fat 11.6g	Calcium 49mg
Carbs 42.1g	Iron 0.7mg

## What we did:

- ✓ Replaced the condensed milk with light cream
- ✓ Added more lemon zest and juice
- ✓ Removed the coconut from the base

# 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!

**Morning:** Fridays 16<sup>th</sup> October – 13<sup>th</sup> November, 10:30am – 12:30pm

**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

**Understanding Your Child's Behaviour:** Wednesday 14<sup>th</sup> October, 10:30am – 12:30pm

**Risky Business: Tough Conversations with Teens:** Wednesday 21<sup>st</sup> October, 10:30am – 12:30pm

**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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