

# PARENT *ZONE*

# @ HOME



**Ninth Edition**  
**11<sup>th</sup> August 2020**

**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?

Parentzone Gippsland runs programs for all parents/caregivers including:

- 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
- 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](mailto:parentzone.gippsland@anglicarevic.org.au)

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

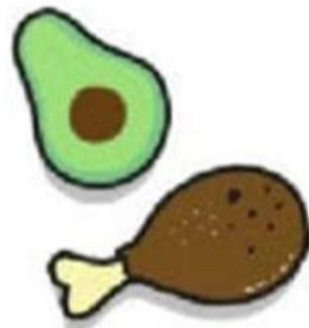
Messages are normally returned within 1 business day.

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

# 16

## Everyday Activities that count as Learning....

1. Cooking & Baking



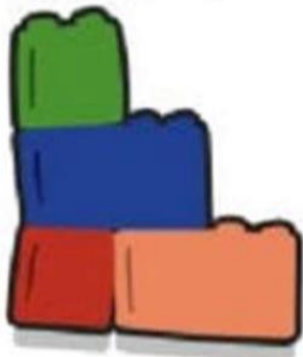
2. Meal Planning

3. Budgeting



4. Checking the Weather Forecast

5. Building with LEGO



6. Playing Card Games

7. Playing Board Games



8. Doing Puzzles

9. Imaginative Play



10. Listening to Music

11. Reading



12. Coloring, Drawing, Painting

13. Listening to Podcasts or Audiobooks



14. Writing Letters or Emails

15. Taking a Walk



16. Cleaning & Doing Chores

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## STEPS TO HELP CHILDREN

### Cope with Stress

by Big Life Journal



#### STEP 1: REFRAME STRESS

Help your child shift from a "stress hurts" mindset to a "stress helps" mindset. Some level of stress is beneficial and presents opportunities for growth.



#### STEP 2: SHIFT FROM A FIXED TO A GROWTH MINDSET

Help them look at the situation from a growth mindset perspective: It's not fixed, it can be improved, and they do have the power to influence the situation.



#### STEP 3: STOP CATASTROPHIC THINKING

Do the worst case scenario exercise. Ask your child, "What's the worst thing that could happen?"



Caution: do not dismiss their worry!



#### STEP 4: PRACTICE PROBLEM-SOLVING

Brainstorm solutions, doing more listening than talking. Think through the positive and negative consequences of each proposed idea, then choose one.



#### STEP 5: TRY STRESS-MANAGEMENT TECHNIQUES

Use techniques like deep breathing, stretching, listening to music, meditation, and practicing mindfulness.



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## WAYS TO HELP

### kids cope with BIG LIFE CHANGES

Big Life Journal

#### 1. GIVE THEM TIME TO PREPARE

When preparation is an option, give your child plenty of advance warning that a major change is coming. This allows them time to process and begin to accept the change.



#### 2. LISTEN TO THEIR CONCERNS

Take time to address your child's questions and concerns. Help them work through the emotions that they're feeling.

If your child struggles to name what he is feeling, help him label the emotion (e.g., anxious, sad, nervous, worried, or scared).



#### 3. READ BOOKS ABOUT BIG LIFE CHANGES

There are plenty of children's books written to help kids cope with major life changes.

Check out the Top 85 Growth Mindset Books for Children and Adults in our Growth Mindset Printables Kit on [biglifejournal.com](http://biglifejournal.com)



#### 4. KEEP ROUTINES THE SAME

Give your child as much consistency and stability as possible. Bedtimes and mealtimes in particular should remain consistent. Structure feels safe for children, so provide as much of it as possible to restore a sense of safety.



#### 5. PROVIDE CONNECTION AND PLAY

Remain consistent in your child's connection with you. Make sure your child knows that no matter what else changes, you aren't going anywhere, and neither is the bond you have with your child.



#### 6. GIVE THEM CHOICES AND ASK FOR HELP

During a big life change, children feel that they have no control over their lives. Give some sense of agency by allowing your child to make small choices:

- What color does he want to paint his bedroom at the other parent's home?
- What should you cook for the first meal in the new house?
- What outfit does he want to wear for his first day at a new school?



#### 7. TALK ABOUT OTHER CHANGES

Talk about things they successfully coped with in the past. They might include:

- Starting school
- Getting a new pet
- Joining the soccer team
- Going to first grade



# 8 WAYS

## TO TAKE CARE OF YOURSELF

**1** Eat well

**2** Get physical

**3** Get some sleep

**4** Learn to prioritise

**5** Take a break

**6** Maintain your own personal interests

**7** Try a mindfulness practice

**8** Look out for each other



TO TAKE CARE OF OTHERS YOU NEED  
TO FIRST TAKE CARE OF YOURSELF



### What you need

- egg shells
- egg carton
- succulent cuttings
- soil or potting mix

**Step 1.** Gather your supplies.

**Step 2.** Give your eggshells a thorough clean, let them dry and pop them into the egg carton so your egg shells remain upright.

If you don't have an egg carton on hand, an egg cup or cardboard tube cut to size would also do the job.

**Step 3.** Fill your egg shells with soil until they're about 3/4 full.

**Step 4.** Insert your succulent cuttings into the soil. Succulents are one of those amazing plants where the roots just grow when a cutting is placed into soil.

**Step 5.** Gently give your new creations a light spray of water using a spray bottle. You will only need to spray your succulents every now and then as they do not like being too wet.



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



# No-bake Vanilla Slice



This no-bake vanilla slice is perfect when you don't want to heat up the kitchen with the oven. It has a delicious Lattice biscuit case with a creamy custard filling and a passionfruit icing.

## Ingredients

- 2 x 200 g Arnott's Lattice Biscuits
- 2 x 100 g Cottee's Instant Pudding vanilla flavoured
- 600 ml thickened cream
- 300 ml milk

## Icing

- 1 cup icing sugar (sifted)
- 3 tbs passionfruit pulp
- 25 g butter

## Method

- 1: Grease then line a slice tin with baking paper. Place a layer of lattice biscuits on the bottom of the tin. You may have to cut some biscuits to fit.
- 2: Using a mixer, whip the instant pudding, cream and milk until it has a smooth creamy texture. Pour over the Lattice biscuits and tap the tin on the bench to level the mixture.
- 3: Lay more Lattice biscuits over the top.
- 4: In a microwave-safe bowl, place the icing sugar, passionfruit pulp and butter. Microwave on HIGH for 30 seconds and mix together well. Pour over the biscuits and spread evenly.
- 5: Refrigerate for 3 hours or until chilled. Cut into slices using the outlines of the biscuits and serve.

## Notes

- You don't need to whip the custard mixture for too long. It just needs to be well mixed

# PARENTZONE GIPPSLAND

## TERM 3 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  
4pm – 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  
30<sup>th</sup> July – 17<sup>th</sup> September  
5:30pm – 7:30pm

**Online via Zoom**

**GROUP NOW CLOSED**

### Let's Talk About Parenting

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

**Program 1:** Fridays 7<sup>th</sup> August – 4<sup>th</sup> September, 10:30am – 12:30pm

**Program 2:** Mondays 17<sup>th</sup> August – 14<sup>th</sup> September, 10:00am – 12:00noon

**Program 3:** Mondays 17<sup>th</sup> August – 14<sup>th</sup> September, 1:00pm – 3:00pm

**Online via Zoom**

### Single sessions

**Understanding your child's behaviour:**  
Wednesday 26<sup>th</sup> August, 11am – 1pm

**Building self esteem & resilience:**  
Wednesday 2<sup>nd</sup> September, 1pm – 3pm

**Bullying – helping your child:**  
Wednesday 9<sup>th</sup> September, 12noon – 2pm

**Communication:**  
Wednesday 16<sup>th</sup> September, 10am – 12noon  
**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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