

## Resource & Activity Booklet For Parents of Children 5-7





**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 Eastern on 03 9721 3646 or email [parentzone.errd@anglicarevic.org.au](mailto:parentzone.errd@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.**

## Useful Contacts

### Department of Health and Human Services

Providing information about health services and activities that promote and protect Victoria's health. This includes delivery of mental health and aged care services in Victoria.

**1300 253 942 • [www.dhhs.vic.gov.au](http://www.dhhs.vic.gov.au)**

### The Orange Door

A free service for adults, children and young people who are experiencing or have experienced family violence and families who need extra support with the care of children.

**1800 319 354 •**

**[www.orangedoor.vic.gov.au](http://www.orangedoor.vic.gov.au)**

### CREATE

The national consumer body representing the voices of children and young people with an out-of-home care experience (including kinship care, foster care and residential care).

**1800 655 105 • [www.create.org.au](http://www.create.org.au)**

### DirectLine

Alcohol and other drug support, counselling and referrals.

**1800 888 236**

### Foster Care Association of Victoria (FCAV)

The peak body for Victorian foster carers.

**03 9416 4292 • [www.fcav.org.au](http://www.fcav.org.au)**

### Emergency

In the case of a life-threatening emergency

**000 (triple zero)**

### Medicines Line

A service providing information on prescription, over-the-counter and complementary medicines

**1300 633 424**

### Nurse On Call

A 24/7 Victorian Government health phone service providing expert health advice from a registered nurse

**1300 606 024**

### Grief Helpline

A dedicated, free service that provides counselling support to people who are experiencing loss and grief

**1300 845 745 • [www.griefline.org.au](http://www.griefline.org.au)**

### Kids Helpline

A free and confidential, telephone and online counselling service for youth aged between 5 and 25

**1800 55 1800 • [www.kidshelp.com.au](http://www.kidshelp.com.au)**

### Lifeline

Crisis Support Service Counselling services

**13 11 14 • [www.lifeline.org.au](http://www.lifeline.org.au)**

### Parentline Victoria

A statewide telephone counselling service to parents and carers of children aged up to 18

**13 22 89 • [www.parentline.com.au](http://www.parentline.com.au)**

### Suicide line

Free, professional anonymous support, 24 hours a day, seven days a week across Victoria.

**1300 651 251**

### Men's Line

A professional telephone and online support and information service for Australian men

**1300 78 99 78 • [www.mensline.org.au](http://www.mensline.org.au)**

**1800**

### RESPECT

National counselling helpline, information and support 24/7 for assist people experiencing sexual assault and domestic and family violence

**1800 737 732 • [www.1800respect.org.au](http://www.1800respect.org.au)**

### Safe Steps

Supporting women and children to live free from family violence.

**1800 015 188 • [www.safesteps.org.au](http://www.safesteps.org.au)**



# MANAGING CORONA VIRUS (COVID-19) ANXIETY



## For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

## For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

## For Quarantine/Isolation

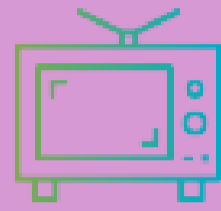
- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

# 6 Everyday Actions

THAT WILL LOWER YOUR CHILDS STRESS  
through CORONAVIRUS

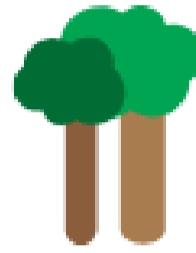
1

LIMIT MEDIA-  
THE NEWS IS  
SCARY AND CAN  
CAUSE ANXIETY  
FOR CHILDREN



2

PROVIDE DAILY  
OUTLETS FOR  
STRESS - NATURE,  
ART, EXERCISE,  
PLAY ETC.



3



LISTEN TO YOUR  
CHILD'S CONCERNS.  
DON'T MINIMIZE  
OR DISTRACT, YOU  
MIGHT BE  
SURPRISED AT  
WHAT THEY'RE  
WORRIED ABOUT.

4

MAKE EXTRA TIME FOR  
CONNECTION-THIS  
HELPS THEM FEEL SAFE  
AND SECURE.



5



ALLOW ALL EMOTIONS-  
FEAR OFTEN SURFACES AS  
ANGER AND IRRITABILITY  
SO BE EXTRA PATIENT.

6

PROVIDE AGE-  
APPROPRIATE FACTS  
ONLY. FOLLOW YOUR  
CHILDS LEAD.



 PARENTS  
with confidence

# Things to do with your Children while stuck at home.....

Go on an Alphabet Scavenger Hunt and try to find something in the house or yard that begin with each letter

Create an Obstacle course using items from around your house, pillows, chairs, blankets etc.

Play I-Spy clean up – Set a timer to put away as many items as possible until the timer runs out. Call out the name of items to be put away

Play Hide and Seek

Play Follow the Leader with everyone taking turns. Get creative with the way you walk, wiggle your arms, march, hop jump etc

Play red light Green Light in the backyard. Have everyone line up at the fence and shout out commands. Red means stop and Green means go winner gets to the other side of the yard first.

Play Musical chairs or cushions

Paint some cool rocks

Walk the dog

Go for a jog or a bike ride

Throw a balloon in the air and don't let it fall to the floor.

Colour in or draw

Make some paper planes

<https://www.thebestideasforkids.com/how-to-make-paper-airplanes/>

Play snakes and Ladders together

Draw some pictures and have an art show

Bake a cake or some Biscuits together

Do some leaf rubbing art

Create something out of cardboard boxes

Watch a family movie together

Read or listen to a book

Play the floor is lava with some cushions on the floor as safe places to step

Go on an animal safari around the house – place pictures of animals around the house for your children to find

Play Flashcard Hide and seek – Place numbers and letters around the house for your child to find and have them tell you what they have found.

Have a dance party

Play Simon Says

Play What's the Time Mr Wolf?

Make a fort

Look at your family photos together

Write or draw a letter to someone

Call a friend

Take some silly selfies

Search the house for loose change

Make up new rules for an old board game

Search for four leaf clovers in the lawn

Create paper dolls

<https://www.panmacmillan.com/blogs/books-for-children/julia-donaldson-activity-paper-dolls-home-fun>

Do a Jigsaw puzzle or make one of your own

Play with toys and dolls

Have a staring contest with members of your family

Build a City with Lego bricks

Play dress ups



# Things to do with your Children while stuck at home.....

Play school

Use socks as puppets and have your own puppet show

Make a mask and play superheroes. What is your special power?

Have an outdoor picnic

Play with bubbles. Make your own wands and mixture

Have a tea party with your Teddies and Dolls

Use chalk to draw outside

Build a tall tower with blocks

Watch some funny videos on YouTube

Make your own Pizza

Toss a Balloon to each other

Make collages with old magazines

Ice and decorate some biscuits or CupCakes

Wash toys in a bucket outside

Paint a picture

Play Snap or Go Fish with a pack of Cards

Make a Fruit Kebab

Play Hide and Seek with toys

Make a paper chain

Have a Teddy Bears Picnic

Take an extra long bubble bath

Make your own instruments with the pots and pans

Sing songs. Make up your own silly verses

Sort out and Tidy up your toys

Make some Mud cakes in the Garden

Do a painting with shaving cream

Make some homemade wrapping paper

Look at your family photos together

Throw a soft item and try to hit a target

Make some Jelly

Practise using scissors

Play Memory with small items from around the house

Make a crown and wearer becomes ruler of the house

Play Hot Potato or Pass the parcel

Have an animal walk in the yard

Make a sunCatcher

Make paper bag puppets

Have a movie marathon

Play Hopscotch

Set up a play shop

Make some panCakes

Play Statues

Paint the house with water

Create a back yard maze

Make patters with rocks, stones and leaves

Go on an insect hunt in the garden. Who can find a snail?

Practice writing numbers and letters in the sand or dirt

Sort out the pegs into colours. How many of each?

Sort out your toys from biggest to smallest

Play with Playdough

Make a sign for your bedroom door with pasta shapes



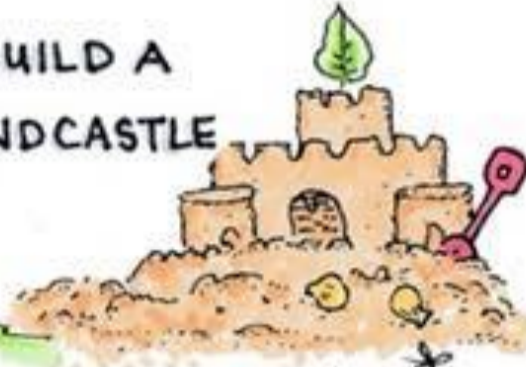
# NATURE ACTIVITIES FOR KIDS

INSPIRED BY BLOSSOMING SOULS

FIND A  
"SIT SPOT"



BUILD A  
SANDCASTLE



GAZE AT THE CLOUDS



MAKE  
LEAF  
PRINTS



NATURE  
TIC TAC TOE



FREE  
PLAY



SWING

FLY A  
KITE



PICNICS



MAKE A  
SPLASH



GARDEN  
YOGA

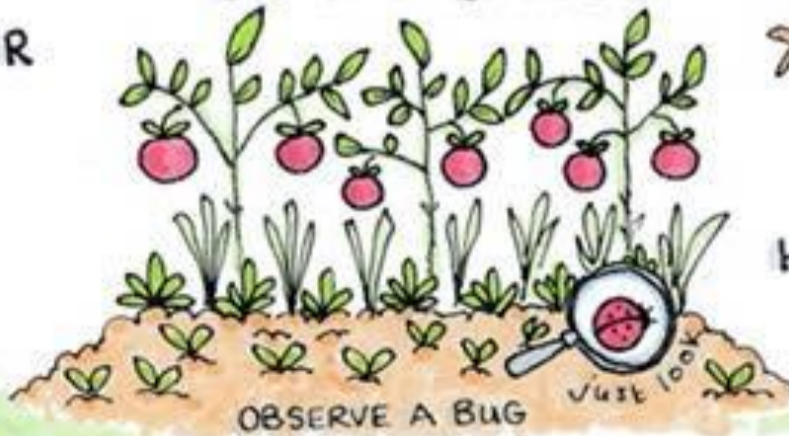


CREATE A FAIRY GARDEN

MAKE A  
BIRD  
FEEDER



GROW A GARDEN



WEAVE WITH  
NATURE

PLAY  
HIDE & SEEK



READ  
UNDER  
A TREE

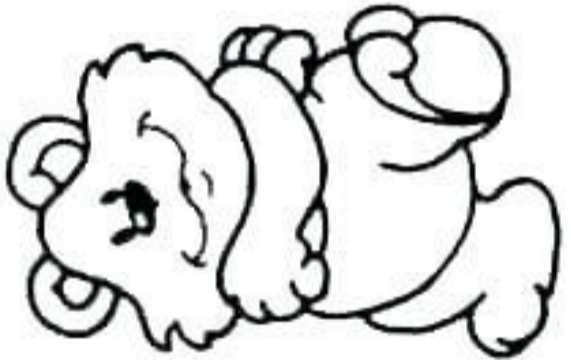
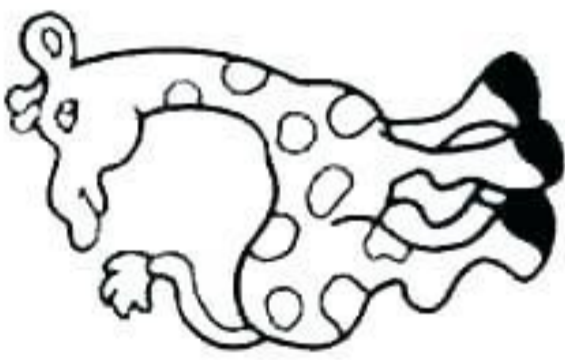
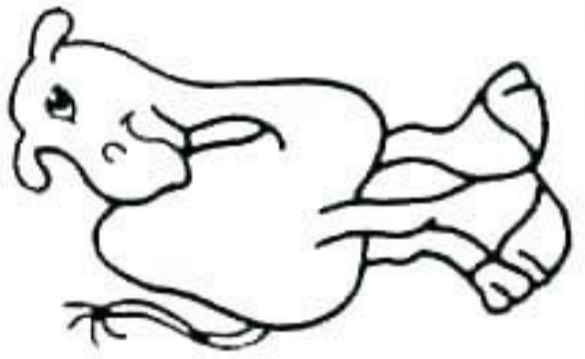
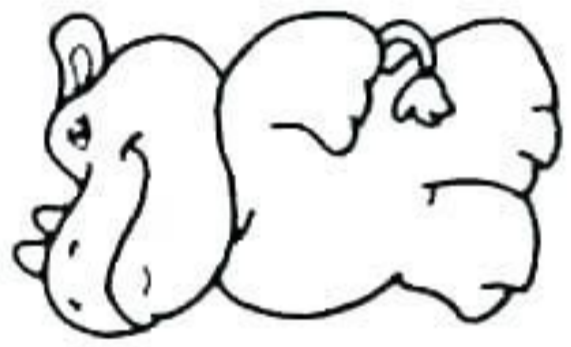
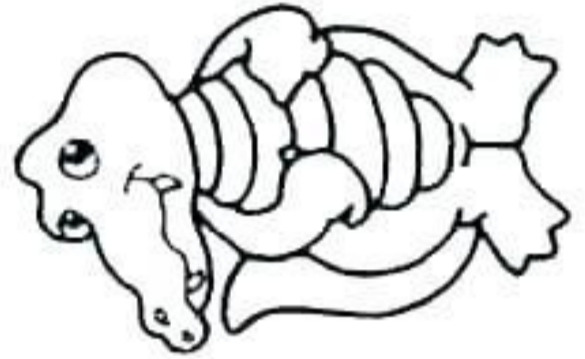
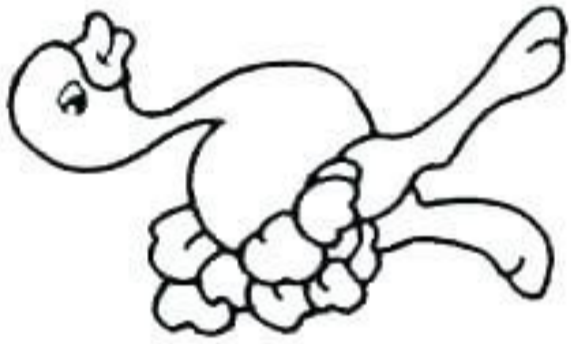
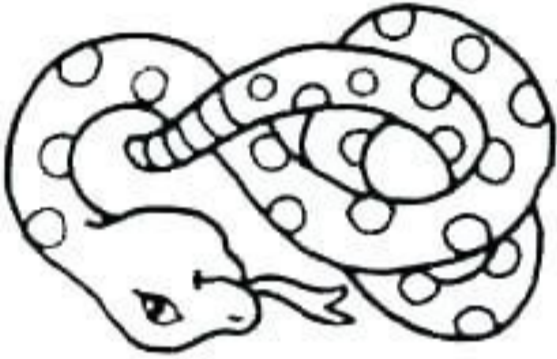
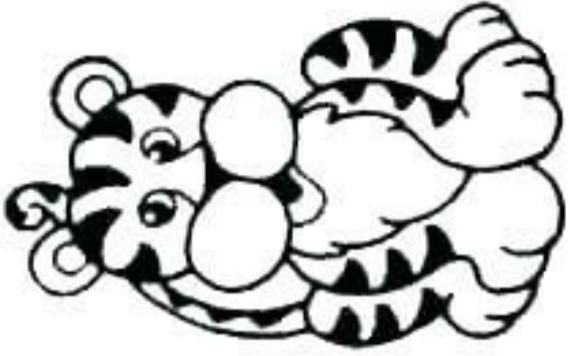
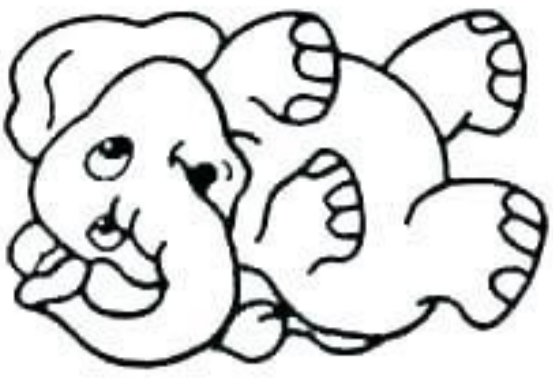


for TANIA  
@kwiens62

WE COULD NEVER HAVE LOVED THE EARTH  
SO WELL IF WE HAD NO CHILDHOOD IN IT

George Elliot

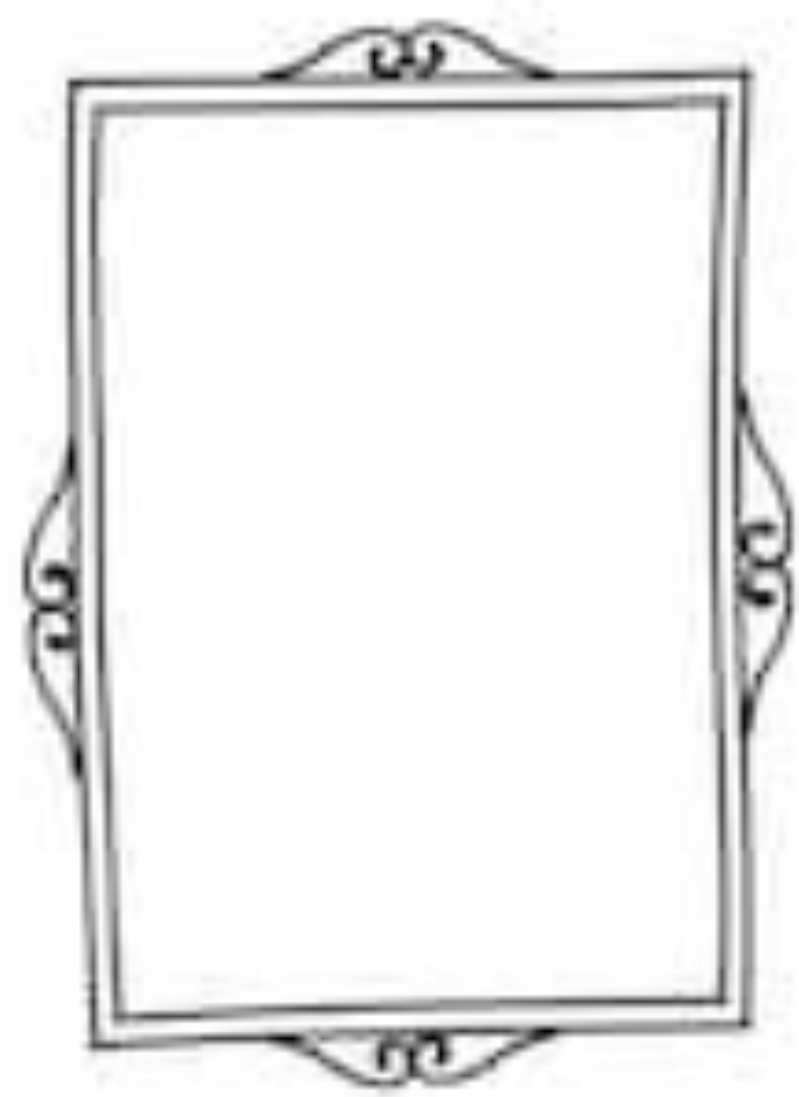
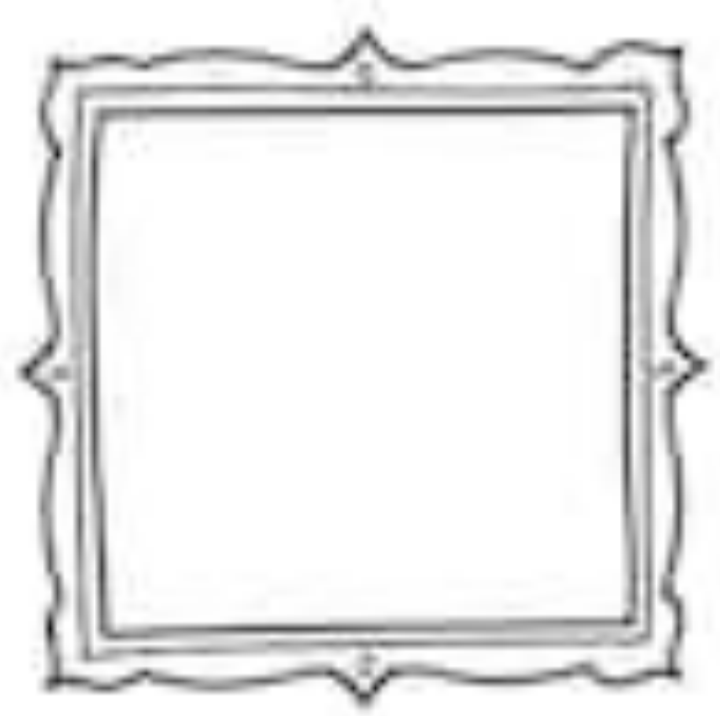
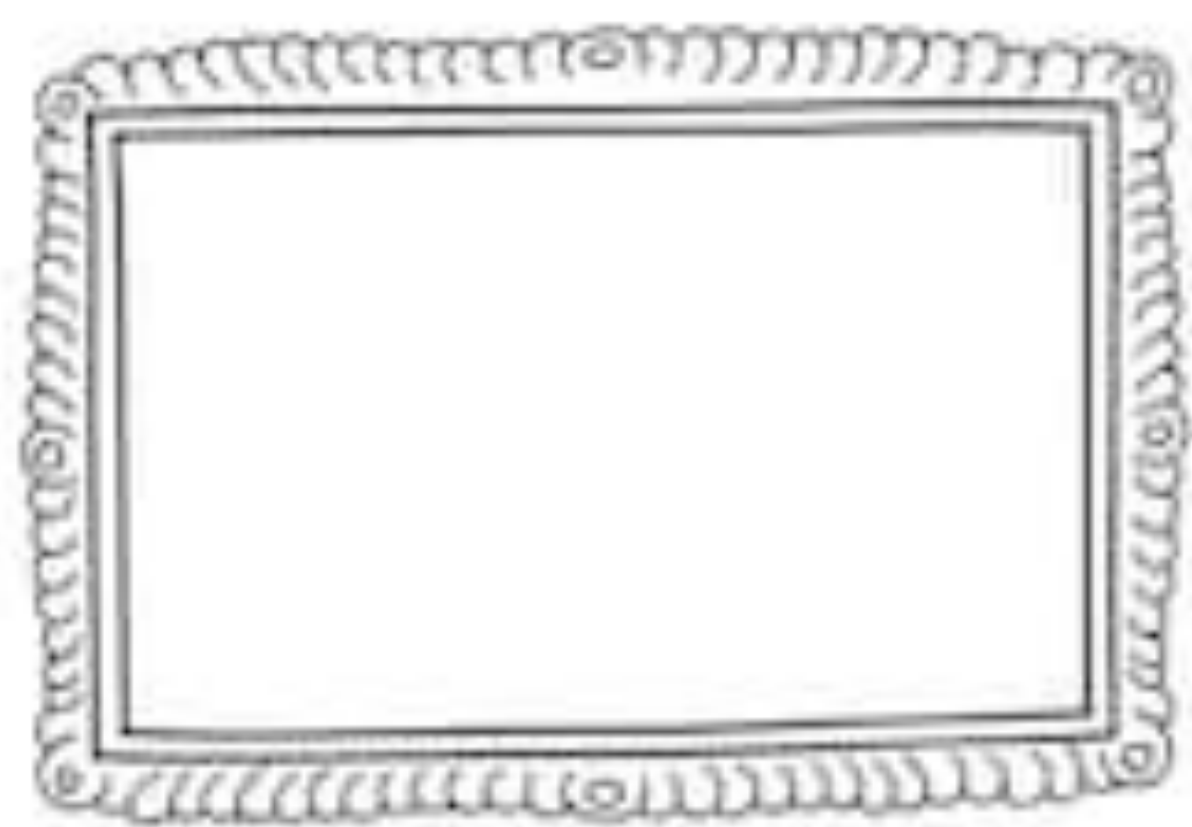


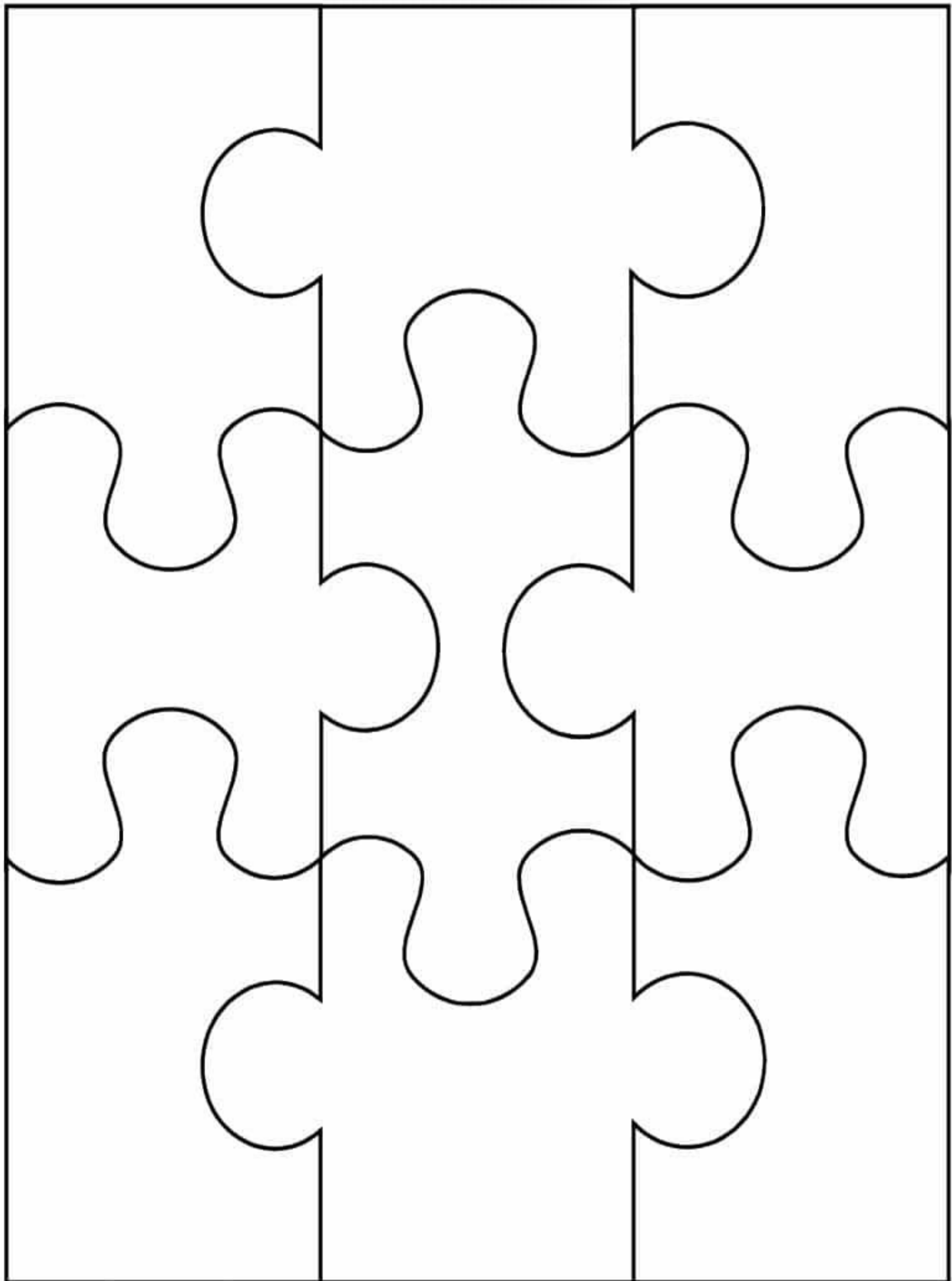














# How to make bubble mixture



If you've run out of store-bought bubble mixture or need a quick entertainment idea for the kids, it's easy to make your own bubbles from washing-up liquid and water. But what's the perfect ratio, and what can you use if you don't have a bubble wand? We tried and tested different bubble mixtures and have come up with the best recipe for you to try with the kids at home.

## Bubble mixture

**Makes** 350ml

**Prep** 5 minutes

- 50ml washing-up liquid (one part)
  - 300ml water (six parts)
1. Measure the washing-up liquid into a container.
  2. Slowly add in the water, being careful not to create too many bubbles at this stage. Gently stir the mixture together to combine – a chopstick is perfect for this.
  3. If you can, let the bubble mixture rest before using it, as it will make your bubbles even better.
  4. When you're ready, dip your bubble wand into the mixture and start blowing bubbles!

## Homemade bubble wands

If you don't have a wand from a store-bought pot of bubbles, don't despair! You can have fun by looking for different items around the house that can be used to make bubbles. Here are some ideas to get you started:

- Paperclips – bend them into wands or use as they are
- Straws
- Biscuit cutters
- Pipe cleaners
- Fly swatters



## Top tips

**Letting it rest overnight**, or as long as you can bear to wait, does allow the mixture to settle and combine, which will improve your bubbles.

**Think big** – if you want to scale up the recipe, you just need one part washing-up liquid to six parts water. Try making a big bubble mixture in a washing-up bowl – then you can use bigger items, like colanders and slotted spoons, to make bubbles in the garden.

# Take a Virtual Holiday together.....

## Zoos and Aquariums

**The Cincinnati Zoo:** Check in around 3 p.m., because that's the time the Zoo holds a daily Home Safari on its [Facebook Live Feed](#).

**Atlanta Zoo:** The Georgia zoo keeps a "[Panda Cam](#)" livestream on its website.

**Georgia Aquarium:** Sea-dwellers like African penguins and Beluga Whales are the stars of this aquarium's [live cam](#).

**Houston Zoo:** There are plenty of different animals you can check in on with this [zoo's live cam](#), but we highly recommend watching the playful elephants.

**The Shedd Aquarium:** This Chicago aquarium shares some pretty adorable behind-the-scenes footage of their residents on [Facebook](#).

**San Diego Zoo:** With what may be the most [live cam options](#), this zoo lets you switch between koalas, polar bears, and tigers in one sitting.

**Monterey Bay Aquarium:** It can be Shark Week every week thanks to live online footage of [Monterey Bay's Habitat exhibit](#).

**National Aquarium:** Walk through tropical waters to the icy tundra in this [floor-by-floor tour](#) of the famous, Baltimore-based aquarium.

## Theme Parks

**Walt Disney World:** Set aside some time, because there's plenty to see here. [Virtual tours](#) you can take include Magic Kingdom, Animal Kingdom, and Epcot, just to name a few. There are also unofficial YouTube videos that feel just like you're on famous rides like the [Frozen Ever After ride](#), [It's a Small World](#), [Monsters, Inc. Mike & Sulley to the Rescue!](#), and [Pirates of the Caribbean](#).

**LEGOLAND Florida Resort:** The Great Lego Race and Miniland USA are just two of the attractions you can check out in a [virtual tour of the park](#).

**SeaWorld Orlando:** [The virtual tour](#) of Seaworld includes a tour of Discovery Cove and the option to "ride" the steel roller coaster Mako.