

# PARENT *ZONE*

## @ HOME



**Winter school holidays edition**

**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 Eastern 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 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.**

# Challenging behaviours

Challenging behaviour is sometimes due to your child not having the social and emotional skills they need to behave the way you would like them to. Often when a child behaves in a way we consider inappropriate, it is a response to feeling anxious, angry or overwhelmed and they are struggling with processing these feelings.

Children need attention from their parents and carers to feel secure and thrive emotionally. Children may show challenging behaviours in an attempt to gain attention and responses from adults – for some children, even negative attention is preferable to no attention at all.

There are a number of other things that might affect your child's ability to control their reactions, emotions or behaviours, including:

- being unwell
- not enough sleep or being tired
- too much screen time
- poor diet or feeling hungry
- a change in family circumstances or routine.

Some behaviours that families commonly find challenging include:

1. Defiance (e.g. refusing to follow your requests)
2. Fussiness (e.g. refusal to eat certain foods or wear certain clothes)
3. Hurting other people (e.g. biting, kicking)
4. Excessive anger when the child doesn't get their own way
5. Tantrums.



Children experience a range of emotions and express themselves in many different ways.

It's normal for children to have tantrums and break rules while their social and emotional skills are developing.

It's important that you and other caregivers provide support while your child is developing and learning to manage their own emotions.

Families will have different expectations about what is acceptable and what is considered difficult behaviour.

# Positive discipline

Setting positive rules is important so that your child knows what behaviour is expected of them.

Keep your instructions simple and short (e.g. “Hands and feet to yourself.”), and make sure your child understands what you have told them.

It’s also important to give a short, simple and specific instruction about the behaviour you would like to see (e.g. “please put your empty glass in the sink”).

There are a number of options for discouraging challenging behaviours, such as:

Ignoring – for minor attention seeking behaviours, it is best to ignore the behaviour( e.g. turn away from your child and respond only when they stop doing it).

Constantly responding to negative behaviours can teach a child that this is a good way to get your attention.

Distraction – young children might stop the negative behaviour if given an appealing alternative



Encouraging empathy - point out how your child’s behaviour is making another person feel (e.g. sad, hurt) and ask your child how they would feel if someone did the same to them

A positive approach to managing your child’s behaviour involves rewarding positive behaviours often and focusing on positive aspects of your child’s behaviour, rather than directing attention to negative behaviours.

Reinforce positive behaviours before they become negative (e.g. “I think you’re doing a great job at playing gently with your brother”). This encourages your child by giving attention to their positive behaviour, rather than waiting until they become too rough and having to focus on the negative behaviour. Make sure you are specific about what behaviours you really like and want to encourage.

Be a positive role model for your child. Children pick up clues about how to behave from watching others. It’s important to act and talk in a way that you’d like to see reflected in your child’s behaviour – if you want to discourage your child from shouting at you, it is important to try to keep a calm voice when you are becoming frustrated.



YOU ARE LOVED YOU MAKE ME SMILE

I think about you ALL the time

{ I BELIEVE IN YOU }

You are Unique You are so intelligent

You are Gifted YOUR CHOICES MATTER

You are Amazing I Need You! You Are Kind

TELL ME ABOUT WHAT YOU ARE DOING...

I KNOW YOU WILL DO GREAT THINGS

It's fun to do things with you

YOU CAN TELL ME ANYTHING

I LOVE SPENDING TIME WITH YOU

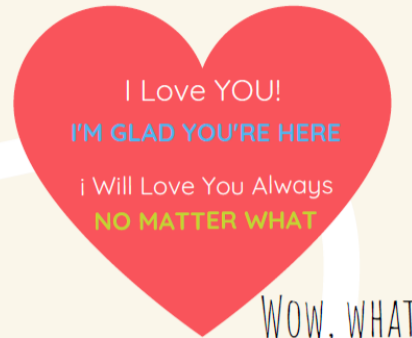
YOU ARE SPECIAL

I'M GRATEFUL FOR YOU

{ YOUR HONESTY MAKES ME SO PROUD! }

I am so PROUD of the PERSON YOU ARE BECOMING

I'M PROUD OF YOU  
I WILL ALWAYS BE HERE  
FOLLOW YOUR HEART



Wow, WHAT A THOUGHTFUL KID YOU ARE

YOU ARE LEARNING

{ I SEE YOU WORKING REALLY HARD! }

Thanks for being a great helper!

DON'T WORRY BE HAPPY

YOU ARE ONE SMART COOKIE



I believe you I believe in you You can say no!

LET'S TRY IT YOUR WAY!

{ I AM CURIOUS WHAT DO YOU THINK? }

You don't always need to FOLLOW THE CROWD

YOU ARE GROWING

YOUR IDEAS MATTER

This is not the end BUT THE BEGINNING

TELL ME SOMETHING THAT MADE YOU SMILE TODAY!

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# POSITIVE THINGS

to SAY

to your

# KIDS

The World Needs YOU!

You Can Be A GREAT LEADER

{ THERE IS ONLY ONE YOU So Be Yourself }

GO PLAY! You Mean The World to Me

{ Your LAUGH is one of The Best Things About You }

Think good THOUGHTS Think before you ACT

WORK TOWARDS SOLVING YOUR PROBLEMS!

You Can Always TRY!

Trust Your INSTINCTS What You're Feeling IS NORMAL

{ This feeling will pass EVERYONE WORRIES SOMETIMES Everyone feels upset sometimes }

Nobody is perfect AND THAT'S OK! HAVE FUN!



DON'T THINK TO MUCH ENJOY THE MOMENT! DON'T BE AFRAID LET YOUR MIND SETTLE

IN TIME, YOU WILL FEEL BETTER

Not Giving Up Is One Of Your BEST TRAITS

You are more than your emotions I love seeing you work together

EFFORT IS MORE IMPORTANT THAN WINNING

The view from the top is spectacular!

Always help those who need it!

MAKE AN EFFORT NOT AN EXCUSE

Don't Give Up

Finish What You Start

I BELIEVE IN YOU

YOUR MISTAKES ARE CHANCES TO LEARN

Just Keep Going and Just Keep Trying

You can't always make everyone happy

YOU DON'T ALWAYS NEED TO WIN

YOU

WILL

FEEL

BETTER

WITH

REST

If You Believe It YOU CAN ACHIEVE IT

YOU ARE A GOOD BOY/GIRL

BE HONEST, EVEN IF YOU MESS UP

YOU ARE STRONG

The sun will come out tomorrow

Treat others the way you want to be treated

YOU GOT THIS!

YOU CAN ASK FOR HELP

REACH FOR THE STARS!

YOU ARE UNSTOPPABLE

Take a break and come back to it

CHALLENGES MAKE YOU STRONGER

Life is like a box of chocolates YOU NEVER KNOW WHAT YOU'RE GOING TO GET

You will get through this

NOT ALL DAYS ARE BAD

Stay Positive, Keep Dreaming

You Have a Kind Heart

SO ALWAYS BE KIND

Nothing can dull your shine

You are beautiful inside and out

Get Back Up!

PAUSE, BREATHE, EVERYTHING WILL BE OKAY!



# these are my values

Thinking about what we value helps us make decisions every day that we are proud of.

Cut-out the values below and put them in order of importance to you. You can do this together with your family or household and chat about how you can help each other live true to your values.

## Adventure

I look to do new things and the ways I can grow.



## Bravery

I stand up for my friends, and the things I believe are right.



## Joy

I look for the things I can be thankful for every day.



## Cleverness

I like to be good at the things I do. I like to know how the world works.



## Kindness

I believe everyone deserves kindness, and to know they belong.



## Forgiveness

I know that everyone makes mistakes and deserves a chance to do better.



## Creativity

I like to use my imagination and see things in new ways.



## Patience

I like to give myself and others time. I prefer things are done well than fast.



## Uniqueness

I like finding out what makes people special. I enjoy being with people who are different.



## Reflection

I take time to reflect on my life, what I believe in, and what I want for the future.



★ If you don't have a printer at home, draw these on some spare paper! ★

# Artist Activities

With Karla Dickens



Karla Dickens, *Dreaming of a Koala Haven* 2012. Collection: NOPRPA (Northern Rivers Performing Arts), Lismore.

## Koala

Koala is an Aboriginal word. It is a mispronounced word from the Dharug mob of Western Sydney: **Gula/coola/koolah** – which means no water or no drink.

This is so clever – because a Koala gets their water from gum leaves when they eat.

I have Wiradjuri heritage and my special word for Koala is Burrandhang.



## How we can help koalas

Koalas have been struggling to survive for a long time, losing their homes because forests are cleared and because of bushfires. We can all help our precious koalas by:

- keeping our cats and dogs inside at night
- asking parents and friends to drive carefully around wildlife crossings
- planting trees that Koalas love to eat.

Let's send them lots of love as we make our own koalas.



# Let's Make Our Own Koalas



## Materials you will need:

- Scissors
- Ruler
- Toilet rolls
- Sticks
- Glue
- Felt-tipped pens or paint
- Fabric or paper to cover the rolls

## Here's what we do:

**Step 1** – Find some fabric or paper to use as collage material and cut into rectangles. The rectangles need to be 10 x 14 cm.

**Step 2** – Take a toilet roll and glue a rectangular collage piece. You can also use rolls from paper towels, cling film or aluminium foil. Once your collage piece is glued on - you need to wait until it is nice and dry.

**Step 3** – Imagine the roll is divided into three equal parts and draw a simple koala head on the top third – two ears and a head.

**Step 4** – Take your scissors and cut around the koala's head.

**Step 5** – Once you see the head you can decide what you want to use to create a face. I tried a felt-tipped pen and then some paint.

**Step 6** – With the left-over collage pieces we decided to cut out some super-cute gum leaves to add to the koala.

**Step 7** – When the koala has had plenty of time to dry, it's easy to bend the ears out a little bit.

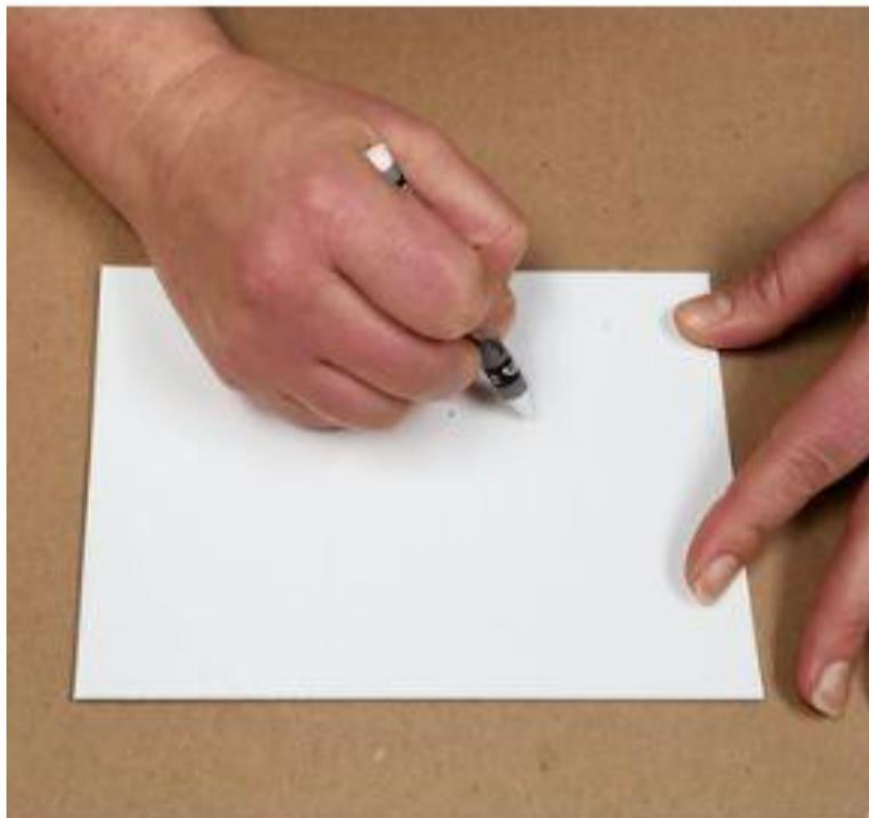
**Step 8** – Go outside for a walk to find some small branches for the koalas to sit on. Remember, a toilet roll isn't very big so we don't need great big sticks.

**Step 9** – There was one more thing we experimented with that you may like to try. After cutting out the head, we decided to cut-out a fat sausage shape in the middle of the toilet roll. This makes the koala look like it has arms and legs.





# Tissue Paper Painting



# Create a canvas of colour with the popular tissue paper painting activity!

## Materials:

Tissue paper squares  
Watercolour panel  
Water  
Spray Bottle OR paintbrush  
Crayon

## Instructions:

Choose whether you'd like to use the crayon for your project.  
If so; draw a design (words or patterns) with white crayon on the watercolour panel.  
This will show up after you apply the squares.

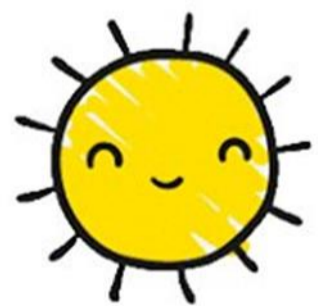
**NOTE:** *Because you are drawing white on white, your drawing won't be visible until the final step.*

Pre-wet the water the watercolour panel by spraying it with a spray bottle filled with water. You can also choose to use a paintbrush is you like.

Apply the tissue paper squares randomly or in a planned arrangement. You can spray or paint some more water over the squares to accelerate the colour to 'bleed'.

For best results, allow the water to dry before removing the squares.  
Once you remove the squares, the colour will have transformed onto the watercolour panel, revealing your drawing and the colour from the squares!

A big 'thank you' to one of our PZ  
Gippsland readers: 8yr old Isabelle for  
providing us with this fun activity 😊



**BETTER  
TOMORROWS**



- It may feel overwhelming to start something new or add something to your schedule, but self-care does not need to be time consuming.
- In fact, learning to squeeze self-care into your life may actually lead to less stress, more patience and a clearer focus.

Breathe: Stop what you are doing and take a deep breath.

Notice the beauty around you: Focus your eyes on something and take notice of the details

Light a candle: Make your home smell like a spa by lighting a candle

Text a Friend: Send a text to a friend or loved one to make a quick connection

Smile: You can actually change your mood with a smile

Get dressed: Change out of your normal clothes into something that makes you feel great

Dance: release some tension and dance

Unfollow people on social media: delete anyone who makes you think negative thoughts

Splurge on something nice just for you

Think about what you are eating: Take a bite and focus on the different flavours and textures

Stretch: Take 5 mins to stretch. It is especially good to stretch your back and neck where we hold most of our tension

Drink some water: Make sure you are well hydrated

Play with your pet: Enjoy their undivided attention

Make a list: Take 5 minutes to list everything on your mind

Clean Something: Take 5 minutes to clean something to give yourself a sense of achievement

Have a quick Shower or a long bath

Fix something: if it has been bothering you fix it now!

Laugh: watch a short YouTube clip or your favourite comedy

Turn off technology: Put your phone in another room and walk away

Close your eyes: Allow yourself to imagine a calming holiday destination

Play Music: Music can almost instantly lift your mood

Get some Air: Walk outside for a minute and take a few breaths of fresh air.

Hug someone

Moisturise: Grab your favourite lotion and treat yourself to a little TLC

Complete one item on your to do list

New Habit: Create a new routine to include something new you want to try

Get some sun: stand outside for 5 minutes and get some Vitamin D

Listen to a podcast while doing your housework

# Easy Chicken Pasta Bake

## Ingredients

- 1 roast whole chicken cooked shredded
- 500 g bowtie pasta shapes
- 300 ml thickened cream
- 2 chicken stock cube
- 1 large brown onion diced
- 1 tsp garlic minced
- 350 g bacon rashers sliced
- 1 cup grated cheese



## Method

1. Preheat oven to 190C.
2. Cook pasta according to packet directions
3. While pasta is cooking, fry onion and then in a medium sized bowl mix together cream, garlic, onion and bacon. Crumble both chicken stock cubes over the cream mixture and combine.
4. Drain pasta, add cream mixture and stir to combine.
5. Add chicken, mix well.
6. Spread into a baking tray, cover with cheese and bake for 20-30 minutes or until cheese has browned.

**If you would like to suggest an idea/recipe or any handy hints for our ParentZone@HOME activity pack feel free to email us:**

**[Parentzone.errd@angliarevic.org.au](mailto:Parentzone.errd@angliarevic.org.au)**

Best wishes,  
The ParentZone Eastern Team