



# ParentZone @ Home

## February 2022

By ParentZone Gippsland

Information for Parents and Carers Across  
Gippsland

**PARENTZONE**

**BETTER  
TOMORROWS**

# What does ParentZone offer?



Parenting challenges everyone.

At ParentZone we offer all parents and carers a chance to develop and strengthen their parenting skills. We provide free parenting groups, workshops, and resources for parents, carers, and the professionals who work with them.

The programs cater to all ages and stages, from newborns to teenagers. Program content responds to the needs of our communities. Our skilled and experienced facilitators will tailor the sessions to meet the interests of each group. Meet other parents in person or online.

ParentZone can help you to:

- Improve communication and understanding between parents/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.

**ParentZone Gippsland is the Regional Parenting Service for Gippsland and supports families within the local government areas of Bass Coast, Baw Baw, East Gippsland, Latrobe, South Gippsland, and Wellington.**

**For more information please contact ParentZone  
Gippsland on (03) 5135 9555 or email  
[parentzone.gippsland@anglicarevic.org.au](mailto:parentzone.gippsland@anglicarevic.org.au)**

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# What's on in Term 1 2022

## Parents Building Solutions

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

Dads Matter: online via Zoom, Fridays 4th March to 1st April, 10:30am - 12:30pm

Let's Talk About Parenting: online via Zoom, Thursdays 3rd February to 3rd March, 10:30am - 12:30pm

Dealing with your Child's Anger: online via Zoom, Mondays 28th February to 4th April (no session 14th March), 10:30am - 12:30pm

Let's Talk About Parenting: online via Zoom, Thursdays 10th March to 7th April, 5:30pm - 7:30pm

## Breaking the Cycle

For parents and carers of adolescents who are violent or abusive in the home

Wednesdays 9th February to 30th March, 10:30am - 12:30pm

Online via Zoom

## Tuning in to Kids

Teaches parents skills to help their children to understand and regulate their emotions.

Tuesdays 8th February to 15th March, 10:30am - 12:30pm

Online via Zoom

## Learning Through Play

Supported play for Latrobe parents/carers and their children under-school-age. Groups run throughout school term from 10:00am - 12:00pm.

Mondays: Outdoor play Matheson Park Churchill

Mondays: Indoor play Buckley St Morwell

Tuesdays: Outdoor play Immigration Park Morwell

Wednesdays: Indoor play Buckley St Morwell

Fridays: Indoor play, Churchill Community Hub

For bookings & enquiries contact: Parentzone Gippsland on  
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# What's on in Term 1 2022

## Single sessions

These 2-hour sessions are based on Parents Building Solutions program and offered online via Zoom

### Raising Resilient Kids

Friday 25th February, 10:30am - 12:30pm

- How you can help your child cope in a chaotic world
- Improving your child's confidence and self esteem
- Helping your child to cope with change

### Bullying

Monday 21st February, 10:30am - 12:30pm

- Understanding what is bullying
- Recognising the signs your child is being bullied
- Knowing how to support your child
- Helping your child build resilience and learn protective behaviours

### Parenting Anxious Kids

Monday 7th February, 10:30am - 12:30pm

- How to respond when your child gets overwhelmed
- Helping your child to regulate their emotions
- Supporting your child with their challenges

### Making Time for Self Care

Tuesday 29th March, 10:30am - 12:30pm

- Strategies for feeling less overwhelmed
- Improving your confidence and self esteem
- Building resilience for yourself and your family
- Taking time out for yourself

### Understanding Your Child's Behaviour

Friday 11th February, 10:30am - 12:30pm

- Do you want to understand why some behaviours occur?
- Learn strategies to deal with behaviour?
- Communicate better with your child?
- Stay connected to your child?

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## Bringing Up Great Kids

The Bringing Up Great Kids' program supports parents and carers to:

- learn more about the origins of their own parenting style and how it can be more effective;
- identify the important messages they want to convey to their children and how to achieve this;
- learn more about brain development in children and its influence on their thoughts, feelings and behaviour;
- understand the meaning behind children's behaviours, and how to respond to children's underlying feelings and needs;
- explore new ways of communicating with children;
- discover ways for parents to take care of themselves and to find support when they need it.

Come along to these 6 sessions to learn strategies, share stories and take some time out for you!

**DATES:** Wednesdays 16th February to 30th March 2022 (no session 2nd March)

**TIME:** 10:30am to 12:30pm

**WHERE:** Online via Zoom

**COST:** FREE. Bookings essential.

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# PARENTZONE PODS



Parenting is  
the toughest  
and most  
important job  
you will ever  
have.

Family meetings  
everyone will love



Dealing  
with your  
kids' anxiety



Sibling rivalry



Getting my children  
to listen



How to respond  
to our kids'  
behaviour



How to stop yelling  
at your kids



## Podcasts for parents, carers and those who support others with their parenting

The ParentZone Teams are delighted to bring you 6 ParentZone Pods for you and the families you support. Each Pod identifies and explores common issues parents bring to our parenting groups, and offers strategies to try in these situations.

### Podcast Episodes Available Now!

Episode 1: [Family Meetings](#) - [click here](#) to listen

Episode 2: [Dealing with Anxiety](#) - [click here](#) to listen

Episode 3: [Sibling Rivalry](#) - [click here](#) to listen

Episode 4: [Getting Children to Listen](#) - [click here](#) to listen

Episode 5: [How to Respond to Kids' Behaviour](#) - [click here](#) to listen

Episode 6: [How to Stop Yelling at your Kids](#) - [click here](#) to listen

ParentZone Pods can be found on our [website](#) and via [Spotify](#).

# PARENTZONE

# School Readiness

Am I ready for school?



## Tips for parents

When your child starts primary school there are a number of skills that they should ideally have mastered. Use this sheet as a guide to help track their progress.

### Self-care

- I know when to wash my hands
  - I can wipe my nose
- I can ask for help if I don't feel well

### Speaking & literacy

- I am interested in reading stories & looking at picture books
- I am able to talk about myself, my needs & feelings
  - I am practising recognising my name when it's written down

### Getting dressed & undressed on my own

- I can button & unbutton my clothes
- I can put my own shoes & socks on
- I can put my coat on & use a zip

### Interest in the world & new activities

- I enjoy learning about the world around me
  - I am interested in exploring new activities or environments
  - I like asking questions

### Eating

- I can use a knife & fork
- I can open my packed lunch on my own
  - I am confident at opening wrappers & packaging

### Writing skills

- I like tracing patterns & colouring in
- I enjoy experimenting with different shaped scribbles
  - I am practising holding a pencil

### Going to the toilet

- I can go to the toilet on my own, wipe myself properly & flush
- I can wash & dry my hands without any help

### Independence

- I am happy to be away from my mummy, daddy or my main carer
- I am happy to tidy my belongings & look after my things
- I am feeling confident about starting school

### Listening & understanding

- I am able to sit still and listen for a short while
  - I can follow instructions
- I understand the need to follow rules

### Sharing & turn taking

- I can share toys & take turns
- I can play games with others
- I can interact with other children

### Counting skills

- I enjoy practising counting objects
- I like saying number rhymes & playing counting games
  - I can recognise some numbers when they are written down

### Routines

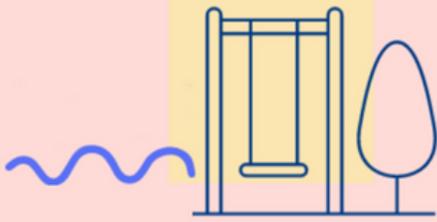
- I have practised putting on my uniform & getting ready to leave on time
- I have a good bedtime routine so I'm not feeling tired for school
- I'm learning to eat at the times I will on school days



# Conversation Starters

## 10 CONVERSATION STARTERS TO GET YOUR KID TO TALK TO YOU AFTER SCHOOL

@kristy7graces



1. Tell me about your favorite part of the day.

2. Tell me who you sat by at lunch or played with on the playground.

3. Tell me about someone who was kind to you today.

4. Tell me about a time you were kind today.



5. Tell me something that made you so proud today.

6. Tell me about something that made you smile or laugh.



7. Tell me about something new you learned.

8. Tell me about something that made you frustrated or mad.



9. Tell me about the book you read today.

10. Tell me about what you're excited for tomorrow.



## Cooking With Kids

**Keep it simple:** choose recipes that don't have a lot of ingredients or complicated steps to keep children engaged. Kids will get bored if it takes a long time to cook.

**Start small:** give your child simple things to do at first like mixing and then build up to more difficult tasks like measuring with accuracy.

**Kids need supervision:** ensure you keep knives out of reach and stay with them when cooking. Always keep pan handles away from the counter edge.



**Be prepared for mess:** cleaning up is part of the cooking process. Teach them to clean up as you go.

**Encourage kids to use their senses:** Smelling, touching and tasting helps them to learn about the ingredients and why they are adding them.

**Don't use ingredients they don't like:** if they see it being added they will remember and may not want to try the finished meal.

**Read the recipe first:** make sure that you know what you are doing before you start.

**Try and get them to do as much of the cooking as possible.** This will help them learn and it builds a solid foundation for positive food habits and food handling skills.

# Mini Egg and Bacon Pies



## Ingredients

- 4 bacon rashers (chopped)
- 4 sheet ready rolled puff pastry (just thawed)
- 2 tbs Western Star Original Butter (softened)
- 1 tbs olive oil
- 8 egg (lightly beaten)
- 1 medium tomato (chopped)
- 3/4 cup Bega Farmers' Tasty Grated Cheese
- bunch chives (finely chopped)

## Method

1

Preheat the oven to 200°C.

2

Grease a 12-hole (1/3 cup capacity) muffin tin with softened butter.

3

Cut 12, 15cm circles out of the pastry and press each individually into the muffin pan. Place the pan in the freezer for 10 minutes while you prepare the filling.

4

Heat the oil in a medium sized fry pan over a medium heat. Add the chopped bacon and cook for 5 minutes or until brown. Remove from the fry pan and drain any excess oil on absorbent paper.

5

In a large bowl combine the eggs, tomato, Bega Tasty Cheese, and bacon. Season with salt and pepper. Remove the pastry from the freezer and evenly divide the mixture between the 12 cases. Bake the pies in the preheated oven for 25-30 minutes or until the pastry becomes golden brown and the filling has cooked.

6

Sprinkle with the chives and serve warm or at room temperature.