

# PARENT *ZONE*

## @ HOME



**Tenth Edition**  
**25<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.**



# 5 ways to deal with FRUSTRATIONS as a PARENT

by Big Life Journal

## 1 ACCEPT YOUR CHILD AS THEY ARE

- See and know them for who they are rather than who we expect them to be.
- Tell them from the start that **you will love them**...and repeat it all the time.
- Be awake to who they are; feeling seen is an essential part of feeling loved.
- A great way to connect with your child is via their love language, you can **make them feel seen and appreciated**.



## 2 ALLOW YOUR EMOTIONS

- All feelings are okay!
- When a strong feeling arises, observe it. **Pause and take a breath.**
- When frustration arises, use the helpful practice **S.T.O.P.**



- S-** Stop what you are doing
- T-** Take a few deep breaths
- O-** Observe your thoughts and feelings as they are
- P-** Proceed with whatever you were doing before

## 3 KNOW THE "90-SECOND RULE"

- When we resist a feeling, we inadvertently remain stuck in the same feeling.
- When we accept the feeling, **it's gone in under 2 minutes!**
- In the critical 90 seconds of an emotion, be sure to communicate your strong feelings to your child and how you plan to cope with them. **"Mommy is feeling very tired and grumpy right now."**



## 4 PARENT FROM A PLACE OF GRATITUDE

- Practicing gratitude improves mental and physical health, increases empathy, and improves sleep. **It even changes the brain!**
- Each time you're about to say, "I have to" to, replace it with **"I get to."**
- "I have to take my daughter to ballet" versus "I get to take my daughter to ballet".
- "I have to put him to bed" versus "I get to put him to bed."



## 5 APPLY GROWTH MINDSET TO YOUR PARENTING

- **No one is born knowing how to parent.** When frustration overtakes you, use it as an opportunity to grow from the experience, and decide what you'd do differently next time.
- When it all seems too difficult, remember the feeling of things being hard is the **feeling of your brain growing.**



# 7 key strategies to manage SIBLING RIVALRY

Big Life Journal

## 1 ESTABLISH FAMILY RULES

In collaboration with your children, create and post clear **family rules to help minimize conflict**. Rules related to sibling conflict may include no hitting, using words to solve the problem, asking before using something, etc.



## 2 DEFINE FAMILY VALUES

Establish shared family values like respect, kindness, and supporting one another. Creating a **family manifesto** is a great way to provide a sense of unity and direction for your family.



## 3 ENCOURAGE EMPATHY AND KINDNESS

Empathy and kindness are teachable skills. Teach children to identify and understand the emotions of others by

- **modeling** these values yourself.
- celebrating when you see your children demonstrate them too. **Use specific language:** "You helped your sister tie her shoes!" (by focusing on kind and helpful acts, you'll encourage more of them).
- **doing the activities** from the Kindness & Community Kit by Big Life Journal.



## 4 MODEL HEALTHY CONFLICT RESOLUTION

**Model the use of "I feel" statements** rather than blaming, and active listening rather than ignoring or minimizing the feelings of others. You can also model cooling down when you're upset, navigating healthy compromise, and treating others with respect.



## 5 LET THEM PROBLEM-SOLVE

With minor sibling squabbles, let your children navigate the issue themselves. Before intervening, take a minute to **gain your composure** so that you can model healthy problem-solving and a calm response to conflict.



## 6 TEACH CALMING STRATEGIES

Teach children calming techniques like deep breathing, journaling, squeezing a pillow or stress ball, etc. Remind them screaming, calling names, and hitting will only escalate the conflict. If they **calm down first**, they can find a helpful solution.



## 7 TEACH ASSERTIVENESS

Provide words that children can use to set boundaries and **teach others how they would like to be treated**. For example, you might say, "Tell your brother, 'I don't like it when you call me names. My name is Jonah. Call me that instead.'"





# Table and High Chair Activities

For Babies and Toddlers

|   |  |   |   |
|---|--|---|---|
|    | <p>Board books, photo books, picture books</p>                                       |    | <p>Everyday items for grooming, brushes, combs, scarves, hats</p>                     |
| <p>Playdough – Sea Creatures, shells, boats</p>                                     |    | <p>Mr Potato Head</p>   |    |
|    | <p>Threading laces and beads</p>   |    | <p>Contact collage – stick objects to clear contact</p>                               |
| <p>Puzzles – wooden peg puzzles etc</p>   |    | <p>Playdough – Dinosaurs, plants and rocks</p>  |  |
|  | <p>Drawing or colouring– paper, crayons, pencils, textas</p>                         |  | <p>Cars, Garage, trucks, city building etc.</p>                                       |
| <p>Chalkboard and chalk, duster, paintbrush and water</p>                           |   | <p>Musical Instruments. Bought or homemade</p>  |  |
|  | <p>Dishwashing – Tea set, soapy water sponges &amp; brushes</p>                      |  | <p>Pattern making - Blocks, buttons, toys</p>   |
| <p>Playdough – bugs, plants, leaves and rocks</p>                                   |  | <p>Whiteboard, markers and eraser</p>   |  |
|  | <p>Dressing up – masks, bangles, gloves, glasses, necklaces</p>                      |  | <p>Playdough – zoo or farm animals</p>  |
| <p>Pasta Play – dye and dry some pasta</p>  |   | <p>Playdough – Natural materials found on a garden walk</p>                           |  |
|  | <p>Tea set for afternoon tea</p>   |  | <p>Transfer tray – tongs, tweezers, spoons and accessories</p>                        |



# TODDLER INDOOR ACTIVITIES



- Use Cookie Cutters with Playdough
- Have Fun with a Tub of Rice
- Use Flashlights in the Dark
- Paint on Newspapers
- Create Something Out of Salt Dough
- Draw on a White Board
- Make Bath Time Glow
- Create an Obstacle Course
- Provide Water for Pouring
- Toss Balloons
- Paint with Q-Tips
- Cut Scraps of Paper
- Thread Plastic Straw Pieces
- Paint with Tea Bags
- Color on Junk Mail
- Put Stickers on Paper
- Paint with Watercolors
- Drive Cars Through Shaving Cream
- Stack Blocks
- Wash Plastic Dishes
- Freeze Water and Paint on It





# Maternal and Child Health Service

## 10 KEY VISITS



**1**  
home visit

Home visit, introducing and linking to local services, Safe Sleeping Checklist, Breastfeeding support, parenting support

**2**  
2 weeks

Growth, development, safety, nutrition and feeding, hearing review, parenting support

**3**  
4 weeks

Growth, Maternal Health Review, nutrition and feeding, parenting support, safety

**4**  
8 weeks

Growth, development, nutrition and feeding, parenting support, link to parent groups, immunisations, safety

**5**  
4 months

Growth, development, nutrition and feeding, parenting support, safety, Young Readers Program – Rhyme Time booklet and DVD

**6**  
8 months

Growth, development, nutrition and feeding, parenting support, hearing review, safety, oral health

**7**  
12 months

Growth, development, nutrition and feeding, parenting support, safety, immunisations

**8**  
18 months

Growth, development, nutrition and feeding, parenting support, safety, oral health, playgroups

**9**  
2 years

Growth, development, nutrition and feeding, parenting support, safety, kindergarten enrolment, Young Readers Program – book

**10**  
3.5 years

Growth, development, nutrition and feeding, parenting support, safety, oral health, vision screening, kindergarten information

**MCH Line—24 hours Phone 132229**

To make an appointment - Call your local council.

For information and locality guide:

[www.education.vic.gov.au/parents](http://www.education.vic.gov.au/parents)

Every child, every opportunity

## 10 THINGS KIDS WANT FROM PARENTS

1. Tuck me in and sing me a song. Also tell me stories about when you were little.
2. Give me hugs and kisses and sit and talk with me privately.
3. Spend quality time just with me, not with my brothers and sisters around.
4. Give me nutritious food so I can grow up healthy.
5. At dinner talk about what we could do together on the weekend.
6. At night talk to me about anything; love, school, family etc.
7. Let me play outside a lot.
8. Cuddle under a blanket and watch our favorite TV show together.
9. Discipline me. It makes me feel like you care.
10. Leave special messages in my desk or lunch bag.

## PLAYDOUGH FOR ONE

### INGREDIENTS

- 1 cup flour
  - 1/2 cup salt
  - 1 tbs Cream of Tartar
  - 2 tbs oil
  - 1 cup boiling water
- with colouring added*



### METHOD

1. Mix all dry ingredients
2. Add boiling water and oil
3. Stir into a dough
4. Knead gently until smooth



Have you joined a playgroup yet?

 Playgroup Victoria

**FIND A PLAYGROUP TODAY!**

[www.playgroup.org.au](http://www.playgroup.org.au)

1800 171 882



# LAMB CHOP AND POTATO BAKE



**SERVES 4 / PREP TIME :10 MINS / COOKING TIME: 2 HOURS**

## INGREDIENTS

- 1/3 cup plain flour
- 8 (about 1.2kg) lamb shoulder or chump chops, trimmed of excess fat
- 2 large brown onions, sliced 1/2 cm thick
- 8 small or 4 medium chat potatoes, cut into slices
- 1 x 400g tin crushed tomatoes
- 1/3 cup Worcestershire sauce
- 1/3 cup brown sugar
- ½ bunch flat leaf parsley, roughly chopped

## METHOD

**STEP 1** | Preheat the oven to 180°C (160°C fan forced).

**STEP 2** | Lay the onion slices over the base of a large baking dish. (It must be large enough to contain the chops in a single layer.)

**STEP 3** | Dust the chops with flour and lay over the onions, then the potatoes over the top.

**STEP 4** | In a jug, combine the remaining ingredients except for the parsley, and pour over the contents of the baking dish. Cover tightly with foil and put into the oven.

**STEP 5** | After 1 hour 30 minutes, remove the foil. Return the baking dish to the oven for 30 minutes uncovered. The sauce will thicken and become beautifully rich. If the chops were very fatty you may need to use a large spoon to remove some from the top.

**STEP 6** | Serve scattered with the parsley. Great with salad and crusty bread.



# Positive Parenting TODDLER TANTRUMS

## TRY THIS



STAY CALM AND RESPOND WITH CONFIDENCE



RESPOND IN THE MOMENT, AND MOVE ON AFTERWARDS



STAY CLOSE AND BE EMOTIONALLY AVAILABLE



ENCOURAGE ALL FEELINGS



REMEMBER THAT BEHAVIOR IS COMMUNICATION

## NOT THIS



OVERREACT OR YELL



TALK TOO MUCH OR DWELL ON IT AFTER THE FACT



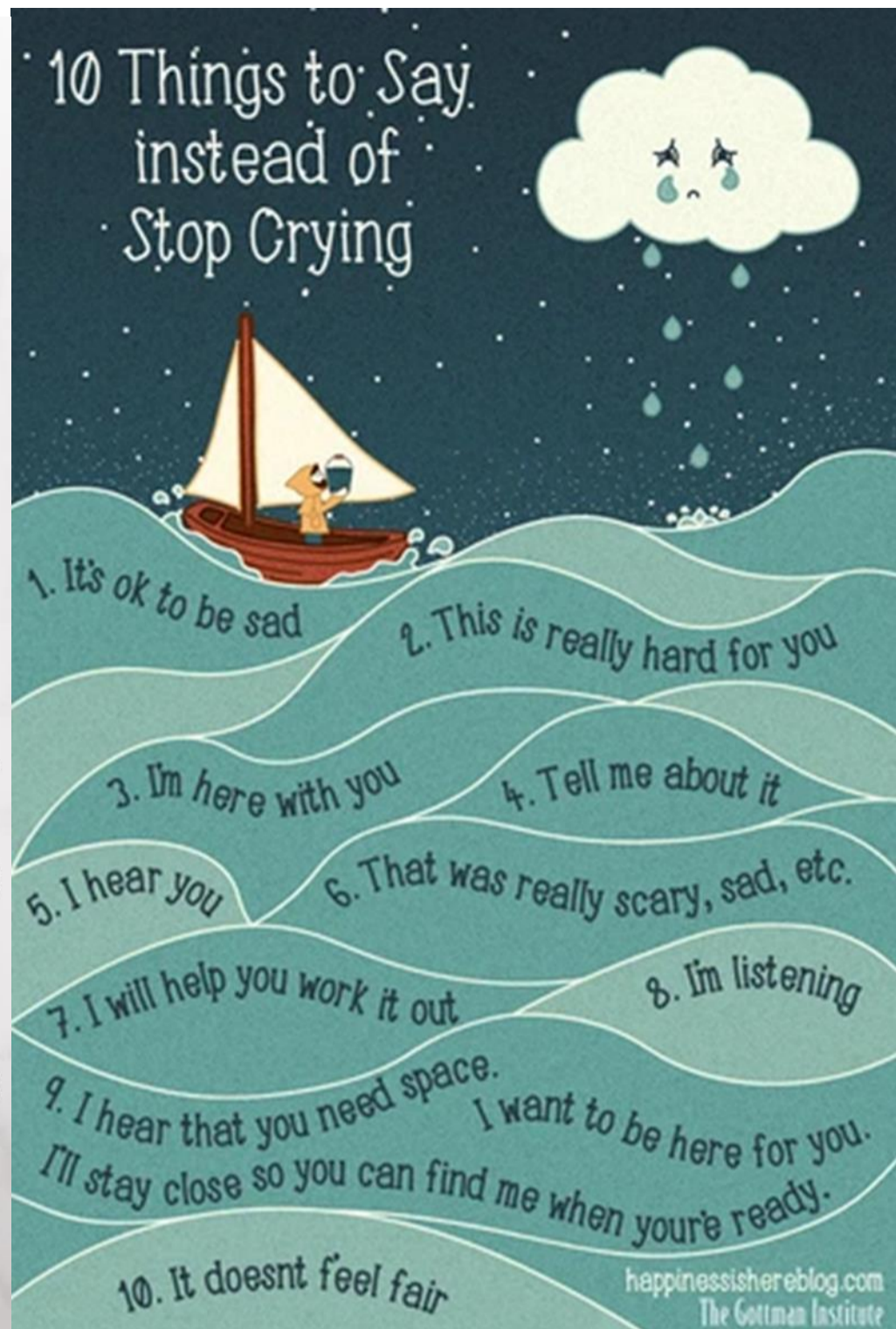
SAY NOTHING OR IGNORE



SHAME YOUR CHILD ("BIG BOYS DON'T CRY")



GUILT YOUR CHILD



## 6 Tips to Calm Your Toddler

1. Let them explore; it's comforting to them.



2. Limit screens; they are overstimulating.



3. Let them play independently.



4. Have rules; they bring consistency which is comforting.

5. Resist saying no promptly; it confuses and frustrates them.



6. Keep yourself calm.

## The Best Ways to Promote Language in Toddlers

Parenting  
from the heart

### 1. Narrate their day.

Talk endlessly about what you're doing and what they're doing. For example, "Oh you're stacking blocks. Up, up, up. *Crash!*"

### 2. Ask questions and *wait* for a response.

Their response doesn't have to sound like the word. Just wait for an attempt to speak.

### 3. Read, read, read, & read some more.

The more we read to children, the more they are exposed to varied and repetitive language.





# Help Us Calm Down

Strategies for Children

Try these strategies with your child! The more you use a calming strategy and practice the strategy with your child, the more likely they are to use the strategy when experiencing anger, stress, sadness, or frustration.

I can...



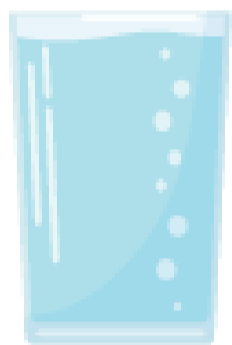
take deep breaths



count



go for a walk



take a drink



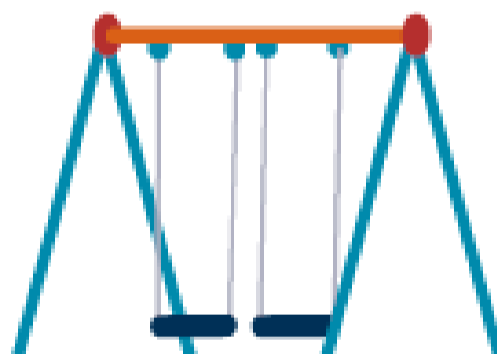
take a break



listen to music



draw a picture



swing



rock



read a book



hug a favorite toy



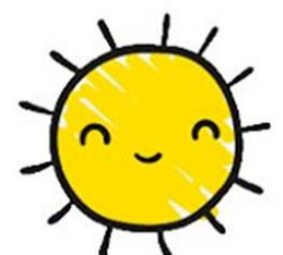
do a puzzle

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





# 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

Talk to us about joining a program in Term Four

**Online via Zoom**

### Let's Talk About Parenting

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

Talk to us about joining a program in Term Four

**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)

**PARENTZONE**