

PARENTZONE

@ HOME



May 2021

At ParentZone, we offer all carers and parents a chance to develop and strengthen their parenting skills. ParentZone can help you to bring out the best in your family.

We provide free parenting groups, workshops, resources, and training for parents and the professionals who work with them.

Our programs cater to all ages and stages, from newborns to teenagers. Our skilled and experienced facilitators will tailor the sessions to meet the interests of each group.



“We all had a laugh and we learned something too. It was great to hear from other parents.”

- Joanna, Gippsland



ParentZone supports families to

- Improve communication and understanding between 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.

All parents can benefit from parent education and skills development, which can reinforce and

ParentZone Gippsland

Term 2 Programs 2021

Breaking The Cycle

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

Fridays

30th April – 18th June

10:00am – 12:00pm

Online via Zoom

Afterschool Family

Connections:

For parents and carers to build connections with their children.

Tuesdays

Throughout school term

3:30pm – 5:00pm

Churchill Community Hub

Dads Matter

A group for Dads the talk about parenting, share stories and learn new strategies.

Thursdays

29th April – 27th May

10:00am – 12:00pm

Online via Zoom

Supported Playgroups

Join us to enjoy songs, stories and fun activities each week during school term.

Mondays: Morwell, 10:00am – 12:00pm

Tuesdays: Morwell, 10:00am – 12:00pm

Wednesdays: Morwell, 10:00am – 12:00pm

Wednesdays: Churchill, 10:00am – 12:00pm

Fridays: Churchill, 9:30am – 11:30am

Single sessions

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

Parenting Anxious Kids: Thursday 10th June, 10:00am – 12:00pm

Understanding Your Child's Behaviour: Thursday 17th June, 10:00am – 12:00pm

Self Care for Parents: Thursday 24th June, 10:00am – 12:00pm

Let's Talk About Parenting

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

Warragul: Warragul Specialist Centre, Tuesdays 27th April – 25th May, 9:30am – 11:30am

Toora: Toora Primary School, Thursdays 29th April – 27th May, 9:00am – 11:00am

East Bairnsdale: East Bairnsdale HUB Wednesdays: 12th May – 16th June (no session 2nd June), 11:00am – 1:00pm

Online via Zoom – Mornings: Wednesdays 26th May – 23rd June, 10:00am – 12:00pm

Online via Zoom – Evenings: Wednesdays 24th April – 10th May, 5:30pm – 7:30pm

6 TIPS to help your kids brush



You know brushing your child's teeth morning and night is important but some children just don't like brushing their teeth!

Here are some things you can do to make it fun – and help get your child brushing twice a day.

1

Make it a game



Play games, tell stories and sing songs. There are lots of apps, videos, books and songs that help make brushing fun.

4

Be a role model



Lead by example. Let your child see you and other family members brushing their teeth.

2

Let kids play with a toothbrush



Help them develop this new skill by letting them have a go at brushing first. Letting them hold the toothbrush with you will help them feel they're part of the action.

5

Reward your child for good teeth brushing



One way to reward your child and make brushing fun is a reward chart and stickers. Try a Tooth Brushing Chart.

3

Teach them using 'Tell-Show-Do'



First, **TELL**. Explain the steps to brushing and how brushing keeps teeth clean and healthy.
Second, **SHOW** them what you do. Have your child watch you when you brush.
Third, **DO**. Help your child brush their teeth alongside you in front of a mirror.

6

Let kids pick out their own toothbrush



The best way to find a toothbrush that your child will be happy to use is to let them choose it for themselves.
(Manual and electric toothbrushes are both effective).

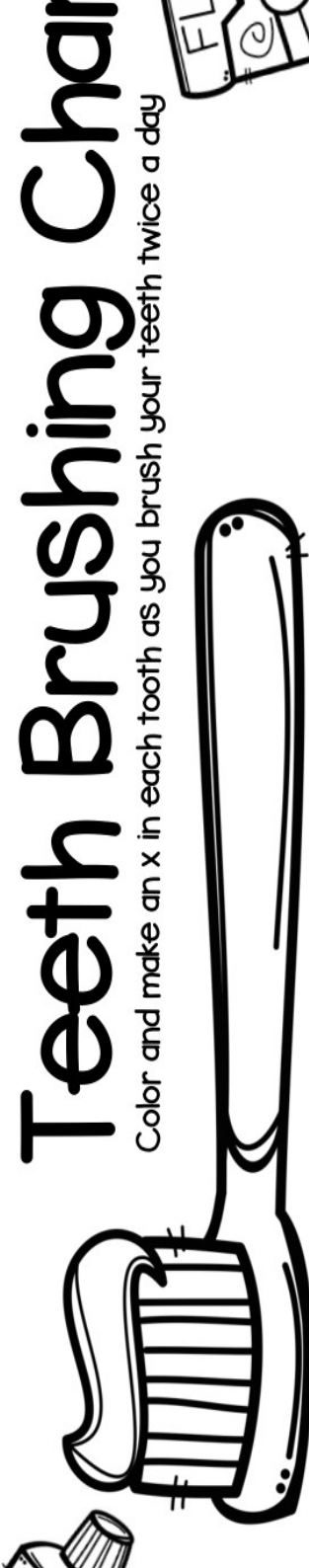


Developed in conjunction with the Achievement Program to support a whole-school approach to healthy eating.



FOR A HEALTHY LUNCHBOX **PICK & MIX** SOMETHING FROM EACH GROUP **1-6!**

FRUIT 1	VEGETABLES 2	MILK, YOGHURT AND CHEESE 3	MEAT OR MEAT ALTERNATIVE 4	GRAIN AND CEREAL FOOD 5	WATER 6
<p>FRESH FRUIT</p> <ul style="list-style-type: none"> • Apple • Banana • Mandarin • Orange quarters • Passionfruit halves (with spoon) • Watermelon, honeydew, rockmelon chunks • Pineapple chunks • Grapes • Plums • Nectarines, peaches, Apricots • Strawberries • Cherries • Kiwifruit halves (with spoon) • Pear <p>MIXED FRUIT</p> <ul style="list-style-type: none"> • Fruit salad • Fruit kebabs <p>DRIED FRUIT</p> <ul style="list-style-type: none"> • Dried fruit, nut, popcorn mixes* <p>TINNED FRUIT/SNACK PACKS/CUPS</p> <ul style="list-style-type: none"> • In natural juice (not syrup) 	<p>FRESH CRUNCHY VEGIES</p> <ul style="list-style-type: none"> • Corn cobs • Carrot sticks • Capsicum sticks • Green beans • Cucumber sticks • Celery sticks • Snow peas • Tomatoes (e.g. cherry and Roma tomatoes) • Mushroom pieces <p>Can serve with either:</p> <ul style="list-style-type: none"> • Hommus • Tomato salsa • Tatziki • Beetroot dip • Natural yoghurt <p>SALADS</p> <ul style="list-style-type: none"> • Coleslaw and potato salad (reduced fat dressing) • Mexican bean, tomato, lettuce and cheese salad • Pesto pasta salad* <p>BAKED ITEMS</p> <ul style="list-style-type: none"> • Grilled or roasted vegetables • Wholemeal vegetable 	<ul style="list-style-type: none"> • Milk • Calcium-enriched soy and other plant-based milks • Yoghurt (frozen overnight) • Custard <p>Tip:</p> <ul style="list-style-type: none"> • Freeze the night before to keep cool during the day <ul style="list-style-type: none"> • Cheese cubes, sticks or slices • Cottage or ricotta cheese • Cream cheese • Tatziki dip <p>Can serve with either:</p> <ul style="list-style-type: none"> • Fruit • Wholegrain cereal, low in sugar • Vegetable sticks • Rice and corn cakes • Wholegrain wheat crackers 	<ul style="list-style-type: none"> • Tinned tuna or salmon in springwater • Lean roast or grilled meats (e.g. beef, chicken, kangaroo) • Falafel balls • Lean meat or chicken patties • Tinned tuna or salmon patties • Lentil patties • Lean deli meats (e.g. ham, silverside, chicken) • Boiled eggs • Baked beans (canned) • Tofu cubes • Hommus dip • Lean meat or chicken kebab sticks • Peanut butter* <p>Can serve with:</p> <ul style="list-style-type: none"> • Wholegrain sandwich, roll, pita or wrap bread with salad • Rice and corn cakes • Wholegrain wheat crackers • Side salad <ul style="list-style-type: none"> • Vegetable frittata • Skinless chicken drumsticks • Savoury muffins or scones 	<p>MAINS</p> <ul style="list-style-type: none"> • Wraps • Sandwiches • Rolls • Toasted sandwiches <p>Tip: Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, naan, bagels, focaccias, fruit bread and English muffins.</p> <ul style="list-style-type: none"> • Pasta dishes • Rice, quinoa or cous cous dishes • Noodle dishes • Sushi <p>SAVORY BAKED ITEMS</p> <ul style="list-style-type: none"> - Homemade pizzas - Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins) - Vegetable based muffins - Pasta or noodle bake <p>SWEET BAKED ITEMS</p> <ul style="list-style-type: none"> • Fruit loaf 	<ul style="list-style-type: none"> • Take a water bottle (for refilling throughout the day) <p>Tip:</p> <ul style="list-style-type: none"> • Freeze overnight to keep foods cool in lunchboxes <p>Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.</p> <p>Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.</p>



Teeth Brushing Chart

Color and make an x in each tooth as you brush your teeth twice a day



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday





Easy lasagne soup

• Easy • 0:10 Prep • 1:00 Cook • 8 Servings

Ingredients

- 2 tbsp olive oil
- 500g beef mince
- 1 brown onion, diced
- 1 stick celery, diced
- 3 cloves garlic, crushed
- 1/3 cup red wine
- 700g tomato passata
- 1.5 litres chicken stock
- 2 bay leaves
- 1 tsp dried oregano
- 2 tablespoons balsamic vinegar
- 120g curly fettuccine
- 40g parmesan, grated
- 8 bocconcini balls
- Fresh basil or oregano, to serve

Method

1. Heat 1tbsp olive oil in a large saucepan over high heat. Add mince and brown very well all over. Use a slotted spoon to remove the mince to a bowl, then discard any excess oil or fat. Add remaining tablespoon of oil and cook onion, celery and garlic for 5 minutes over medium heat until soft, being careful not to let it colour too much. Return drained beef to pan then pour in wine and allow it to bubble up and reduce. Add passata, stock, bay leaves, dried oregano and vinegar. Season liberally with salt and pepper. Bring to the boil, then reduce heat and simmer for 40 minutes, adding more stock or water if it gets too thick.
2. Break fettuccine pieces in half and add to soup. Cook for 8 minutes or until al dente. Stir through parmesan cheese.
3. Remove bay leaves. Ladle hot soup into bowls and push a bocconcini ball into the centre of each. Drizzle with extra olive oil

NOTES

This is meant to be a thick, hearty soup, but you may need to add extra stock or water if it's