



# ParentZone @ Home

## October 2021

Information on Programs to Support 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.**

**PARENTZONE**

# What's on in Term 4

## Learning Through Play - Supported Playgroup

Connect with your child through fun activities, songs and stories. Walking groups and Indoors.

**When:** During school terms on Mondays, Tuesdays, Wednesday and Fridays

**Where:** Morwell and Churchill

**Time:** 10.00am - 12.00pm

## Let's Talk About Parenting

Come along to five sessions to learn strategies, understand what is normal children's behaviour, communicate better with your child and stay connected to your child.

**When:** Wednesdays 17th November - 15th December

**Where:** Online

**Time:** 5.30pm - 7.30pm

## Dad's Matter

Join other Dads where you will increase your confidence as a Dad, improve communication and closeness with your kids and create a healthy environment.

**When:** Wednesdays 13th October - 10th November

**Where:** Online via Zoom

**Time:** 10.30am - 12.30pm

## Breaking the Cycle

For parents and carers whose adolescent is abusive or violent at home. You have an opportunity to discuss all issues and learn new skills to better manage challenging situations.

**When:** Tuesdays 12th October - 7th December

**Where:** Online via Zoom

**Time:** 10.30am - 12.30pm

## Tuning Into Kids

Tuning into Kids teaches parents skills to help their young children to begin to understand and regulate their emotions.

**When:** Thursdays 4th November - 9th December

**Where:** Online via Zoom

**Time:** 10.30am - 12.30pm

## Kinship Support Group

For Grandparents and carers raising their grandchildren or family members or grandparents separated from grandchildren through divorce, family conflict or loss.

**When:** 1st September, 6th October, 3rd November, 1st December

**Where:** Anglicare Morwell

**Time:** 10.00am - 12.00pm

## Raising Resilient Kids

Help your child cope in a chaotic world, improve your child's confidence and self esteem and help your child cope with change.

**When:** Thursday 14th October

**Where:** Online via Zoom

**Time:** 10.30am - 12.30pm

## Dealing with your Child's Anger

A program for parents of children and preteens with challenging behaviour. Learn how to help your child with their big feelings, build a positive relationship with your child, talk so they will listen, create rules and consequences that your children will respect.

**When:** Mondays 1st November - 29th November

**Where:** Online via Zoom

**Time:** 10.30am - 12.30pm

## Parenting Anxious Kids

Come along to this session to learn how to respond when your child gets overwhelmed, help your child to regulate their emotions and support your children with their challenges.

**When:** Monday 19th October

**Where:** Online via Zoom

**Time:** 10.30am - 12.30pm

## Bullying: Building a Toolkit to help your Child

Do you want to understand what bullying is? Recognise the signs your child is being bullied, know how to support your child, help your child build resilience and learn protective behaviours.

**When:** Thursday 9th December

**Where:** Online via Zoom

**Time:** 1.00pm - 3.00pm

## Raising Resilient Teens

Help build resilience in your teen, support your teen to problem solve and resolve conflict, learn how to talk so teens will listen and understand your teens development.

**When:** Wednesday 20th October

**Where:** Mirboo North Secondary College

**Time:** 5.30pm - 7.30pm

## Making time for self-care

Do you want to feel less overwhelmed and deal with anxious feelings? Want to improve your confidence and self esteem? Build resilience for yourself and your family? Talk time out for yourself?

**When:** Friday 10th December

**Where:** Online via Zoom

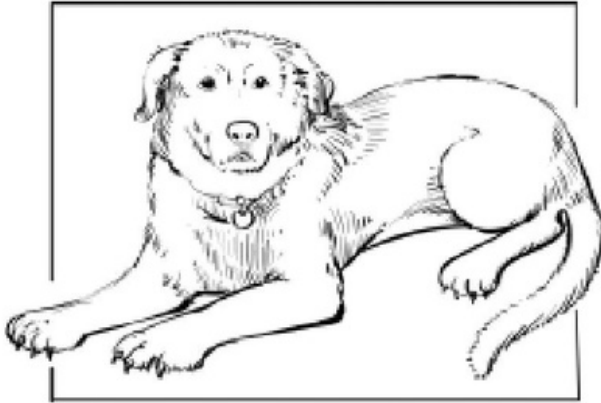
**Time:** 10.30am - 12.30pm

**Bookings are essential.  
Programs are FREE**

**To make a booking OR for more information  
please contact ParentZone Gippsland  
on (03) 5135 9555 or email  
parentzone.gippsland@anglicarevic.org.au**

**PARENTZONE**

### Safety tips for Children and pets



Always supervise your child around dogs and other animals.

It is a good idea to wait until your child is at least 5 years old before you get a pet.

You can help prevent injuries:

- Choose your pet carefully.
- Supervise your child around pets.
- Teach your child how to act around animals.

#### Did you know?

- Dog bites are usually caused by an animal the child knows. Nearly half of the dog bites seen in emergency departments happened with the family pet in the child's own home.
- Most dog bites happen on the face and arms.
- Pets can be jealous. Watch your pet closely if you have a new baby in the house. Try to give your pet as much love and attention as you did before the baby came.

#### Safety check

- ✓ Always supervise children around dogs and other animals. Children under 5 will not always understand or remember instructions. Keeping them safe is still an adult's job!
- ✓ Do not leave your baby or young child alone with a pet.
- ✓ Keep your pet's food and toys away from your child.
- ✓ Train your dog to obey commands from all members of your family.

For more information, turn over this page

### *Safety tips for* Children and pets

#### **How to choose a pet**

##### **Dogs**

Choose a dog that is calm and patient. You can spay or neuter a dog to make it less aggressive. Dogs trained to be aggressive or to work as guard dogs may be dangerous to children. Do not choose a dog like this as your family pet.

##### **Cats**

Choose a cat that is calm and likes to be petted. Cats that seem nervous, unfriendly, or unpredictable do not make good pets for children.

##### **Small animals**

Small animals such as hamsters, guinea pigs, gerbils, and rabbits can make good household pets. However, they are not good for families with very young children. Small animals can be easily hurt if dropped or squeezed. They may bite if they are startled or hurt.

##### **Fish**

Fish can be fun for children to watch. Place a fish tank where children cannot climb up, fall in, or pull the tank over on themselves.

##### **Reptiles**

Reptiles such as snakes, lizards, and salamanders are not good pets for children. Turtles are not safe either. Turtles can pass along salmonella bacteria to your child.

#### **Keep your pet from causing injuries**

Take your dog to obedience classes. Everyone in your family should go to the classes. Teach the dog to obey commands from everyone in your family.

Cats do not smother babies by lying on them (this is an old myth). But cats *can* scratch. Keep your cat's claws trimmed short. Teach your child to stroke a cat softly from head to tail. Never try to roll a cat over to rub its stomach.

#### **Teach your child how to act around animals:**

- Walk slowly near animals. Never run up to an animal or away from it.
- Never disturb an animal that is eating, sleeping, or chewing on something.
- Always ask the owner before touching any pet.
- Pet an animal safely. Start with your arm straight down at your side. Then, lift your arm up slowly and let the pet sniff your hand. Next, gently touch the side and then the top of the pet's head. Never place your hand on top of a pet's head right away. That can be dangerous.
- Stop if you are approached by an animal. Speak softly to it and back away slowly.
- Never tease or stare at an animal.
- Never grab an animal by the feet, ears, or tail.
- Never touch or pick up a wild or stray animal.
- Stay away from all baby animals.
- Learn what an angry animal looks like. Stay away from angry animals.
- Never try to break up an animal fight.



## TIN FOIL ART

This Textured Tin Foil Art was so much fun to create!  
We were so thrilled with the vibrant colours and interesting textures that this process created!  
Want to know the best thing? You most likely have everything you need at home!

### Materials Used -

Recycled cardboard  
Glue gun with extra glue refills  
Tin Foil  
Glue stick  
Permanent Markers  
Scissors

### Instructions -

Cut a piece of cardboard to make your frame. Have your child draw a simple design on the cardboard, carefully go over the drawn lines with the glue gun and allow to dry

\*be careful as the glue will be hot - an adult should do this if it's not age appropriate for your child.

Cover the cardboard with tin foil and gently rub to expose the textured outlines of the drawing then colour the tin foil using the permanent markers.



# Anzac Muffins



## Ingredients

- 1 1/4 cups milk
- 100g butter
- 4 tbsp golden syrup
- 1 tsp baking soda
- 2 cups flour
- 1/2 cup rolled oats
- 1 tsp baking powder
- 2/3 cup brown sugar
- 1/2 cup dessicated coconut
- 1 egg
- 1/2 cup brown sugar (topping)
- 1/2 cup rolled oats (topping)

## Method

- In a medium saucepan, heat the milk with the butter and golden syrup. Bring to the boil and whisk in the baking soda. Set aside to cool.
- Preheat the oven to 180°C/160°C fan-forced. Line a 12-cup muffin tin with paper
- In a bowl, combine the flour, oats, baking powder, brown sugar and coconut.
- Whisk the egg into the milk and butter mixture.
- Fold the wet ingredients into the dry ingredients, folding until just moist. Divide the mixture evenly between the muffin cups.
- In a bowl, combine the brown sugar and rolled oats for the topping. Spoon topping evenly over each muffin cup. Bake for 15-20 minutes.
- Cool in the tin for 5 mins and then let cool on a wire rack.