

# PARENT *ZONE*

# @ HOME



**Seventh Edition**  
**14th July 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.**

# 7 ways to HELP YOUR CHILD with PERFECTIONISM

Big Life Journal

## 1 REDEFINE SUCCESS



Children who have a **growth mindset** are more likely to develop their potential. They view their successes as a result of **effort and strategies** rather than fixed traits like intelligence or abilities.

## 2 CHALLENGE THEIR THINKING

In the heat of the moment, use **empathetic** comments like *"I can see you're angry because you want this to be perfect"*. Later ask:

What's the worst thing that could happen?

What is a more positive way to think about this?

What part of my problem could I solve now?

## 3 EXPLAIN THE BRAIN MUSCLE

Talk with your child about their brain and its **incredible power** to grow and develop.



Remind that brains are **constantly changing** and **learning** from new experiences. When we make an error, our brains spark and grow—and we actually learn faster.

## 4 TALK ABOUT YOUR MISTAKES

A simple way to combat your child's unrealistic self-expectations is by pointing out **your own mistakes**.



**Talk about your mistakes in real-time** (*"Oops! I just added too much flour to this recipe!"*) and how you are addressing them.

## 5 FOCUS ON LEARNING FROM MISTAKES

Rather than ignoring or shying away from addressing errors, give your child the opportunity to **figure out** what went wrong. Start with prompts like, *"Let's pay attention and figure out what happened"* or *"Mistakes are opportunities—let's explore this together"*.



## 6 REFRAME GRADES

Rather than dwelling on grades, encourage your child to **ask questions** like, *"What would I do differently this time?"* or *"What can I do to achieve a different score in the future?"*



## 7 ENCOURAGE SELF-COMPASSION

Brainstorm **words we like to hear** from friends or parents when we fail or make a mistake. Encourage your child to ask themselves, *"What would a good friend tell me about this?"* or *"What would my mom say?"*



# Decorative Night Light

Let your child create their very own DIY night light that can be displayed pride of place in their bedroom.

## Materials:

Clean glass jar

White paint

Stickers/silhouette

Ribbons/string/glitter  
(these are optional)

LED tea light candle

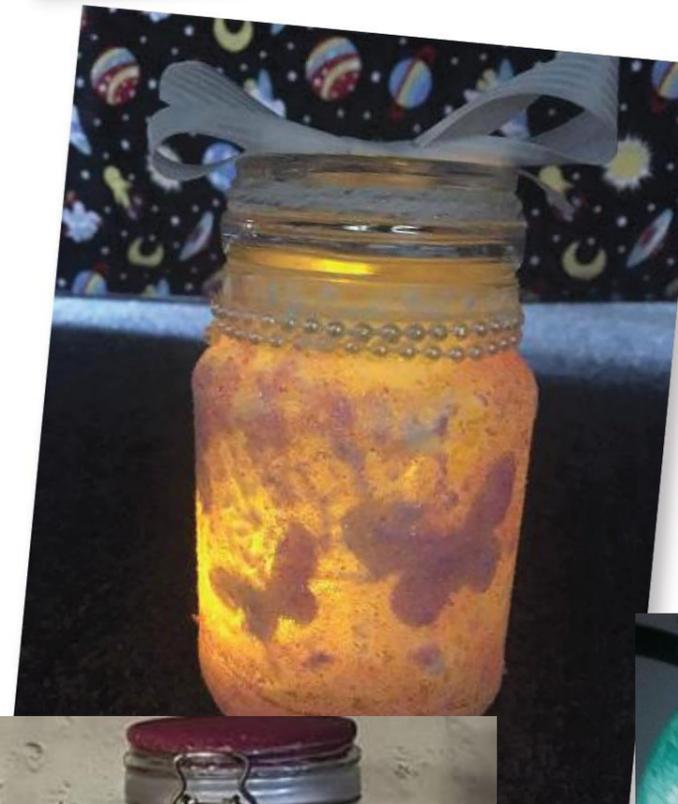
Ordinary household sponge

This is a great activity for kids of all ages. Depending on their interests you can find stickers or silhouettes that they would love (think Frozen, Disney and so forth).

Stick your stickers/silhouette cut out to the inside of the jar. If using silhouettes, use double-sided tape.

Use the sponge to dab paint all over the outside of the jar. It does need to be fairly thick to get a good coverage. The next part is optional, but who doesn't love glitter! While the paint is still wet, cover the jar in glitter. Shake it on as evenly as you can and give it a shake at the end to get rid of any excess glitter.

Decorate the lid and top of the jar anyway you like. You can use a ribbon around the lid like the example picture, but the options for this part of the project are endless. Have some fun with it. Pop the tea light in the bottom and turn your lights off and enjoy!



# DIY Salt Scrub

Make this homemade DIY Body Salt Scrub with just 3 ingredients for glowing skin. Use it the next time you're in the shower to help gently exfoliate, nourish and moisturize skin. You can even leave a jar near the bathroom sink to exfoliate hands when they feel dry.

## Ingredients

1 cup sea salt  
1/2 cup coconut oil  
10 drops essential oils

## Instructions

Begin by mixing the sea salt and coconut oil in the glass mixing bowl. Once mixed add the essential oils and stir gently. Spoon the mixture into 2 small jars (one for the shower and one for the sink). To use, scoop out a spoonful of the body salt scrub and gently rub on damp skin to exfoliate. Rinse with warm water and towel dry



# Soft as a Cloud Playdough



Only 2  
Ingredients!

Super Soft Play Dough is a quick and easy, no cook recipe. The play dough is incredibly soft and silky smooth and the conditioner adds a delightful smell to the sensory experience. Toddlers and children will have hours of fun with this play dough creating soft fluffy cloud creatures or using cookie cutters to make prints.



## WHAT YOU WILL NEED?

2 Cups Cornflour (corn starch)

1 Cup Hair Conditioner

Food Colouring

\*Extra Cornflour to add if mixture is still a little sticky\*

## HOW TO MAKE IT?

Place hair conditioner into a medium bowl and add a few drops of food colouring. With a spoon, mix the colouring through the conditioner.

Add 1 cup of cornflour and stir. Then add the last cup of cornflour to the mixture.

Constantly stir the mixture until it begins to form a thick blob.

Turn the play dough out onto a clean surface and knead into a smooth ball with your hands. Add more cornflour if the play dough is sticky.

Store in a plastic zip lock bag or air tight container.

## PLEASE NOTE:

This play dough recipe is not like other traditional playdough recipes and has no preservatives in it, therefore it will not last as long as salt based dough recipes. Super soft play dough is designed for a sensory experience, an alternative to other play dough and will become flaky and dry with continued play.

# Alphabet Exercise

[www.TheOTtoolbox.com](http://www.TheOTtoolbox.com)



**arm rolls**



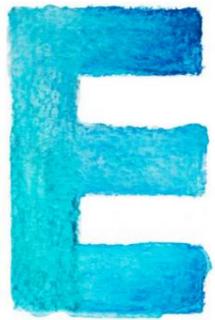
**butterfly legs**



**crab walk**



**duck walk**



**elephant trunk swing**



**frog hops**



**giant leaps**



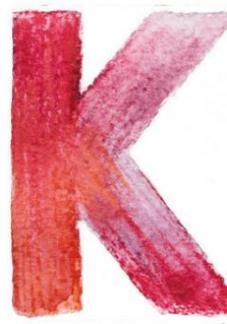
**high knees**



**incline climb**



**jumping jacks**



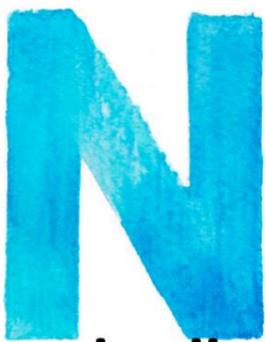
**knee squats**



**lunges**



**mega jumps**



**neck rolls**



**overhead stretches**



**push ups**



**quad stretches**



**run in place**



**snake slither**



**toe touches**



**under-over maze**



**vertical wall taps**



**windmills**



**x marks the spot  
exercise**



**yoga pose**



**zig zag run**

# Beef and Vegetable Meatloaf



## Ingredients:

tablespoon olive oil  
1 green capsicum, diced  
80g diced onion  
1/2 teaspoon minced garlic  
450g extra lean beef mince  
100g wholemeal breadcrumbs  
2 large eggs  
80g grated carrot  
85g grated zucchini  
salt and freshly ground black pepper to taste  
4 tablespoons tomato ketchup, or to taste



## Method:

Preparation: 15min   Cook: 45min   Ready in: 1hour

1. Preheat oven to 200 degrees C. Lightly grease a loaf tin.
2. Heat olive oil in a pan over medium heat; cook and stir green capsicum and onion in the hot oil until softened, 5 to 10 minutes. Add garlic and cook until fragrant, 1 to 2 minutes.
3. Combine mince, breadcrumbs, eggs, carrot, zucchini, onion and green capsicum mixture in a large bowl; season with salt and pepper and mix well using your hands. Press mixture into the prepared loaf tin.
4. Bake in the preheated oven until no longer pink in the centre, 35 to 40 minutes. Spread tomato ketchup on the top of the meatloaf and continue baking until bubbling, about 5 minutes more.

**If you would like to suggest an idea/recipe or any handy hints for our Newsletter; feel free to email us on:-**

**Anita:** [anita.weber@anglicarevic.org.au](mailto:anita.weber@anglicarevic.org.au)

**Kathy:** [kathy.ryan@anglicarevic.org.au](mailto:kathy.ryan@anglicarevic.org.au)



Do **one** simple thing  
in *nature* today

MOTHER  NATURED  
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Please take one

TEAR OFF TO ENCOURAGE  
OTHERS TO TAKE ONE

Sit in a quiet spot outside, close  
your eyes and listen

Smell some flowers

Scrunch a leaf in your hand and  
smell it

Look for bugs on a tree

Write your name in the dirt

Count how many birds you see  
in the sky

Try to mimic a noise you hear  
in nature

Watch the clouds and look for  
shapes

Water the plants in your  
backyard

Observe an animal for five  
minutes

Make something using nature

Lie on the grass and pretend  
you're as small as an ant

Create a nature mandala with  
fallen sticks and leaves

Hug a tree for 30 seconds

# PARENTZONE GIPPSLAND

## TERM 3 PROGRAMS

### Storytime:

#### Supported Playgroup

Join us online to enjoy songs, stories and fun activities each week.

Tuesdays  
14<sup>th</sup> July – 15<sup>th</sup> September  
10.30am – 11.30am

Online via Zoom

### Homework Club:

to assist your children with their homework or just have some fun reading and playing games.

Tuesdays  
14<sup>th</sup> July – 15<sup>th</sup> September  
3.30pm – 5:00pm

Online via Zoom

### Breaking The Cycle

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

Thursdays  
30<sup>th</sup> July – 17<sup>th</sup> September  
5.30pm – 7.30pm

Online via Zoom

### Let's Talk About Parenting

Do you want to know how to talk to your children so they will listen?

Understand what is normal children's behaviour?

Communicate better with your child?

Stay connected to your child?

Program One: Mondays 13<sup>th</sup> July – 10 August  
10.00am – 12.00noon

Program Two: Mondays 13<sup>th</sup> July – 10 August  
1.00pm – 3.00pm

Program Three: Fridays 7<sup>th</sup> August – 4<sup>th</sup> September  
10.30am – 12.30pm

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**