



ParentZone @ Home

March 2022

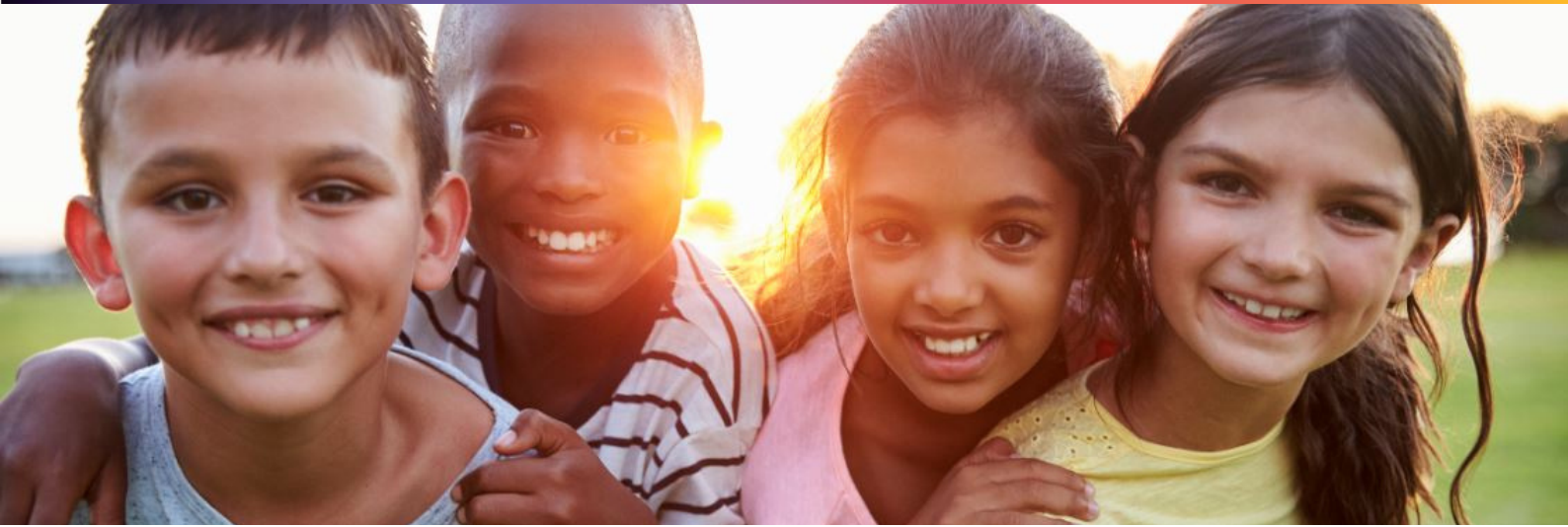
By ParentZone Gippsland

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**

PARENTZONE

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

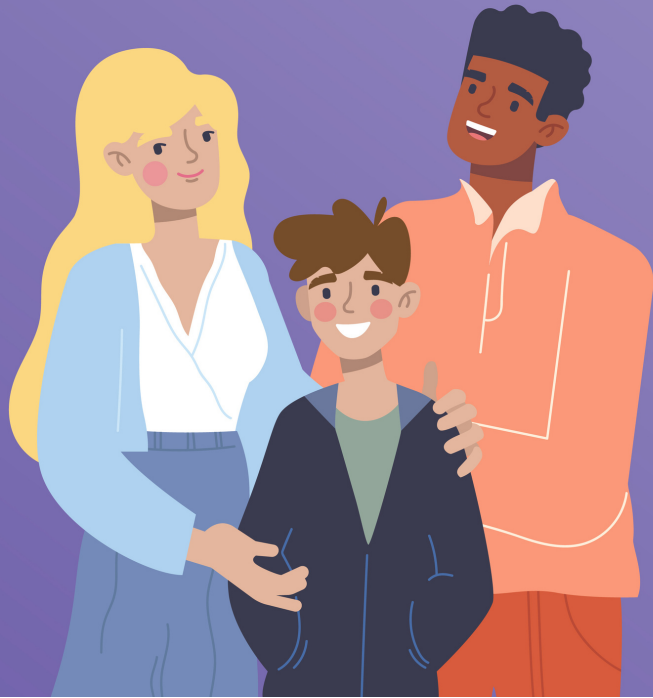
Friday 11th February, 10:30am - 12:30pm

- 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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PARENTZONE

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

Sibling Rivalry

Managing Sibling Rivalry



Through fighting and arguing, children learn to stand up for what they think is right, defend themselves and express their feelings. Teasing can also be a way that children show their affection towards one another and have fun together.

Senior Occupational Therapists **Chiang Jing Jing** and **Hepsi Priyadharsini**, Child Development Unit, National University Hospital share strategies to help parents manage sibling rivalry positively.



Understand why they are fighting

Finding out the cause of the fight helps you resolve the conflict better.

Siblings can fight over a parent's time and attention, perceived favouritism or imitate how parents deal with conflicts.

Ignore minor quarrels

As long as your children are not hurting one another physically or behaving destructively, allow them to resolve the conflicts on their own.

This teaches them to stand up for themselves without depending on adults.

Teach social skills

Teach your children how to play well and resolve conflicts together when they are not fighting.

Read social stories or give them a problem (e.g. two children wanting the same toy) and help them come up with solutions like taking turns.

Teach boundaries

Encourage your children to respect each other's belongings and to ask for permission before using them.

Allow your children to have some separate time from one another.



Praise the positive behaviour

When you see good social behaviours such as taking turns, sharing and cooperating, praise them immediately to reinforce positive behaviour.

This reduces the need for attention through negative behaviours.

Encourage praise among siblings

Create a positive atmosphere by encouraging your child to tell you when his or her sibling does something positive.

You can set up a reward chart or a jar for your children for them to reward each other.



Use consequences

Discipline both children as they need to learn that they are equally responsible for starting a fight.



Treat each child uniquely

Focus on each child's strengths. This helps them feel special and decreases jealousy and competitiveness between them.

Avoid comparing your children and try to spend some uninterrupted time alone with each child.



Share responsibilities equally

Do not be overly protective of the younger child and give too much responsibility to the older sibling.

Try to avoid gender-specific treatment (e.g. girls must help in the kitchen and boys can play) as it can cause resentment.



Supporting siblings of children with special needs

Talk openly to them about the issues that their special needs sibling may have.

Set aside protected and undivided time for each child to help them feel important.

Content by:



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SG ENABLE

As part of:



COVID-19 resource page for parents and caregivers
<https://www.nuh.com.sg/nuhkids-covid19>

Sibling Rivalry

For Parents
Only Shhhh....



Why this works to improve sibling relationships:

- ♥ Siblings tend to compete against each other. This forces them to work together for a common goal. It will unite them.
- ♥ This is especially powerful when they team up together against you...the prize where parents have to do something let's them beat you...together and fuels their collaboration.
- ♥ Kids love to "win." To win, they have to do simple, normal, everyday acts of kindness towards (and for) their siblings. This slowly changes their habits to make these kind acts feel more normal...which makes it easier to repeat over and over again.
- ♥ Make sure the prize you pick is something they *really* want to win so they stay motivated to win it ("ridiculous" prizes are great). Also, choose a prize they will have to enjoy together or enjoy as a family.

Sibling Rivalry

The Sibling Game

Work TOGETHER to Win the Prize!
Prize For This Round:



Ready Set Go!

Do a chore for your sibling (without them knowing).

Give your sibling a compliment.

Invite your sibling to play/hang out with you.

Get your sibling a drink when you get one.

Let your sibling go first.

Say "good morning" and "good night" to each other.

Cheer your sibling on when they do something hard.

Write a note/draw a picture for your sibling.

Tell your sibling 3 reasons you love them.

Help your sibling feel better when they're sad or hurt.

Let your sibling decide which show to watch.

Share something you normally don't like to share.

Come up with a "secret" sibling handshake.

Hug your sibling 5 times in one day.

Say "yes" when they ask if they can join in.

Tell your sibling why you appreciate them.

Winners!

Spaghetti & Meatballs

Cooking with Kids



Cooking with kids: Spaghetti & meatballs with hidden veg sauce



Prep: 15 mins
Cook: 30 mins



Easy



Serves 6 (4 children, 2 adults)



Ingredients

For the meatballs

300g good quality pork sausage (about 4 large or 8 chipolatas)

500g lean beef mince

1 small onion, coarsely grated

1 carrot, finely grated

1 tbsp dried oregano

50g parmesan, finely grated, plus extra to serve

1 medium egg

1 tbsp olive oil

For the tomato sauce

1 tbsp olive oil

1 courgette, coarsely grated

3 garlic cloves, finely grated

1 tbsp tomato purée

pinch caster sugar

splash red wine vinegar

2x tins chopped tomato

To serve

cooked spaghetti

Method

Step 1 Children: Squeeze all the sausage meat out of the sausage skins into a large bowl and add the mince. Tip all the rest of the meatball ingredients, except the olive oil, into the bowl and season with black pepper then squish everything together through your hands until completely mixed. Keep an eye on younger children to make sure they don't taste any of the raw mix.

Step 2 Children: Roll the meatball mix into walnut-sized balls and place them on a plate – this is a job children as young as 2 can help with and a great job to help teach older children basic division.

Step 3 Grown ups: While the children are rolling the meatballs make the sauce. Heat the oil in a large saucepan. Add the courgette and garlic and cook for 5 mins until soft and mushy. Stir in the tomato puree, sugar and vinegar leave for 1 min then tip in the tomatoes and simmer for 5 mins. If your children like courgettes then you can leave the sauce chunky. But if, like mine, they hate courgettes then blitz the sauce with a hand blender – either way continue to simmer sauce gently while you cook the meatballs. If your child is confident with heat, from 7+ they can cook the sauce with supervision.

Step 4 Grown ups: Heat the oil in a large frying pan and, working in batches, brown the meatballs on all sides then pop them into the sauce – continue to simmer the sauce for 15 mins, stirring very gently until the meatballs are cooked through. Serve with cooked spaghetti, extra grated Parmesan and a few torn basil leaves your child has picked and torn.