



# ParentZone @ Home

## May 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](mailto:parentzone.gippsland@anglicarevic.org.au)**

**PARENTZONE**

# What's on in Term 2 2022

## Parents Building Solutions

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

Dads Matter: online via Zoom, Wednesdays 4th May to 1st June, 5:30pm - 7:30pm

Let's Talk About Parenting: online via Zoom, Tuesdays 10th May to 7th June, 10:30am - 12:30pm

Dealing with your Child's Anger: online via Zoom, Wednesdays 11th May to 15th June (no session 1st June), 10:30am - 12:30pm

## Bringing Up Great Kids

Focuses on building positive relationships and interactions between parents and children

Thursdays 12th May to 16th June, 10:30am - 12:30pm

Online via Zoom

## Tuning in to Kids

Teaches parents skills to help their children to understand and regulate their emotions.

Fridays 20th May to 24th June, 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:  
Buckley St Morwell

Tuesdays:  
Buckley St Morwell

Wednesdays:  
Buckley St Morwell

Thursdays: Churchill Community Hub

Fridays: Churchill Community Hub

For bookings & enquiries contact: Parentzone Gippsland on 03 5135 9555 or email [parentzone.gippsland@anglicarevic.org.au](mailto:parentzone.gippsland@anglicarevic.org.au)

**PARENTZONE**

# What's on in Term 2 2022

## Single sessions

These 2-hour sessions are based on Parents Building Solutions program and offered online via Zoom

### Raising Resilient Kids

Friday 13th May, 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

### When Kids Refuse To Go To School

Thursday 5th May, 10:30am - 12:30pm

- Developing strategies to build your child's resilience.
- Understanding and responding to your child's feelings and emotions.
- Work together to find solutions.

### Parenting Anxious Kids

Friday 6th May, 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 29th April, 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?

For bookings & enquiries contact:  
Parentzone Gippsland on  
03 5135 9555 or email  
[parentzone.gippsland@anglicarevic.org.au](mailto:parentzone.gippsland@anglicarevic.org.au)

**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



## Tuning in to Teens

**Parenting program that teaches parents skills to help their teens begin to understand and regulate their emotions.**

Do you want to

- Learn how to better understand and manage your teen's emotions, such as anger, anxiety and sadness?
- Improve communication with your teen?
- Teach your teen to deal with conflict?
- Help your teen learn to manage their emotions?

Supporting the development of your teen's emotional intelligence will help them:

- Have greater success with making and keeping friendships
- Be more able to calm down when angry or upset
- Have better concentration at school
- Better manage challenges and change

**DATES:** Thursdays 12th May to 16th June 2022

**TIME:** 10:30am to 12:30pm

**WHERE:** Online via Zoom

**COST:** FREE. Bookings essential.

For bookings & enquiries contact: Parentzone Gippsland on 03 5135 9555 or email [parentzone.gippsland@anglicarevic.org.au](mailto:parentzone.gippsland@anglicarevic.org.au)

**PARENTZONE**

# Family Meetings

## A QUICK GUIDE TO FAMILY MEETINGS

Finding the time (and patience!) to hold a weely family meeting can be a challenge. But even short meetings can have a powerful impact on your family's ability to connect, learn, grow and even streamline your home life!



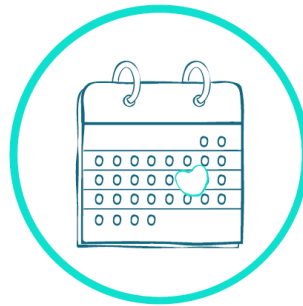
### WHAT IT LOOKS LIKE:



#### LEARN

Plan out personal, family and financial goals.

Teach skills & values.



#### ORGANIZE

Coordinate schedules.

Establish/practice new routines & rules.



#### CONNECT

Support and listen to each other.

Have fun together!

### TIPS FOR SUCCESS

- ☀ Be consistent. Pick a day and time that works most weeks.
- ☀ Take turns leading and teaching. (Kids included!)
- ☀ Encourage everyone to participate in discussions.
- ☀ Establish ground rules. (i.e. no interrupting, be respectful, etc.)
- ☀ Keep the meeting brief and upbeat.
- ☀ Have treats or snacks afterward!

For more tips, visit <https://thistimeofmine.com/family-meetings/>

# Family Meetings

## OUR FAMILY MEETING

DATE: \_\_\_\_\_

### JOBS:

LEADING: \_\_\_\_\_

### THIS WEEK:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

### TIME TO SHARE:

- What's happening this upcoming week?
- What went well for everyone this week?
- What is one thing that was hard this everyone this week?  
- Is there anything we can do to help?
- 
- 

### OTHER TOPICS TO DISCUSS:

- 
- 
- 
- 
- 

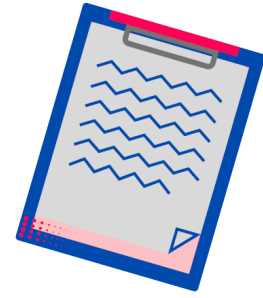
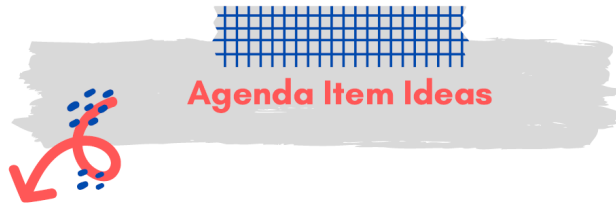
### FINISHING UP:

- Lesson
- Is there anything else anyone would like to discuss?



# Family Meetings

## Family Meeting Ideas



- compliments
- what is going well
- something you would like to change
- something you want to do more often
- something you want to do less often
- word of the week or month
- funny stories or inspiration
- school issues
- sibling frustrations
- parental frustrations
- something that hurt your feelings
- fun questions
- family values
- chores
- family rules
- family fun activities
- meal suggestions
- ways to serve others
- holiday plans
- schedule/calendar items

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

It's been so busy as of late,  
all we do is run,  
It's time for us to take a break,  
and have a little fun!  
Take your phones and tablets,  
put them out of sight,  
And get ready for a big surprise,  
because tonight is...

**FAMILY NIGHT**

BitzGiggles.com

## Screen Free Family Fun Night Ideas

- Have a back yard camp out
- Play a Card Game
- Paint Rocks together
- Teach the Kids to Cook Dinner
- Play Show & Tell
- Go on a bike ride or walk
- do a puzzle together
- play charades
- have a staycation
- go on a scavenger hunt
- build a time capsule
- have a dance off
- make up your own play and act it out
- flashlight hide and seek
- try out stargazing
- play a board game
- epic "building" competition with LEGOs or blocks
- go bowling
- make your own pizza bar
- karaoke night
- Play Family Friendly Truth or Dare
- make a craft
- have a talent show
- go skating
- have a water gun fight
- flashlight freeze tag or laser tag
- family Olympics/American Ninja Warrior course
- go backyard camping
- roast marshmallows and tell "spooky" stories

# Cooking With Kids

## Basic Chicken Soup

Once you've cooked the chicken, this soup is a snap to make. If you'd like to make your own broth, check out our Chicken Broth recipe or take the simple route and use boxed broth.

**PREP TIME** 20 mins  
**TOTAL TIME** 1 hr 30 mins  
**SERVINGS** 10 to 12 cups

### KITCHEN GEAR

Cutting board  
Sharp knife (adult needed)  
Measuring spoons  
Measuring cup  
Large heavy-bottomed pot  
Wooden spoon

### INGREDIENTS

1 tablespoon canola or olive oil  
1 onion, finely chopped  
2 celery stalks, sliced  
2 carrots, scrubbed or peeled and sliced  
8 cups low-sodium chicken broth (or more, if you like it more brothy)  
½ cup brown rice, barley, or small pasta (such as alphabets or orzo)  
2 cups cooked, shredded chicken

### INSTRUCTIONS

Put the pot on the stove and turn the heat to medium. When it is hot (flick some water on it – it should dance and evaporate immediately) carefully add the oil.

Add the onion, celery, and carrots, and cook until tender, 10-15 minutes.

Add the chicken broth, raise the heat to high and bring to a boil. Lower the heat to low, and cook, uncovered, until the vegetables are tender and no longer float on the top, about 30 minutes.

Add the rice, barley, or pasta and cook until tender, about 20 minutes for pasta, 40 minutes for brown rice or barley. (If you want you can use leftover grains or pasta. If so, skip this step and add them when you add the chicken, step 5. This will also cut 20 minutes off the cooking time.)

Add the chicken, stir, and cook until heated throughout, about 3 minutes.  
Serve right away or cover and refrigerate up to 3 days.

### VARIATIONS

**Lemony Chicken Soup:** Add 1 bay leaf and one strip lemon zest when you add the stock. Remove both before serving.

**Herby Chicken Soup:** Add 1 teaspoon dried marjoram (or 1 tablespoon chopped fresh), 1 teaspoon dried rosemary (or 1 tablespoon chopped fresh), and 1/4 teaspoon dried thyme, or 1 teaspoon chopped fresh. If you're using dried herbs, add them when you cook the veggies. If you're using fresh herbs, stir them in right before serving the soup.

**Garlicky Ginger Soup:** Add 1 tablespoon fresh ginger root and 1-2 garlic cloves, minced, when you add the onion.

**Curried Chicken Soup:** When you cook the veggies, add 1 Granny Smith apple, cored and cubed, 1-2 tablespoons curry powder, and 1 tomato, cubed. Stir in 1/4 cup unsweetened, shredded coconut and 2 tablespoons chopped cilantro leaves just before serving.

**Basil Chicken Soup:** Swirl in 1-2 tablespoons pesto just before serving.

**Tortilla Soup:** Skip the rice, barley or pasta and stir in 1/4 cup chopped cilantro, the juice of half a lime, and a handful of tortilla chips just before serving.

**Tortellini Soup:** Add cooked tortellini instead of the rice, barley, or small pasta.

