

ParentZone @ Home April 2022

By ParentZone Gippsland

Information for Parents and Carers Across
Gippsland

PARENT ZONE

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



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



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

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

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?

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.

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

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PODS

Parenting is the toughest and most important job you will ever have.



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: <u>Getting Children to Listen</u> - click <u>here</u> to listen

Episode 5: How to Respond to Kids' Behaviour - click here to listen

Episode 6: <u>How to Stop Yelling at your Kids</u> - click here to listen

ParentZone Pods can be found on our <u>website</u> and via <u>Spotify</u>

PARENTZONE

Surviving the School Holidays

SCHOOL HOLIDAY SURVIVAL TIPS:

- Don't break the bank. Check out your local park, library or council website for free and fun school holiday activities.
- Ensure you have balance! Being out every day with the kids #2 can be exhausting and expensive. Movie days in your PJ's and slow days around the house can still be fun!
- Pack a lunch box for days at home. I'm sure you're thinking, "Aren't the school holidays my time off from packing lunches?" and the answer is - yes! However, packing a lunch box full of snacks will avoid the constant "Muuuuuum, I'm hungry!" that comes with the kids being home.
- Get creative in the kitchen. Help the kids bake yummy treats or even get them involved in making dinner. You could even turn it into imaginative play by setting up a little "restaurant" at home and getting the kids to dress up like waiters and chefs!
- Don't put pressure on yourself. With the kids home and causing havoc, the house is sure to be a mess and routine may go out the window. That's ok! All kids really want on School Holiday's is a break from daily routine and pressures anyway.

SCHOOL HOLIDAY RULES

TRY NEW THINGS

USE KIND WORDS | TELL THE TRUTH

— SAY PLEASE AND THANK YOU —

SMILE FORGIVE EACH OTHER SING I WAIT YOUR TURN LAUGH KEEP YOUR PROMISES

SKIP. CLIMB. SWING. EXPLORE

HOLD HANDS | FAMILY FIRST | APOLOGISE

WEAR HATS, HELMETS, SUNSCREEN

— DO THE RIGHT THING, FIRST TIME —

PICK UP, PACK UP | BE BRAVE



@LITTLELUNCHBOXCO

uild, craft, or cook something utside play o something

Totally Not Boring FM from A to Z

Create a work of ART

BAKE cookies or a cake

CAMP out in the backyard or living room

DECORATE your bedroom

EARN some money

Hold a paper plane FlyMG challenge

Get outdoors and try GEOCACHING

Head off on a HIKE

Make ICE CREAM sundaes or floats

Get creative with IEWELRY making

Try KMIMG ... with fingers or needles

Build with LEGO

Edit your own hobby MAGAZME

Make a target for a NERFGLM, water balloon or sock battle

offer to help someone

Get creative with PHOTOGRAPHY

Host a family QUIZNIGHT

READ something new or something you love

SCOOTER OF SKATE

Play TAG or Hide N Seek or Murder in the Dark

Challenge someone to a Mo championship

VISIT a museum, art gallery or library

WASH the car or the dog

Conduct a science experiment Stretch your body with 40GA

ZOME out and relax

Cooking with Kids Boiled Eggs & Soldiers

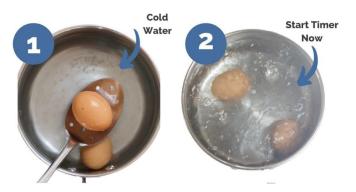
WHAT'S TO LOVE ABOUT EGGS AND SOLDIERS

- FUN The name, the egg cup, getting to cut the top off the egg and of course, dipping.
- **NUTRITIONAL** Eggs are an excellent source of iron and are a nutritious source of protein, fat, Vitamins A, D, E, B12 and choline. Served with a mix of toast and vegetable soldiers it is a very balanced breakfast.
- VERSATILE Perfect for breakfast but equally good for lunch or a quick weeknight dinner.

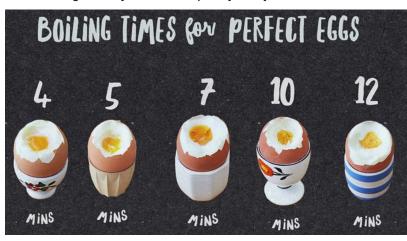
How to Make the perfect Soft Boiled Eggs

- 1 PLACE EGGS IN COLD WATER: Add your eggs before you start boiling. Avoid overcrowding the pan, you want to make sure the eggs fit in the saucepan in a single layer.
- ② BRING TO A BOIL: Do not start the timer until the water is at a full boil. A timer is crucial to get consistent eggs every time. Don't just glance at the clock
- 3 SIMMER: After the water comes to a boil, reduce to a light simmer and simmer for 4 mins.
- **QUITY OF STATE OF**





Australian Eggs mention that eggs should be cooked until the white is set and the yolk begins to thicken. Soft-boiled eggs are fine as long as the yolk isn't completely runny.







"SOLDIERS"

Buttered toast fingers are traditional "soldiers" but mixing it up can add variety (and some extra veggie goodness). Why not try...

- Asparagus Spears
- Bell Pepper (Capsicum) Strips
- Carrot Batons
- Sugar Snap Peas
- Roasted Sweet Potato Strips
- Broccoli
- Mashed avocado on toast fingers

How to Decorate Eggs

What You Need to Dye Easter Eggs

- Hard boiled eggs
- Paper towel or newspaper
- Bowl or cup deep enough to completely submerge an egg
- Tongs, egg dipper, or slotted spoon
- ½ cup boiling water
- 1 teaspoon white vinegar
- Liquid food colouring (about 20 drops per colour)



How to Dye Eggs

- 1. Protect your surface by covering with a sheet of newspaper or paper towel.
- 2. Use cool hard boiled eggs.
- 3. Fill container with enough water to cover the egg, one teaspoon of white vinegar, and about 20 drops of food colouring. The more food colouring you add, the darker the colour of the egg will be.
- 4. To create unique patterns on the eggs, use rubber bands, wax, crayons, or waterproof tape to mark off stripes or designs where you don't want the dye to hit.
- 5. Place your egg on a slotted or regular spoon and dunk, turning occasionally so both sides get colour. Keep your dyed egg in the liquid for up to 5 minutes. The longer you leave your egg in the dye bath, the more vivid the colour will be. You can also dip only part of the egg in one colour, then switch to another colour to create a multi-coloured effect.

You could also use stickers to decorate







Easter Ideas

EASTER AT HOME IDEAS FOR KIDS

- Make an Easter tree
- Bake an Easter cake
- Create a bunny craft
- Make an Easter egg garland
- Picnic in the backyard
- Make a handprint keepsake
- Create cards for loved ones
- Make an Easter egg wreath
- Read an Easter-themed book
- Bake egg-shaped cookies
- Decorate the house with crafts

- Prepare an Easter egg hunt
- Make a sock bunny
- Paint Easter eggs
- Watch an Easter movie
- Wear (homemade) bunny ears
- Easter scavenger hunt
- Have an egg and spoon race
- Easter photoshoot at home
- Play Easter bingo
- Have an Easter brunch
- Make fingerprint bunnies
- Create an Easter-themed artwork

