



ParentZone @ Home

April 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 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

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?

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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

Surviving the School Holidays

SCHOOL HOLIDAY SURVIVAL TIPS:

- #1 Don't break the bank. Check out your local park, library or council website for free and fun school holiday activities.
- #2 Ensure you have balance! Being out every day with the kids can be exhausting and expensive. Movie days in your PJ's and slow days around the house can still be fun!
- #3 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.
- #4 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!
- #5 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.

@LITTLELUNCHBOXCO

SCHOOL HOLIDAY RULES

TRY NEW THINGS

USE KIND WORDS | TELL THE TRUTH

— SAY PLEASE AND THANK YOU —

[SMILE] FORGIVE EACH OTHER
[SING] 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



COOKER AND A LOOKER

TRY THESE:

-  **B**uild, craft, or cook something
-  **O**utside play
-  **R**ead a book
-  **E**arn some money
-  **D**o something for others

For more great summer ideas visit:



Totally Not Boring FUN 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 **FLYING** challenge
- Get outdoors and try **GEOCACHING**
- Head off on a **HIKE**
- Make **ICE CREAM** sundaes or floats
- Get creative with **JEWELRY** making
- Try **KNITTING** ... with fingers or needles
- Build with **LEGO**
- Edit your own hobby **MAGAZINE**
- Make a target for a **NERF GUN**, water balloon or sock battle
- OFFER** to help someone
- Get creative with **PHOTOGRAPHY**
- Host a family **QUIZ NIGHT**
- READ** something new or something you love
- SCOOTER** or **SKATE**
- Play **TAG** or Hide N Seek or Murder in the Dark
- Challenge someone to a **UNO** championship
- VISIT** a museum, art gallery or library
- WASH** the car or the dog
- Conduct a science **EXPERIMENT**
- Stretch your body with **YOGA**
- ZONE** 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.
- ④ **RUN UNDER COLD WATER:** To stop the cooking process. Add to egg cup and serve straight away.



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

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