

[View this email in your browser](#)

Welcome to the **ParentZone** newsletter

PARENTZONE





Welcome to the ParentZone Eastern newsletter for Term 2, 2025!

ParentZone Eastern is a parenting resource centre for all parents, carers and professionals working with families across the Inner and Outer Eastern suburbs of Melbourne. ParentZone offer a variety of in-person and online parent education programs as well as one on one support via their intake line all FREE of cost!

Find us at:

parentzone.eastern@anglicarevic.org.au

Level 2, 37-41 Prospect Street, Box Hill
(03) 9721 3646

For more parenting resources in your local area, click on the button below and check out ParentZone's 'What's On Guide.'

What's On Guide



Stay Tuned for new episodes in 2025

Podcasts for parents, carers and those who support others with their parenting.

The ParentZone Teams are delighted to bring you TWELVE 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 Series 1

- Episode 1: [Family Meetings](#)
- Episode 2: [Dealing with Anxiety](#)
- Episode 3: [Sibling Rivalry](#)
- Episode 4: [Getting Children to Listen](#)
- Episode 5: [How to Respond to Kids' Behaviour](#)
- Episode 6: [How to Stop Yelling at your Kids](#)

Podcast Series 2

- Episode 1: [Positive Discipline](#)
- Episode 2: [School Refusal](#)
- Episode 3: [Parenting our Teenagers](#)
- Episode 4: [Meltdowns vs Tantrums](#)
- Episode 5: [Couples Parenting Together](#)
- Episode 6: [Dads Parenting Today](#)

ParentZone Pods can be found on our [website](#), [Apple](#) and via [Spotify](#)

What does Easter mean in your family



Families celebrate in different way

How will you celebrate this year?



Low cost Easter ideas!



Easter Scavenger Hunt with clues. Resource by: The best ideas for kids

Easter Scavenger Hunt Game - hidden in plastic eggs! Resource by: Alice and Lou



Access these valuable resources below

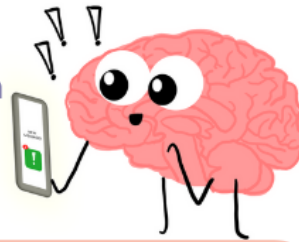
Easter Scavenger Hunt with

clues

Easter Scavenger Hunt

hidden in plastic bags

At ParentZone we facilitate free parenting groups like Tweens and their screens, and Talking Teens... A common issue parents want to talk about in our groups is..... **Toxic Tech!**



Children are very sensitive to the hormone dopamine.

Dopamine is a hormone associated with reward, pleasure and novelty seeking. One way our children and teens can experience a dopamine hit is through the use of technology!

Technology is not all good or all bad

Pros - Connecting with friends, building skills for future jobs, chill out time, connecting with people overseas, research - improving knowledge of the world and finding out how to learn new skills & accessing a diverse range of information

Cons - Exposure to inappropriate violent or sexualised content, poor mental health, risk of obesity, addiction and social isolation, cyber bullying and predators
How we support our kids to have healthy boundaries and be safe on technology is key!

Some ideas include:

- Always use technology in high traffic rooms, where adults are able to supervise usage and what content is being accessed
- Never use tech in bedrooms or bathrooms
- Talk to your kids about how to be safe online - e.g. not sharing personal details, not communicating with people they do not know, which apps are suitable for their age
- Create phone free zones, like at the dinner table
- Set a healthy limit - this usually works best when you make an agreement with your child about what they think is fair and reasonable too
- Role model what you want to see!
- Use parental controls and sites like Common Sense Media to guide what's appropriate for your child/teen
- Learn about what your child/teen is doing online - be curious!
- Talk to your child about cyber bullying
- Check out the [E-Safety Commissioner Website](#) and [Common Sense Media Digital Citizenship](#) for more!

Access the e-safety commissioner website and common-sense media digital citizenship resources below

E-Safety Commissioner

Website

Common Sense Media

Digital Citizenship Website

Tech agreements keep kids safe online!

Click on the buttons below to read more about the tech agreements and to help keep your children safe online

Family Tech Agreement for

under 5s

Family Tech Agreement

ages 10+

Family Tech Agreement 5-

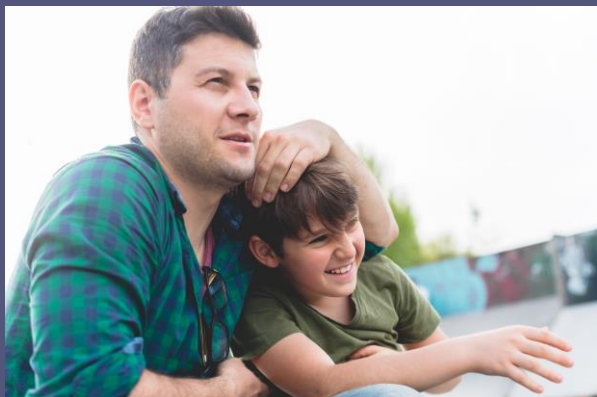
8yrs

Family Tech Agreement for

Teens

Check out ParentZone events and Parenting Groups in your region for Term 2, 2025

[Click here for more info](#)



Parenting Anxious Children

Dates: Tuesdays (6 morning sessions)

May 13th to June 17th

When: 9:30am - 11.30am

Where: Boronia Heights Primary School

[Click here to register](#)



Talking Teens

Dates: Fridays (6 afternoon sessions)

May 2nd to June 6th

When: 12:30pm - 2;30pm

Where: ZOOM/Online

[Click here to register](#)



Circle of Security Parenting

Date: Tuesdays (8 evening sessions)

6th May - 24th June

When: 7pm-9pm

Where: ZOOM/Online

[Click here to register](#)



Parenting Anxious Children | Online

Dates: Thursday mornings (6 sessions) May 22nd - June 26th

When: 12:30pm - 2:30pm

Where: ZOOM/Online

[Click here to register](#)



Tuning Into Kids

Dates: Tuesdays (6-day sessions)

13th May - 17th June

When: 10:00am - 12:00pm

Where: ZOOM/Online

[Click here to register](#)



Parent/Peer Support Group

Dates: Ongoing, multiple dates, groups are offered online and face to face for parents with a child with a developmental delay, disability or neurodivergence.

Enquiries:
Michelle 0438 646 744

We'd love to hear from you about our parenting programs, including the best times to participate, whether you want to join a group online or in person and what themes you want to explore.

Click [here to take the anonymous survey](#).



PARENTZONE

Our mailing address is:

parentzone.eastern@anglicarevic.org.au

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).