

# PARENTZONE

## @ HOME



**February 2021**

Parenting challenges everyone.

At ParentZone, we offer all carers and parents a chance to develop and strengthen their parenting skills. ParentZone can help you to bring out the best in your family.

We provide free parenting groups, workshops, resources, and training for parents and the professionals who work with them.

Our programs cater to all ages and stages, from newborns to teenagers. Our skilled and experienced facilitators will tailor the sessions to meet the interests of each group.



“We all had a laugh and we learned something too. It was great to hear from other parents.”

- Joanna, Gippsland



ParentZone supports families to

- Improve communication and understanding between 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.

All parents can benefit from parent education and skills development, which can reinforce and expand on what you already know about parenting.

**For parenting support, resources and information** please call ParentZone Gippsland on 03 5135 9555 or email [parentzone.gippsland@anglicarevic.org.au](mailto:parentzone.gippsland@anglicarevic.org.au)

The purpose of this newsletter is to share resources and activities from a range of sources to support our Gippsland ParentZone families. If you would like further information contact ParentZone Gippsland or refer to the original source.

## TO HELP CHILDREN FOLLOW INSTRUCTIONS

1

### COMMAND THEIR ATTENTION

Be sure your child is focused on you.

2

### MINIMIZE DISTRACTIONS

Turn off music or TV.

3

### LOWER YOUR VOICE

Speak quietly so they will need to stop talking and get closer to hear.

4

### CHECK FOR UNDERSTANDING

Ask your child to repeat the directions you just gave them.

5

### THE CHOICE TRICK

Give them two options that both achieve your desired result. Do you want to put on the blue socks or the red socks?

6

### GIVE SIMPLE STEPS

Break down your instructions to just a few steps.

7

### NUMBER YOUR STEPS

Once you break down your steps, give them in order so they are easier to remember. First, second, third...

8

### BE EXACT

What are the alternative solutions to the problem you are trying to solve?

9

### VISUAL CUES

Some kids process instructions better visually; so use calendars, charts, lists, etc. to help them remember.

## Games To Practice

Just like any skill, having children follow instructions is something that will improve with practice!

One fun way you can work on how to get kids to listen is by turning it into a game. There are several classic kiddie games you can play with your children to help them:

### Simon Says:

You know how this one goes, "Simon" gives directions and everyone else follows. If they don't, they're "out" until you have a winner. A great way to help children follow instructions.

### Red Light/ Green Light:

Another game centred around following instructions. Red means stop, green means go. Anyone who doesn't freeze on red is "out".

You can use coloured visual cues for kids if they have trouble with verbal commands.

### "I Spy":

Start out easy by placing a couple of items in front of your children and ask them to point to the correct one based on what you spy. This helps them learn how to pay attention and listen to your clues.

### Follow the Leader:

Take a walk around your house or outside. Whatever the "leader" does, everyone else must follow suit. You and your kids can take turns practicing leading and following directions.



# Self-regulation coping strategies

## Students can use at school



# 35 FUN THINGS TO DO IN YOUR BACKYARD

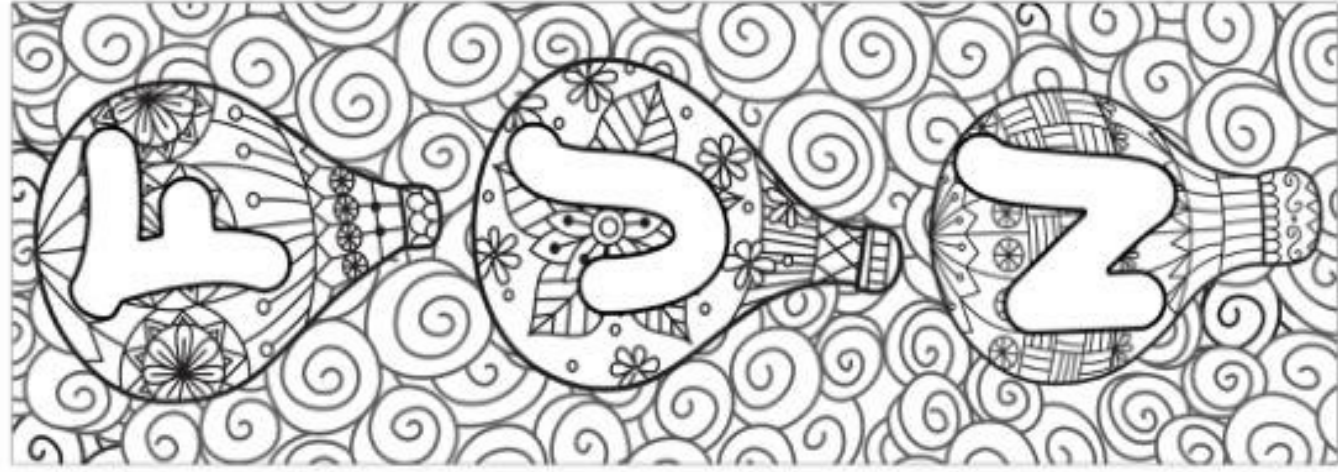
1. Have a picnic
2. Read a book
3. Draw with sidewalk chalk
4. Paint with shaving cream
5. Toss water balloons
6. Run through the sprinkler
7. Splash in the kiddie pool
8. Play in the water table
9. Jump rope
10. Play hopscotch
11. Play tic tac toe
12. Play scrabble with giant tiles
13. Make an obstacle course
14. Dig in the sandbox
15. Plant a garden
16. Make a bird feeder
17. Paint rocks



18. Fly a kite
19. Make & fly paper airplanes
20. Play fetch with your dog
21. Teach your dog new tricks
22. Learn to hula hoop
23. Set up a bean bag toss
24. Play croquet
25. Play baseball
26. Play kickball
27. Set up a net and play badminton
28. Blow bubbles
29. Try an egg and spoon race
30. Do a sack race with pillowcases
31. Take a popsicle break
32. Build a fort
33. Set up an outdoor movie night
34. Look for constellations in the sky
35. Have a camp out for the night



Sunny Day Family  
Mom Life. Organized.



# Chicken pasta bake

Enjoy this gooey cheese and chicken pasta bake for the ultimate weekday family dinner. Serve straight from the dish with a dressed green salad



## Ingredients

- 4 tbsp olive oil
  - 1 onion , finely chopped
  - 2 garlic cloves , crushed
  - ¼ tsp chilli flakes
  - 2 x 400g cans chopped tomatoes
  - 1 tsp caster sugar
  - 6 tbsp mascarpone
  - 4 skinless chicken breasts, sliced into strips
  - 300g penne
  - 70g mature cheddar , grated
  - 50g grated mozzarella
  - ½ small bunch of parsley , finely chopped
- Skill level—easy
  - Serves 6
  - Preparation time— 30 minutes
  - Cook time—45 minutes

## Method

### STEP 1

Heat 2 tbsp of the oil in a pan over a medium heat and fry the onion gently for 10-12 mins. Add the garlic and chilli flakes and cook for 1 min. Tip in the tomatoes and sugar and season to taste. Simmer uncovered for 20 mins or until thickened, then stir through the mascarpone.

### STEP 2

Heat 1 tbsp of oil in a non-stick frying pan. Season the chicken and fry for 5-7 mins or until the chicken is cooked through.

### STEP 3

Heat the oven to 220C/200C fan/gas 7. Cook the penne following pack instructions. Drain and toss with the remaining oil. Tip the pasta into a medium sized ovenproof dish. Stir in the chicken and pour over the sauce. Top with the cheddar, mozzarella and parsley. Bake for 20 mins or until golden brown and bubbling.

# ParentZone Gippsland

## Term 1 Programs 2021

### **Breaking The Cycle**

For parents and carers of adolescents who are violent or abusive in the home

Mondays  
1st February – 29th March  
(no session on 8th March)  
10:30am – 12:30pm

**Online via Zoom**

### **Homework Club:**

For parents and carers to assist your children with their homework or just have some fun reading and playing games.

Tuesdays  
Throughout school term  
3:30pm – 5:00pm

**Online via Zoom**

### **Dads Matter**

A group for Dads the talk about parenting, share stories and learn new strategies.

Fridays  
19th February – 19th March  
10:30am – 12:30pm

**Online via Zoom**

### **Let's Talk About Parenting**

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

**Warragul:** Tuesdays 16th February – 16th March, 10:30am – 12:30pm  
Warragul Specialist Centre, 199 Sutton Street Warragul

**East Bairnsdale:** Wednesdays: 10th February – 17th March (no session 3rd March), 10:30am – 12:30pm  
East Bairnsdale HUB, 24 Hoddinott St, East Bairnsdale

**Online via Zoom – Morning:** Thursdays 11th February – 11th March, 10:30am – 12:30pm

**Online via Zoom – Evening:** Thursdays 11th February – 11th March, 5:30pm – 7:30pm

### **Supported Playgroups**

Join us to enjoy songs, stories and fun activities each week during school term.

#### **Morwell walking group:**

Mondays 10:00am – 11:00am and  
Wednesdays 10:00am – 11:00am  
Meeting at a local park in Morwell

**Online:** Tuesdays 10:30am – 11:30am  
Online via Zoom

#### **Churchill:**

Fridays 9:30am – 10:30am and  
11:00am – 12:00pm  
Churchill Neighbourhood Centre -Studio  
9 Phillip Parade, Churchill

**COST: FREE Bookings essential.**

For more information or to register please contact –  
ParentZone Gippsland on 5135 9555  
or email [Parentzone.Gippsland@anglicarevic.org.au](mailto:Parentzone.Gippsland@anglicarevic.org.au)

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