

# PARENT *ZONE* **@ HOME**



**Being a parent is the most important and challenging job in today's changing world.**

Parentzone promotes the independence and healthy development of families with children aged 0-18 years through the provision of support, information, education, advice and resources to parents/carers.



## WHO DO WE SUPPORT?

- |   |  |
|---|--|
| <ul style="list-style-type: none"><li>• Mothers and fathers</li><li>• New parents</li><li>• Expectant parents</li><li>• Single parents</li><li>• Teen parents</li><li>• Parents in blended and step families</li><li>• Grandparents and kinship carers raising children</li><li>• Indigenous parents</li><li>• Isolated parents</li></ul> | <ul style="list-style-type: none"><li>• Parents with multicultural background</li><li>• Parents of children with special needs</li><li>• Parents who are ordered to undertake parenting education</li><li>• Fathers in prison</li><li>• Fathers on community corrections orders</li><li>• Foster Care givers</li><li>• Friends and relatives</li></ul> |
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**For one on one 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)

This service is Monday – Friday 9am - 5pm but is not always manned.

Messages are normally returned within 1 business day.

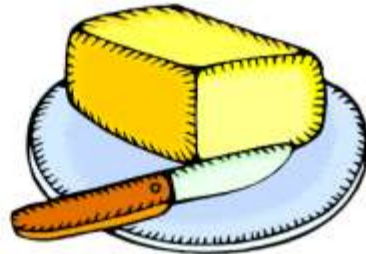
**All parents can benefit from parent education and skills development, which can reinforce and expand on what you already know about parenting.**

# Easy, Chewy Anzac Biscuits!

During World War I, Anzac biscuits were baked by anxious wives and mothers, packed in food parcels, and sent to Australian soldiers in the trenches. The aim was to make biscuits that were nutritious and that would survive the long sea journey to Gallipoli and the Western Front. Use this easy recipe to make a batch with your class! Makes approximately 24.

## Ingredients

- 1 cup plain flour
- 1 cup rolled oats
- 1 cup desiccated coconut
- $\frac{3}{4}$  cup brown sugar
- 125g butter
- 2 tbsp golden syrup
- 1 tsp bicarbonate of soda



## Method

1. Preheat the oven to 160°C. Line two baking trays with non-stick baking paper.
2. Sift the flour into a large bowl. Stir in the oats, coconut and brown sugar.
3. Put the butter, golden syrup and two tablespoons of water in a small saucepan. Stir over a medium heat until melted and combined. Stir in the bicarbonate of soda.
4. Pour the butter mixture into the flour mixture and stir until combined.
5. Roll level tablespoons of mixture into balls. Place on the trays about 5 cm apart.
6. Press with a fork to flatten slightly. Bake for 10 minutes or until golden brown.
7. Set aside on the trays for 5 minutes, then transfer to a wire rack to cool.



WANT SOME MAGIC TO HELP YOU COMMUNICATE WITH OTHERS?

- Use “I” statements to say how you feel and what you want.
- Never use “You” statements because people think you’re blaming them.



Learn this by heart – this is magic!

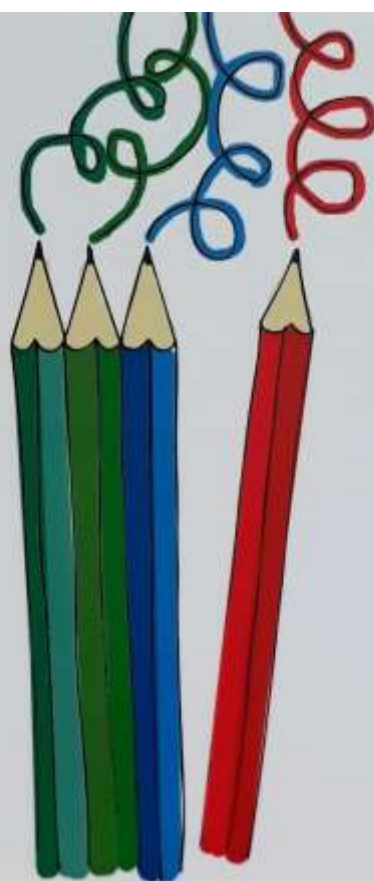
I feel _____(angry, annoyed, furious, etc)
when _____( say what happened)
because _____(why it upsets you)
I would like _____(what you want to happen or change)

How are you feeling?

					
happy	embarrassed	scared	nervous	goofy	surprised
					
quiet	annoyed	cool	sad	tired	excited
					
bored	sick	frustrated	angry	funny	proud

# COLOURING IN

FIND SOMETHING TO COLOUR  
IN USING WHATEVER PENCILS,  
PENS, PAINTS OR CRAYONS  
YOU HAVE. GO SLOW. RELAX.  
ENJOY THE COLOURS.



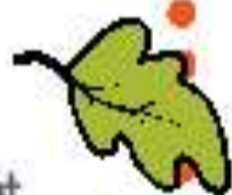




# Things to do in autumn



- 1 Dance, jump and play in a pile of leaves.
- 2 Discover nocturnal animals (night animals) that live around you. Head out with a torch and shine it up into the trees and you may see some glowing eyes from the active night animals.
- 3 Draw a street map after a stroll around the neighbourhood.
- 4 Spell out your name using things in nature.
- 5 Paint with objects you find outside (sticks, leaves and seeds) instead of paint brushes.
- 6 Gather some kitchen equipment and utensils from an op shop (saucepans, lids, wooden spoons etc) and make some drums or a musical mobile!
- 7 Put on a family concert where everyone in the family performs.
- 8 Make a magic nature wand.
- 9 Go on a colour walk! Take a walk in your neighbourhood or a local natural place, collecting as many different colours as you can, or pick a colour and see how many things you can find in that shade!
- 10 Take some books outside and read under a tree.
- 11 Visit a community garden.
- 12 Adopt a tree! Choose a tree to monitor for the year. Check on it once a month. What do the leaves look like? What about the bark? Are there signs of wildlife? Are there plants that live near or on it?
- 13 Help wash the family car. Get out the buckets, sponges, and bubbles and have fun getting the car and yourself soapy.
- 14 See how many bugs and critters you can find in one expedition.
- 15 Start a rock collection.
- 16 Make a mini outdoor shelter for the Easter Bunny.
- 17 Go outside on a windy day with a paper aeroplane and see how far the wind takes it.
- 18 Roast your first marshmallow for the year over an open fire.
- 19 Use a smart phone or recording device to record sounds you hear in nature.
- 20 Choose a plant or animal that you see. Pretend you are that animal and write a letter to someone. If you have a friend with you, write to each other!






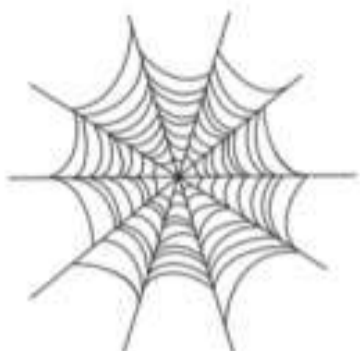




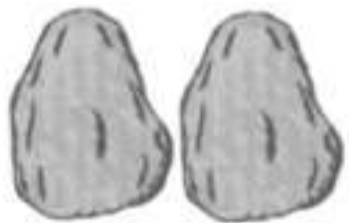











Remember to get permission if you go out on your own, and take a drink bottle, sunscreen, and a hat!



Check out [www.natureplaycbr.org.au](http://www.natureplaycbr.org.au) for more outdoor activities and age appropriate lists

# Scavenger Hunt- Aussie Nature Walk

Can you find all 20?

			
bird	tree roots	ant	spiderweb
			
green leaf	wallaby	flower	log
			
two similar rocks	mushroom	koala	tall grass
			
stick that looks like a letter 'y'	flying bug	brown leaf	cloud
			
gum nuts	animal footprints	moss	seeds



# Nature Scavenger Hunt

Remember to get permission if you go out on your own, and take a drink bottle, sunscreen, and a hat!

Head outside and see if you can tick off all of the things on the list, some you can collect and others you need to observe or listen for

## FIND

- ☐ A flat stone
- ☐ A round leaf
- ☐ A feather
- ☐ A Y-Shaped Stick
- ☐ Some seeds
- ☐ A pine cone
- ☐ A weed



## TOUCH

- ☐ Something spiky
- ☐ Something smooth
- ☐ Something cold
- ☐ Something warm
- ☐ Something slippery



## SEE

- ☐ A hiding place for an insect or creature
- ☐ A place where ants live
- ☐ A bird's nest
- ☐ Some berries on a tree
- ☐ An insect
- ☐ A Spiders web



## HEAR

- ☐ Something far away
- ☐ Something quiet
- ☐ Something loud
- ☐ Something man made
- ☐ A bird



## SMELL

- ☐ Something pretty
- ☐ Something fruity



When you go outside and play in Australian National Parks and Nature Reserves there is lots of life out there living and playing and working away in nature too - and they are doing it in their homes and backyards so you have to be mindful of HOW you play in Nature.



**ACT**  
GOVERNMENT

Check out  
[www.natureplaycbr.org.au](http://www.natureplaycbr.org.au)  
for more outdoor activities  
and age appropriate lists

# Our Nature Walk!



I feel...

I see...

I smell...

I hear...

