



ParentZone @ Home

August 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**

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ParentZone Gippsland

Term 3 Programs 2022: Single sessions

These 2-hour sessions are based on Parents Building Solutions program and offered online via Zoom

Bullying

Friday 9th September
10:30am - 12:30pm
Online via Zoom

- Do you want to understand what is bullying?
- Recognise the signs your child is being bullied?
- Know how to support your child?
- Help your child build resilience and learn protective behaviours?

Making Time for Self Care

Tuesday 13th September
10:30am - 12:30pm
Online via Zoom

- Strategies for feeling less overwhelmed
- Improving your confidence and self esteem
- Building resilience for yourself and your family
- Taking time out for yourself

For bookings & enquiries contact: Parentzone Gippsland on
03 5135 9555 or email parentzone.gippsland@anglicarevic.org.au

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](#), via [Spotify](#) or on Apple Podcasts

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Learning Through Play

Supported Playgroups By ParentZone Gippsland

Come along with your child to:

- Try new and fun ways to learn through imaginative play and craft activities.
- Connect through songs, dancing, nursery rhymes, and stories.
- Get ideas and be encouraged
- Connect with other parents and children

Learning Through Play will include strategies from the smalltalk program which helps promote children's development and learning.

WHO: Parents and their children aged 0-5 years.

WHERE: There are five playgroups in Morwell and Churchill for you to choose from.

COST: FREE for families living in Latrobe City. Bookings essential.

To enrol or get more information please contact: Parentzone Gippsland on 03 5135 9555 or email parentzone.gippsland@anglicarevic.org.au

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Learning Through Play Term 3 2022

Supported Playgroups By ParentZone Gippsland

WHEN:	WHERE:	TIME:
Monday	Anglicare Victoria 101 Buckley St MORWELL	10:00am - 12:00pm
Tuesday	Anglicare Victoria 101 Buckley St MORWELL	10:00am - 12:00pm
Wednesday	Anglicare Victoria 101 Buckley St MORWELL	10:00am - 12:00pm
Thursday Baby Play Session for children 0-12 months	Churchill Neighbourhood Centre - Studio 9 Phillip Parade CHURCHILL	10:00am - 12:00pm
Friday	Churchill Neighbourhood Centre - Studio 9 Phillip Parade CHURCHILL	10:00am - 12:00pm

**To enrol or get more information please contact:
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WHAT TO DO WHEN THE KIDS ARE SICK

Monitor your child's temperature

If your child has a fever, track its progress during the day. Check with your doctor when you need to take him in.

Give medicine as needed



Sanitize your home

Toilets
Bathtub
Countertops
Wash soiled clothes and bedding
Wipe after sneezes and coughs

Wash your hands

Always wash your hands, especially after handling your sick child or cleaning your home. At the least, keep hand sanitizers throughout your home.

Keep your child comfortable

Don't carry or move your child too quickly or often if he's nauseous. And dress him in loose-fitting clothes with no tight elastic bands or buttons.

Offer water

If your child is nauseous, offer small sips throughout the day. If he has a cold or cough, encourage him to drink from it often by giving a sippy cup.

Don't give too much food

Offer bland food in small amounts throughout the day. For diarrhea, give bananas, rice, applesauce or toast.

Encourage naps

Rest is the best way to recover. Encourage your child to nap long and frequently. Let him sleep in.

Must-have items:

Thermometer, medicine
Vicks VapoRub, humidifier,
sanitizing wipes, cleaning
supplies, laundry soap,
tissue paper, extra sheets,
hand sanitizers

Family Fun

FUN FAMILY ACTIVITIES



Looking for some awesomely creative ways to spend quality time as a family during quarantine? Check out these Respectful Ways' Home Connects activities. Bounce from one activity to another to mix up the fun!



Activities for Younger Children

- Play the Compliment Game!**
First, let's model how to give compliments, then practice giving them to each other. Make sure to share how giving and receiving compliments makes you feel.
- Go on a hike or a walk as a family.**
Sometimes you can find amazing scenery and wildlife right in your neighborhood. Discover the plants and animals that live around you. Collect things in nature and make a **collage**.
- Ask family members what brings them joy.**
Write down the responses then draw the family, along with the joyful ideas. Title it: Our Family!
- Discuss good foods you like** and help kids plan a healthy and **delicious meal**. Prepare it together. Share cooking tips while preparing, and talk about the health benefits while eating!
- Create a "Get Along" Family Handshake**
Agree to use it when family members are not getting along. As a family, write a short poem, rap or song to go with it!
- Into English and Language Arts?**
Write poems, stories and plays! Take turns reading each other's work. Build a set and costumes then act out the play for friends and family.
- Into Math and Science?**
Build a **terrarium**. Draw and color geometric designs like **mandalas**. Go outside at night with an **app** that identifies stars. Go to **NASA's site** for tons of fun activities for young kids into astronomy!

Activities for Older Children

- Engage in conversations about future dreams** and plans. Talk about the aspirations you had at their age – and the goals you have today.
- Good **problem-solvers** embrace uncertainty and reframe setbacks as opportunities. **Find a problem** you can solve as a family and focus on developing these mindsets.
- Discuss "Authenticity"** with family members. Discuss how you have remained true to yourself when pressured by peers.
- Turn negativity around in the house!** Keep a "Negativity Jar." If someone says something negative, write it down, cross it out, and then write something positive in its place. At the end of the week, re-examine the cards and talk about the difference it made.
- Foster family connection:** Let children interview elders and ask them what they stood up for when they were young. Find a local issue in your community to work together to solve.
- Establish Phone-Free times** (You too, parents!) Replace that time with **family projects**, puzzles and activities. Talk to your kids regularly about perception vs. reality in the world of social media.
- Expand Your Friendships:** Share a time when you made a friend with someone who isn't like you. Discuss what you found in common and share what you appreciate that's different.

Family Meals

Getting started with family meals

Sitting together to eat as a family helps your child learn to eat a range of food. Children learn to eat the food their family eat and are more likely to try a new food if they have seen a family member eat it first.

Here's how to tackle family meals:

1. Get the routine right

Eat what you are eating now, but eat it at routine meal and snack times. This helps your child come to the meal hungry and more willing to try the meal you have prepared.

2. Sit together as a family

At first, you might only be able to find time to sit together once a week. That's ok. Even one family meal a week will be good for your child and family. It could be for any meal of the day and it doesn't have to be at the dinner table. The important thing is that you are sitting facing each other while you eat and enjoying each other's company. You could even try sitting on the lounge room floor around a rug. Just make sure the TV is turned off so everyone can focus on eating.

3. Eat food you like

The food has to be tasty and rewarding. If you make yourself only cook "healthy meals" it might be too hard to keep going. When you are in the routine of family meals you can start to add variety. For example, you might have your usual lasagne and add a salad to go with it.

4. Plan ahead

At first, figure out meals a day or two ahead. Know what you are having for dinner in the morning. This will save you extra trips to the supermarket. When you get good at it, you might be able to plan for a week ahead and only do one weekly shop.



5. No pressure

Keep the meal time relaxed and calm. Take the pressure off yourself by remembering you and your child's feeding jobs:

As a parent it is your job to decide:

- *What* food to give your child
- *When* to give your child food
- *Where* to give your child food

Your child's job is to decide:

- *Whether* they eat
- *How much* they eat

Your feeding jobs are done when you put food on the table. Let your child do their feeding jobs by deciding whether they eat the meal you have prepared and how much they eat.



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1800 242 696



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Recipes

Hidden Veg Bolognese

Ingredients

- 1 onion diced
- 4 garlic cloves minced
- 3 carrots diced
- 2 celery sticks diced
- 1 eggplant diced
- 200 g mushrooms diced
- 4 short-cut bacon rashers diced
- 500 g premium beef mince
- 2 x 700 g Leggo's Classic Tomato Sugo di Pomodoro jars
- 140 g Leggo's tomato paste
- 1 tsp dried basil leaves
- 1 tsp dried oregano
- 4 tbs olive oil



Method

Heat 2 tbs olive oil in a saucepan over medium to high heat. Add onion, garlic, diced carrot, celery, mushrooms and eggplant. Cook stirring occasionally for 5 minutes, or until vegetables are cooked down and soft. Remove veggies from pan and set aside.

Add remaining olive oil to the saucepan over a high heat, then add bacon and cook till fragrant. Add mince breaking up with a wooden spoon until browned.

Add Leggo's tomato paste and stir to combine.

Return veggies to saucepan and stir to combine.

Add in both jars of Leggo's tomato sauce, dried oregano and basil, then mix well. Reduce heat to low, and simmer for 35 mins. Add salt and pepper to taste.

Serve over pasta of your choice, and top with cheese of your choice.

Zucchini brownies



Ingredients

- 1 1/2 cups raw sugar
- 1/2 cup vegetable oil
- 2 tsp vanilla extract
- 2 cups self-raising flour
- 1/4 cup cocoa (sifted)
- 2 eggs (lightly beaten)
- 1 tsp salt
- 2 zucchini (finely grated)
- 1 cup milk chocolate chips
- 3 tbs pure icing sugar

Notes

- This mixture is really dry before you add the zucchini. Stir in the zucchini and chocolate chips until well combined.
- You don't need to squeeze moisture out of the grated zucchinis.
- If you don't have chocolate chips, you can add 200g of melted chocolate in its place.

Method

1

Preheat oven to 180°C (160°C fan-forced). Line a 20cm x 20cm cake tin with baking paper and set aside. In a bowl, combine sugar, oil, vanilla, flour, cocoa, eggs and salt.

2

Stir in the zucchini and chocolate chips until well combined.

3

Pour mixture into prepared tin.

4

Bake for 30-35 minutes or until cooked through. Cool and sift icing sugar over the top. Cut into squares.