

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.

When You Want to Say

# BE CAREFUL



## Play with Great Heights

- Stay focused on what you're doing.
- What's your next move?
- Do you feel safe there?
- Take your time.
- Does that branch feel strong and stable?
- I'm here if you need me.

## Play Near Dangerous Elements

- Please move slowly and carefully near the...
- Please give each other lots of space so that no one feels like they need to push, and no one gets knocked over by accident.
- Do you feel stable/balanced?
- Do you need more space?

## Rough and Tumble Play

- Make eye contact before you tackle someone. Make sure they know you are coming so that they can get their body ready.
- Check in with each other. Make sure everyone is still having a good time.
- Ask them if they're ok.
- Ask them if they're still having fun.
- Did you like that? Make sure you tell them if you didn't like that.

## Play Where Children can Get Lost

- If you need to run, meet me at the next trail marker!
- Let's check this cave/fort to make sure it's safe to hide in.

## Play with Great Speeds

- Please find a safe spot for your stick while you're running.
- I've noticed that this is a really busy area and I'm worried that someone not playing this game might get knocked over. Watch out for other people and give them lots of space.
- Should we move this game to a more open area?

## Play with Harmful Tools

- Sticks need space. Look around you - do you have enough space to swing that big stick?
- Please keep one end of your stick on the ground!
- What's your plan with that big stick?
- Rocks need space!
- Before you throw that rock, what do you need to look for?
- That rock looks really heavy! Can you manage it?



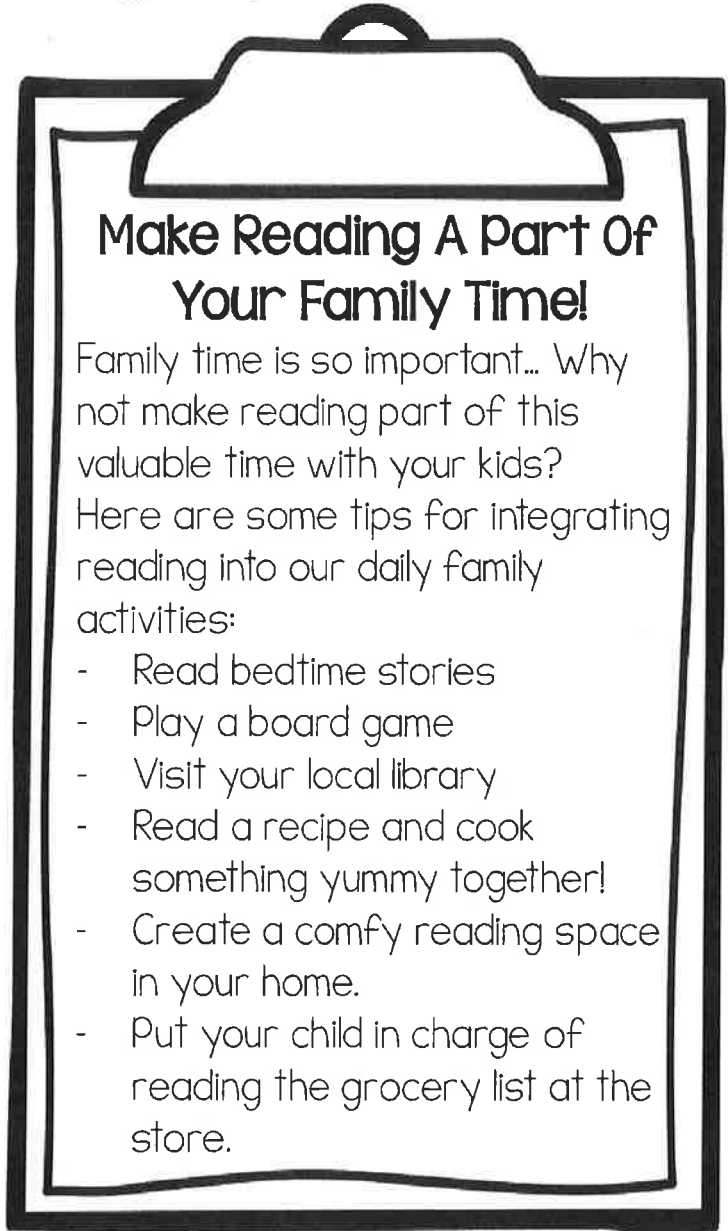
# Reading At Home...

Can Make A HUGE Difference!



## Choose Books That Are At An Appropriate Reading Level For Your Child

- Use the five finger rule. Open the book to any page and ask your child to read. Put up a finger every time your child does not know a word. If you have put up more than five fingers before the end of the page, this book is too hard for your child.
- Choose books that match your child's likes and interests.



## Make Reading A Part Of Your Family Time!

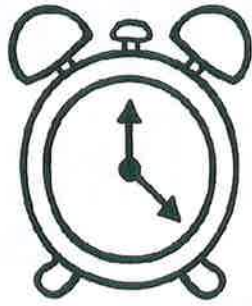
Family time is so important... Why not make reading part of this valuable time with your kids? Here are some tips for integrating reading into our daily family activities:

- Read bedtime stories
- Play a board game
- Visit your local library
- Read a recipe and cook something yummy together!
- Create a comfy reading space in your home.
- Put your child in charge of reading the grocery list at the store.



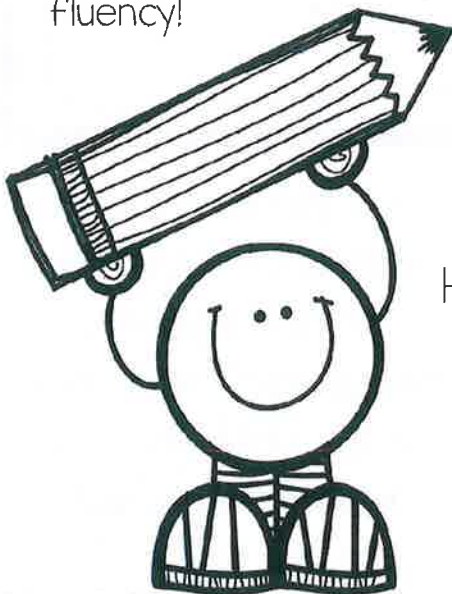
Keep plenty of reading materials in your home: books, magazines, newspapers, and comic books. Children enjoy having a variety of reading materials!

15-20  
minutes is  
plenty for  
a beginning  
reader!



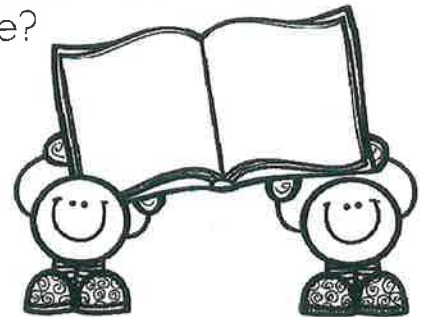
## How To Read With A Beginning Reader:

- Encourage your child to use his/her finger to point to each word.
- Read a sentence and have your child repeat it.
- Take turns reading a sentence each or a page each.
- Talk about the story as you read it. What do you think will happen next? What does this story remind you of? How do you think this character feels?
- Don't be afraid to read the same book again! Repeated reading helps build reading fluency!



## Check For Understanding

- ✓ Start the book by making predictions. What do you think will happen in this story?
- ✓ Ask questions and make comments during the reading process.
- ✓ After reading a book, have your child tell you the events from the story in the correct order.
- ✓ What was the problem in this story?
- ✓ How did the character feel when...?
- ✓ Encourage your child to make connections. Does this story remind you of another book you read, an event in your life, a movie?



## Read Books Online!

There are many fun and interactive websites for literacy.

Here are a few FREE online resources:

[www.starfall.com](http://www.starfall.com)

[www.speakaboos.com](http://www.speakaboos.com)

[www.spellingcity.com](http://www.spellingcity.com)

[www.wegivebooks.org](http://www.wegivebooks.org)

<http://interactivesites.weebly.com>

# Apple Cakes



- MAKES 10
- PREP 0:10
- COOK 0:15

## Ingredients

- 115 g Flora Buttery
- 115 g self-raising flour
- 115 g caster sugar
- 1 tsp ground cinnamon
- 2 eggs
- 2 dessert apple (chopped into pieces, cored)

## Method

1

Preheat the oven to 190°C (170°C fan-forced). Line a muffin tray with paper cases.

2

Mix together the Flora Buttery, flour, sugar and cinnamon. Break in the eggs and mix together until smooth.

3

Fold chopped apple into the cake mixture. Divide among cupcake cases, remembering not to overfill them.

4

Bake in the oven for 12–15 minutes. The cakes are ready when they spring back when lightly touched with a finger.

# Easter Egg Hunt

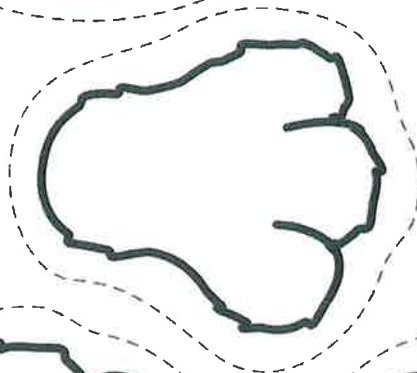
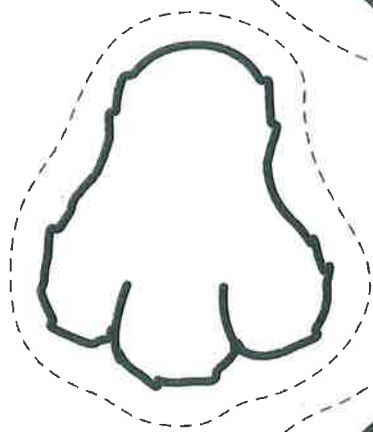
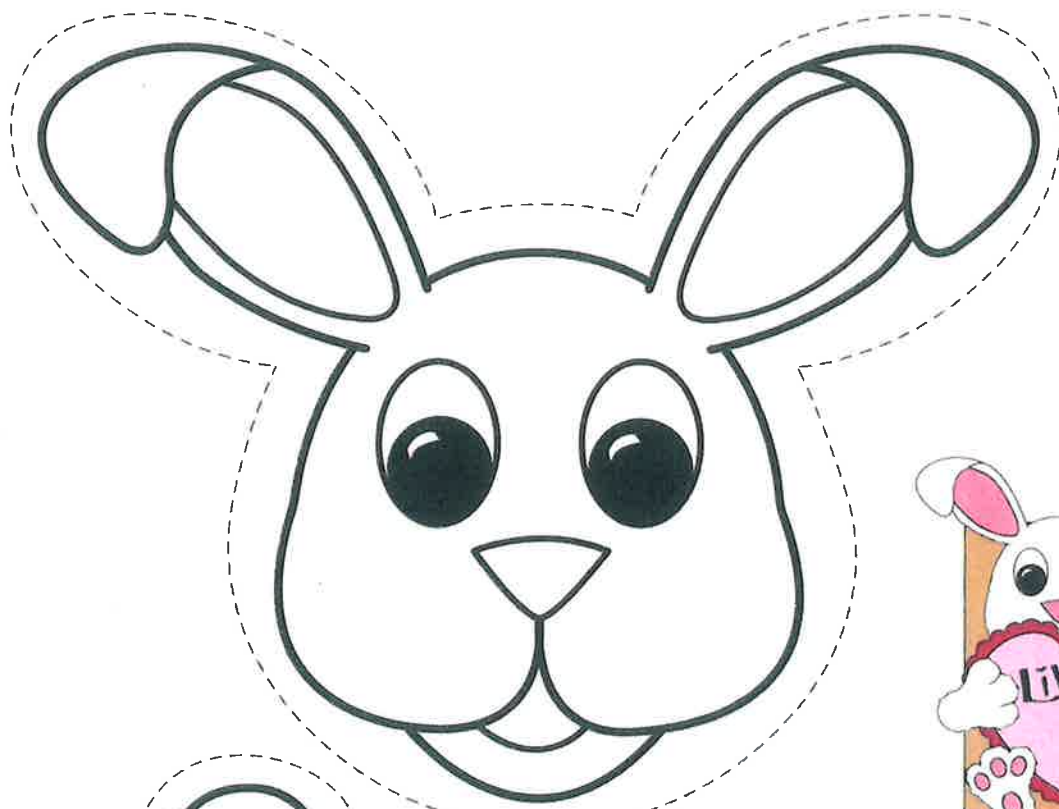
Can you find how many eggs are in this scene?

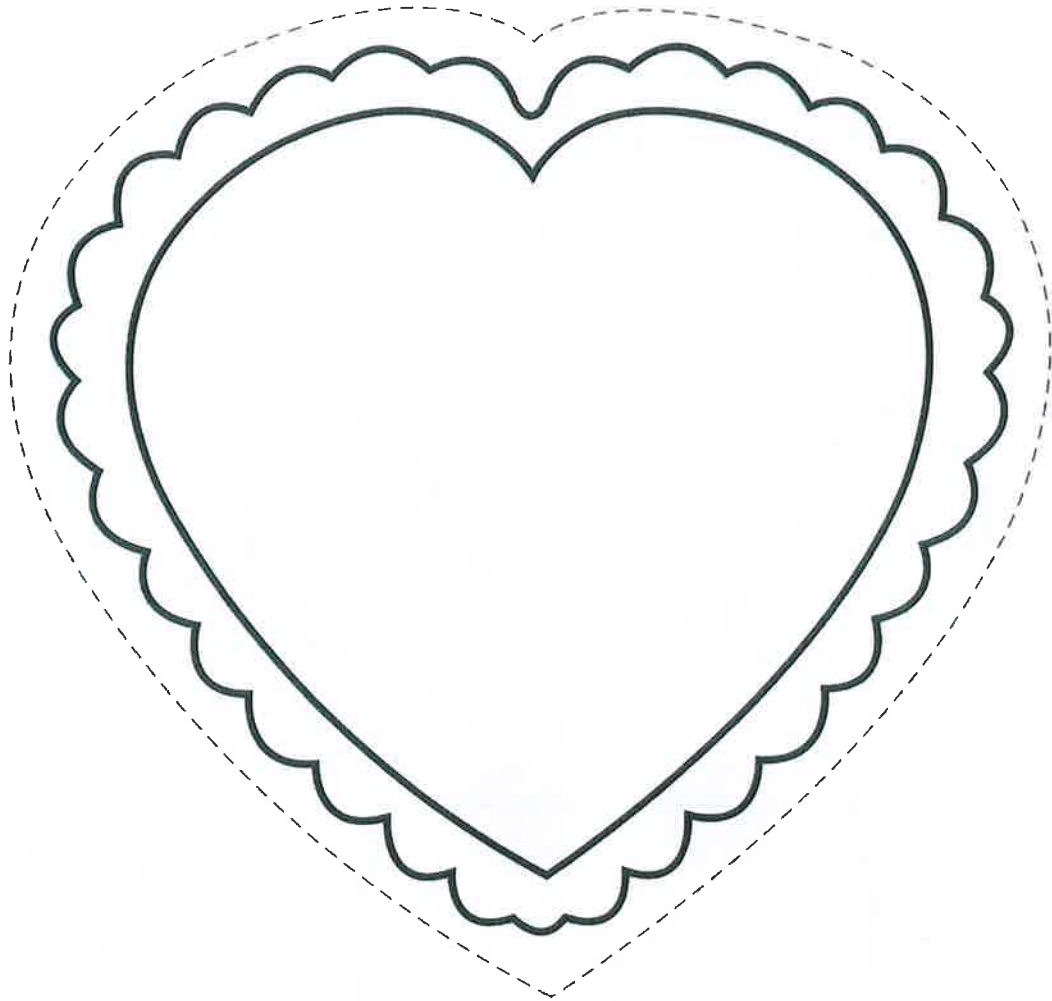
Color in the picture and find all of the eggs!



# Easter Fun

Simply copy the rabbit for each child and have them colour and glue the pieces on a paper bag. Super simple!





<https://blog.maketaketeach.com/a-freebie-for-valentines-day/>

