



ParentZone @ Home

December 2021

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**

PARENTZONE

What's on in Term 1 2022

Parents Building Solutions

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

Dads Matter: online via Zoom, Fridays 4th March to 1st April, 10:30am - 12:30pm

Let's Talk About Parenting: online via Zoom, Thursdays 3rd February to 3rd March, 10:30am - 12:30pm

Dealing with your Child's Anger: online via Zoom, Mondays 28th February to 4th April (no session 14th March), 10:30am - 12:30pm

Let's Talk About Parenting: online via Zoom, Thursdays 10th March to 7th April, 5:30pm - 7:30pm

Breaking the Cycle

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

Wednesdays 9th February to 30th March, 10:30am - 12:30pm

Online via Zoom

Tuning in to Kids

Teaches parents skills to help their children to understand and regulate their emotions.

Tuesdays 8th February to 15th March, 10:30am - 12:30pm

Online via Zoom

Learning Through Play

Supported play for Latrobe parents/carers and their children under-school-age. Groups run throughout school term from 10:00am - 12:00pm.

Mondays: Outdoor play Matheson Park Churchill

Mondays: Indoor play Buckley St Morwell

Tuesdays: Outdoor play Immigration Park Morwell

Wednesdays: Indoor play Buckley St Morwell

Fridays: Indoor play, Churchill Community Hub

For bookings & enquiries contact: Parentzone Gippsland on
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What's on in Term 1 2022

Single sessions

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

Raising Resilient Kids

Friday 25th February, 10:30am - 12:30pm

- How you can help your child cope in a chaotic world
- Improving your child's confidence and self esteem
- Helping your child to cope with change

Bullying

Monday 21st February, 10:30am - 12:30pm

- Understanding what is bullying
- Recognising the signs your child is being bullied
- Knowing how to support your child
- Helping your child build resilience and learn protective behaviours

Parenting Anxious Kids

Monday 7th February, 10:30am - 12:30pm

- How to respond when your child gets overwhelmed
- Helping your child to regulate their emotions
- Supporting your child with their challenges

Making Time for Self Care

Tuesday 29th March, 10:30am - 12:30pm

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

Understanding Your Child's Behaviour

Friday 11th February, 10:30am - 12:30pm

- Do you want to understand why some behaviours occur?
- Learn strategies to deal with behaviour?
- Communicate better with your child?
- Stay connected to your child?

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Tips For Managing Holiday Stress

From <https://www.janiemcmahan.com/blog/2017/11/28/5-tips-to-manage-holiday-stress>

5 Tips To Manage Holiday Stress

1



Keep It Simple

- Do Less and Enjoy More
- Establish a Budget for Gift Giving
- Make Homemade Gifts
- Start a Family Gift Exchange

2



Forget About Perfection

- Stick to Your Daily Routine as Much as Possible
- Plan Ahead
- Make Lists of Tasks and Errands
- Prioritize What You Want to Accomplish
- Keep Old Holiday Traditions That You Enjoy
- Add New Holiday Traditions to the Old Ones
- Slow Down and Enjoy the Season
- Don't Fret If You Can't Do It All!

3



Attend to Your Self-Care

- Don't Overindulge on Food and Alcohol
- Maintain a Healthy Diet
- Exercise - Even a Short Walk is Helpful
- Take 10 Minutes for Quiet Time When Needed
- Get Enough Sleep
- It's Okay to Say "No" to Requests
- Ask for Help When You Need It

4



Acknowledge Emotions & Feelings

- Holiday Time Can Make You Happy
- Holiday Time Can Make You Sad
- Holiday Time Can Bring Frustration
- Holiday Time Can Be Lonely
- Ride the Wave of Holiday Emotions
- Reach Out To Friends, Family, or a Counselor For Support
- ALL EMOTIONS ARE VALID

5



Focus on Kindness and Gratitude

- Enjoy Time With Family and Friends
- Pick Your Battles When Tensions Are High
- Donate Money or Time to Charity
- Practice Acceptance, Forgiveness, & Gratitude

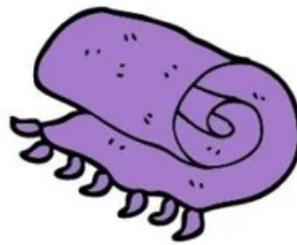
Sensory Overload

From <https://hes-extraordinary.com/sensory-overload-in-kids>

STRATEGIES FOR SENSORY OVERLOAD



Noise reducing headphones



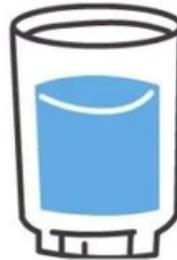
Weighted blanket



Calming nature sounds



Dim the lights



Drink of cold water



Quiet activity or break alone

he's extraordinary
TOOLS FOR RAISING AN EXTRAORDINARY PERSON

Talk to your GP or paediatrician about your child's sensory challenges.

Santa Christmas Paper Plate Craft for Kids

From <https://acultivatednest.com/santa-christmas-paper-plate-craft-for-kids/>

Materials

- Paper plate
- Cotton balls
- Cream, red, white, black, and pink craft paint
- Glue.

Directions

1. Lay out a piece of old newspaper before you get started.
2. Paint your entire plate cream and let dry.



3. Now paint two white circle eyes onto the top center of your plate for the whites for the eyes.

4. Paint two pink cheeks, below and slightly to the side of each eye.



Santa Christmas Paper Plate Craft for Kids



5. Paint a red nose right under the eyes and between the cheeks. Put black dots in the white circles to finish the eyes.

6. Carefully glue your cotton balls onto the bottom half of your plate and halfway up the sides for the beard.



7. Paint the top quarter of your plate red for the hat and let your plate dry.

8. Then glue on a straight line of cotton balls right under your red hat. Add one to the top of your hat, then fill in any bare spots with more cotton balls.



Then your Santa Christmas paper plate craft is finished and ready to be put on display!

One-pan bubble and squeak

Use up your leftover mashed potato and vegetables in this traditional English dish named after the sound it makes as it cooks. It's ready in less than half an hour, is easy to make and the kids will love it. Serve it with leftover roast lamb, pork or chicken or just a fried egg for the perfect budget meal.

6 Ingredients

- 50g butter
- 1 onion, sliced
- 1 clove garlic, finely chopped
- 1 1/2 cups cabbage, shredded
- 1/2 cup carrot, grated
- 2 cups leftover mashed potato



3 Method Steps

Step 1: Melt butter in frying pan over medium heat. Add onion and garlic and cook until soft.

Step 2: Add cabbage and carrot and cook until both soften and start to colour.

Step 3: Mix in mashed potato and push down to fill the pan. When it starts to colour, turn the mixture and press it back into shape again. Keep repeating until the bubble and squeak is golden all over.

Notes

- These also work well separated into smaller patties
- You can use any leftover cooked vegetables (eg peas, Brussels sprouts) in this recipe. Add after the onions are soft.
- Serve with eggs and bacon for breakfast, with avocado and salad leaves at lunch or with leftover cold meats at dinner time.