



# ParentZone @ Home

## June 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](mailto:parentzone.gippsland@anglicarevic.org.au)**

**PARENTZONE**

# 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](#) and via [Spotify](#).

# PARENTZONE



# Learning Through Play

## Supported Playgroups By ParentZone Gippsland

Learning Through Play will provide you and your child with the opportunity to:

- Connect through songs and stories.
- Try new and fun ways to learn.
- 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 under-school-age

**WHERE:** There are five playgroups at different times and locations in Morwell and Churchill for you to choose from.

**COST:** FREE. Bookings essential.

**PARENTZONE**

## **Learning Through Play - Term 4 2021**

### **Supported Playgroups By ParentZone Gippsland**

<b>WHEN:</b>	<b>WHERE:</b>	<b>TIME:</b>
Mondays	Outdoor play - MORWELL Meeting at Immigration Park.	10:00am - 12:00pm
Tuesdays	Indoor play - MORWELL 190 Commercial Rd MORWELL	10:00am - 12:00pm
Wednesdays	Indoor play - MORWELL 101 Buckley St MORWELL	10:00am - 12:00pm
Wednesdays	Outdoor play - CHURCHILL Meeting at Mathison Park	10:00am - 12:00pm
Friday	Indoor play - CHURCHILL Churchill Neighbourhood Centre - Studio, Phillip Parade, CHURCHILL	10:00am - 12:00pm

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

**PARENTZONE**



1  
USE A PROVEN TREATMENT AND FOLLOW ALL DIRECTIONS

2  
WHEN TREATING HEAD LICE, START AT THE NAPE OF THE NECK AND BEHIND THE EARS

3  
CHECK FOR NITS (HEAD LICE EGGS) AND USE A NIT COMB TO REMOVE THEM

4  
FOLLOW THROUGH WITH SECOND TREATMENT WITHIN 7-10 DAYS

5  
WASH ALL BEDDING & CLOTHES THAT YOUR CHILD HAS USED IN HOT WATER OR RUN THROUGH THE DRYER'S HOTTEST SETTING FOR 30 MINUTES

1



# STEPS TO BECOMING LICE FREE

licefree.com

6  
DRY CLEAN ITEMS THAT CANNOT BE WASHED

7  
SOAK ALL HAIR CARE ITEMS SUCH AS BRUSHES, COMBS, & HAIR CLIPS IN VERY HOT WATER FOR 15 MINUTES

8  
PLACE ITEMS THAT CANNOT BE WASHED OR DRIED IN A TIGHTLY SEALED PLASTIC BAG FOR 10-14 DAYS

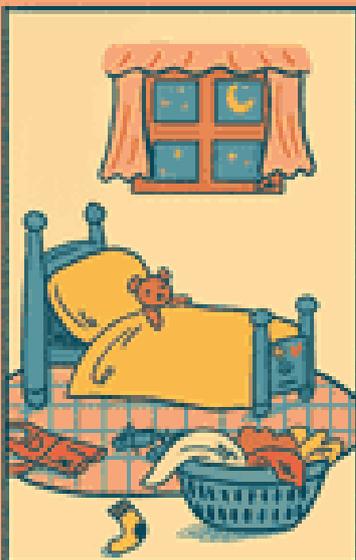
9  
VACUUM TO GET RID OF ANY LICE DUST OR EGG SHELLS LEFT BEHIND

10  
TEACH YOUR CHILD NOT TO SHARE PERSONAL ITEMS SUCH AS HATS, BRUSHES, COMBS, COATS, ETC.

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## HOW TO GET RID OF LICE ON LAUNDRY

from the spruce



Clean every item that you came in contact with 2 days prior to first treatment.



Wash in hot water & dry at a high temperature for 20 minutes.



For non-washable items, store in garbage bag for 1 week.



To quickly remove lice, place item in freezer.

# Guiding behaviour with positive parenting

@ParentlineQLDNT

**DISCUSS FAMILY RULES AND VALUES**

“We look after each other, we speak nicely to each other...”

**TEACH THROUGH MODELLING**

If you want them to play gently, sit with them and show them how.

Encourage forward thinking and offer choices

Let your child feel included in making choices, e.g. “We need to head home in 10 minutes for dinner, do you want to play on the slide or the swing for the last 10 minutes?”

**Notice positive behaviour**

“I’m really happy with how well you were sharing with your friend.”

*Communicate on their level*

Get down on their level! It’ll make them feel involved and attended to.

**Plan for potentially difficult situations**

Grocery shopping usually tricky? Try and pick a quiet time and involve your child by letting them help.

**REWARD EMOTIONALLY**

Praise your child and let them know you’re proud and happy with their behaviour!

**MAKE LIMITS CLEAR**

Use outcomes consistently so your child becomes clear on the expectations.

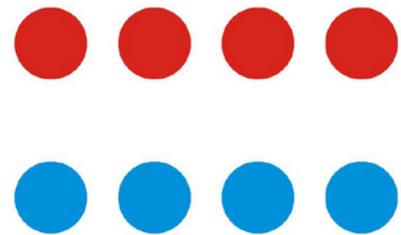
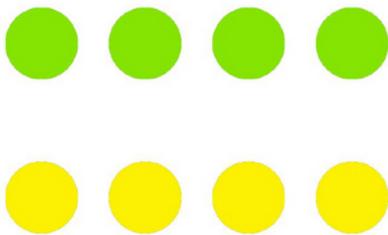
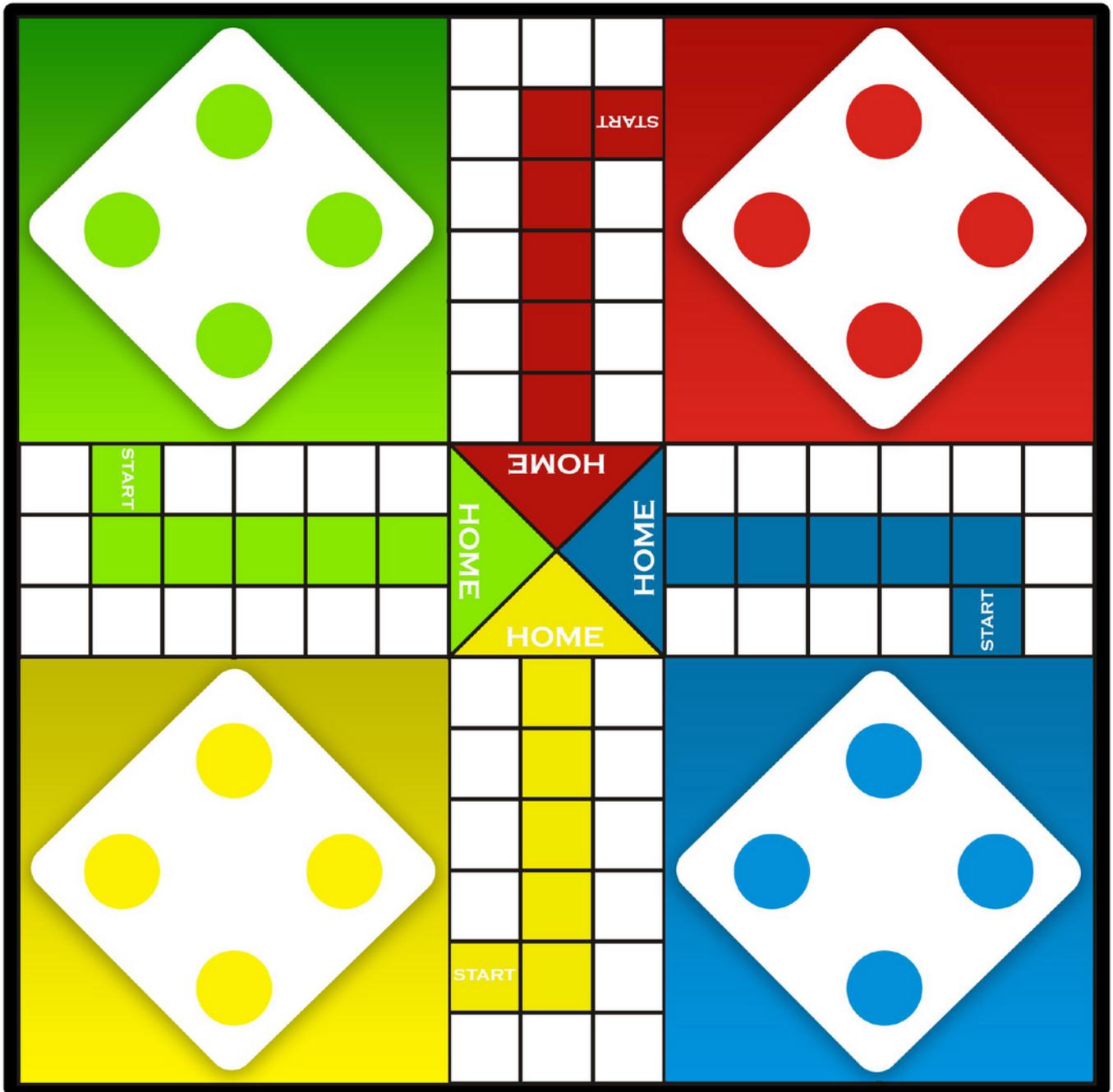
**Distractions**

Instead of saying “don’t touch that!” you could say “here is that book you like!”

# How to create positive rules

1	<p>Involve your children when setting the rules. Children are more likely to follow rules when their opinions have been considered in the creation of the rules and when the purpose of the rule has been explained to them. Start by making a list of the common issues occurring in your home.</p>
2	<p>Keep the rules simple and clear. The ages of your children and their ability to understand and retain information should dictate the number and complexity of your rules. As your children learn to follow the rules consistently you can create new ones.</p>
3	<p>Consider your values when creating rules. Your rules will remind children what is important to you and help guide them to make choices you approve of.</p>
4	<p>Create your rules for everyone in the family to follow. We can't expect our kids to follow the rules if we don't. Children respond better to rules and expectations that are also modelled by their parents, creating an atmosphere of fairness and equality and an example to follow.</p>
5	<p>Create rules that tell children HOW to behave. Positive rules indicate what parents expect from their children's behaviour, how children can and should behave. If you expect something to be done describe how and when it should happen to avoid any confusion.</p>
6	<p>Set consequences at the same time as rules. Consequences should be linked to the rule in order to reinforce the intention of the rule. It makes it easier for children to choose to comply with the rules if they also know the consequence of breaking the rule.</p>
7	<p>Be consistent. Consistency creates routine and routine becomes second nature.</p>
8	<p>Display your rules. Once your list of rules is complete display them where everyone can see them everyday.</p>
9	<p>Provide positive reinforcement. Although following the family rules is an <i>expected</i> task versus an optional one, is it important to acknowledge when everyone is doing a good job at abiding by the rules. Praise your children when they follow the family rules, especially if they do so by their own initiative on a regular basis. This method encourages your kids to continue following the rules and being praised creates a sense of satisfaction and accomplishment.</p>
10	<p>Revise the list over time as needed. Children grow quickly and our rules need to evolve depending on their developmental age. Are your rules still relevant and age appropriate?</p>

# LUDO GAME



## COUNTERS

JUST FAMILY FUN.com

### How To Play Ludo

Each player chooses a colour. They place their counters on the circles in their coloured box. All players roll the dice, and the one with the highest roll goes first. Play continues clockwise. You must roll a six to start. If you don't roll a six, the next player takes a turn. When you roll a six, take one of your counters and place it on your start square. You can then roll again. Now move your counter the number of squares shown on the dice. You move your counter clockwise around the white squares. Whenever you throw a six, you can either move a counter around the white spaces OR you can release another one of your counters from your box. You then get another roll. You can move any of your counters on your turn, as long as they have been released from the box. If you land on a space that is already taken by someone else's counter, you send their counter back to their box and you take the space. They must roll a six to release the counter again. If you land on a space that is already occupied by one of your own counters, it forms a block. No other player can land on or pass this space. When your counter has been around all the white squares, you head up the row of coloured squares that lead to your home triangle. You must roll the exact number to land your counter on home. The first player to get all their counters to their home triangle wins the game. You cannot win if one of your opponents still has all their counters in their box.

# Cooking With Kids

## Cheese, corn and sweet potato quiches

These cheese, corn and sweet potato quiches are perfect for lunch boxes, picnics and party platters. They're so easy to make that even the kids can help.

### Ingredients

- 1 large sweet potato (cubed, peeled)
- 1 cup creamed corn
- 1/2 cup canned tuna
- 1/2 cup cheddar cheese (grated)
- 1 egg
- 2 sheets frozen puff pastry (thawed)



### Method

1. Preheat the oven to 180°C conventional (160°C fan-forced).
2. Steam the sweet potato for about 15 minutes, or until soft, and mash.
3. Combine this with the corn, tuna, cheese and egg and mix well.
4. Cut pastry into 8 rounds and tuck them into the holes of a muffin tin. Fill with the sweet potato mixture and bake for 20 minutes, or until the pastry is golden.

### Notes

- These are great for parties and, because they freeze beautifully, are worth making up in a big batch. Vary the fillings according to whatever you have handy.
- You can swap the sweet potato for pumpkin in this recipe.
- This recipe was created by Sophie Hansen for Kidspot, Australia's best [recipe finder](#).

### MINI QUICHE FLAVOUR VARIATIONS

There are countless ways to customize these mini quiches to your tastes.

- **Greek:** Roasted red bell peppers, chopped cooked spinach, crumbled feta cheese and minced fresh dill.
- **Mexican:** Cooked and crumbled chorizo, cheddar cheese, red and green bell peppers.
- **Ham & Cheese:** Diced smoked ham, Swiss cheese and sautéed onions.
- **Bacon:** Cooked crumbled bacon, cheddar cheese and sliced green onions.
- **Sausage:** Breakfast sausage, sautéed onions, red bell peppers.
- **Mushroom:** Sautéed mushrooms, mozzarella cheese.