



# ParentZone Northern News

Term 3 2020



**BETTER  
TOMORROWS**

# **Welcome to the ParentZone Northern Newsletter for Term 3 2020**

**Our aim is to provide a responsive, innovative and accessible Regional Parenting Resource Service. We use a strengths based, culturally-sensitive and gender-appropriate approach for families, carers and professionals with children aged 0 - 18 years of age within the LGA's of Whittlesea, Hume, Moreland, Nillumbik, Banyule, Darebin and Yarra.**

## **Parentzone (Pz) Team Leader Report**

**Welcome to the Team Leader online update for term 3! The swift move to online delivery has been very smooth, thanks to the dedication and hard work of the team. Uptake has been huge! PZ Northern elected to run one off taster sessions this term as we acclimatised ourselves with the platform. Single sessions for professionals have been extremely popular, with all sessions booking out within days of timetable publication. We have healthy waiting lists for these, so will run as many single sessions as timetabling permits in term 3. There will also be some one offs for parents. Tuning in to Kids was the only 8 week group delivered online this term. The term 3 timetable has now been finalised, with a move to 8 week programs to allow for full content coverage on zoom platform, including PBS, PBS dads, TIK, TINT and Circle of Security online for the first time, which we're very excited about. Please refer to timetable attached. Duty has also dramatically increased, with professionals and community members all looking for additional services in the current climate, while many services, at least initially, were providing phone / email support only. NPEN meetings both went without a hitch, please refer to Jo's update and contact duty if you would like to be added to mailing list. Feedback from Hume City Council (HCC) staff on sessions we presented for them:**

**"Keep up the great work Jo! PZ is one of the few organisations that has responded to the needs of parents during this time, and it's much appreciated 😊"**

**Helen Slonek, Team Leader, Parentzone and BWCH**



## What we do

Parentzone Northern News provides information on parenting programmes, parenting activities and support services that are available in the Northern Region to assist parents in their parenting role.

While Parentzone Northern provides the editorial support for this Newsletter, the intention is that it provides a voice for all parenting programmes in the North, in particular for the Northern Parent Educator's Network. We put out a warm welcome to all professionals in the Northern Region who work with the parents and families to attend the meetings and contribute to the Newsletter.



# ParentZone Term 3 Professional Programmes - All sessions will run online

## Early Years - Professionals

This session will help workers to better understand the developmental stages of young children. We will reference brain growth and explore our expectations of young kids and their parents/carers, reflecting on our responses to them as practitioners.

Thursday 23rd July  
6.00pm - 7:30pm



## Autism - Professionals

This session will give professionals the opportunity to discuss some key strategies and practical tips. There will be some interactive activities where you can share experiences and ideas.

Monday 24th August  
11:00am – 12:30pm



## Play Together, Learn Together

This session will help you support your clients to explore what play can look like in their home in the current limited environment and help you to think outside the box with your practice. We will reference developmental theory and a playful resource that focuses on building parent/child relationships and understanding children's learning.

Thursday 16th July  
10:00am - 11:30pm



Bookings for all sessions is essential. To book call ParentZone on  
03 8641 8900 or 0458 550 071  
or email [ParentZone.Preston@anglicarevic.org.au](mailto:ParentZone.Preston@anglicarevic.org.au)



# ParentZone Term 3 Parent Programmes - All sessions will run online

## Parents Building Solutions - for Parents and Carers of Pre-school Children

Are you tired of yelling?

Want to understand why children behave the way they do?

Do you want to discuss and share ideas that work?

This 8 week parenting programme helps you come up with solutions to common parenting challenges.

Targeted at parents of children in the pre-school years.



Tuesday 28th July – 15th September

10.00am - 11.30am

## Tuning in to Kids

This programme provides a number of skills & strategies to help with everyday parenting challenges, based on emotionally tuned parenting.

For parents of children aged 6 years - 11 years.

In Partnership with



Monday 27th July – 14th September

11:00am – 12:30pm

## Parents Building Solutions - for Parents and Carers of Primary-school Children

Are you tired of yelling?

Want to understand why children behave the way they do?

Do you want to discuss and share ideas that work?

This 8 week parenting programme helps you come up with solutions to common parenting challenges.

Targeted at parents of children in the Primary-school years.



Monday 27th July – 14th September

1.00pm - 2.30pm

## Tuning in to Teens

Would you like to help your teen to learn how to manage their emotions?

Would you like to help prevent behavioural problems in your teen?

Tuning in to Teens is an 8 week parenting programme that shows you how to help your teen develop emotional intelligence.

In Partnership with



Tuesday 28th July – 15th September

6.00pm - 7.30pm

Bookings for all sessions is essential. To book call ParentZone on  
03 8641 8900 or 0458 550 071  
or email [ParentZone.Preston@anglicarevic.org.au](mailto:ParentZone.Preston@anglicarevic.org.au)

# ParentZone Term 3 Parent Programmes - All sessions will run online

## Circle of Security

Circle of Security parenting looks at how parents can build their relationship with their children and enhance attachment. Learn ways to enhance the development of your child's self-esteem, trust, and sense of security.

Support the creation of a secure base from which your child feels able to explore their world, knowing there is a safe haven to return to.

This course runs for eight consecutive weeks, for 90 minutes at a time, delivered online via Zoom.

It is available to the parents of children aged up to 6 years.

Thursday 30th July – 17th September  
10.00am - 11.30am



## Dad's Building Solutions

In these sessions we will talk about what being a dad means to you. Over the four weeks we will look at the subjects which matter most to you as a dad or male carer. These topics can include communication, discipline, resilience and dealing with feelings.

Tuesday 25th August & 1st, 8th and 15th September  
6:00pm - 7.30pm



## Parents Building Solutions - Teens

Are you tired of yelling? Want to understand why teens behave the way they do? Do you want to discuss and share ideas that work?

This 8 week parenting programme helps you come up with solutions to common parenting challenges.

Targeted at parents with teenagers.

Wednesday 29th July - 16th September  
10:00am - 11.30am



Bookings for all sessions is essential. To book call ParentZone on  
03 8641 8900 or 0458 550 071  
or email [ParentZone.Preston@anglicarevic.org.au](mailto:ParentZone.Preston@anglicarevic.org.au)



# ParentZone Term 3 Parent Programmes - All sessions will run online

## Dealing with your Teens Anxiety

This interactive session focuses on:

- what are the typical fears, worries and anxieties that our children experience
- understanding and empathising with their experiences
- exploring ideas and responses that support them

Wednesday 15th July  
6:00pm - 7:30pm



## Dealing with your Kids Anxiety

This interactive session focuses on:

- what are the typical fears, worries and anxieties that our children experience
- understanding and empathising with their experiences
- exploring ideas and responses that support them

Thursday 6th August  
11:00am - 12:30pm



## Pre-school Challenging Behaviours

This interactive session focuses on:

- the feelings and needs that are underneath behaviour
- understanding your pre-schooler's brain development and how this links into their behaviour
- exploring ideas about discipline

Thursday 3rd September  
11:00am - 12:30pm



## Raising Resilient Teens

This interactive session focuses on:

- exploring what resilience means
- identifying what influences resilience
- discussing the role you can have in building your teen's resilience

Tuesday 21st July  
6:00pm - 7.30pm



Bookings for all sessions is essential. To book call ParentZone on  
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or email [ParentZone.Preston@anglicarevic.org.au](mailto:ParentZone.Preston@anglicarevic.org.au)

# Northern Parent Educator Network

Due to the current climate and the disconnection many services are feeling we decided to include an additional informal NPEN meeting mid-way through the term. On Thursday 7th May we had 19 professionals join for a networking opportunity to share how our work has adapted. We also talked about our strengths during this time and how we are caring for ourselves. Below are some of the things we are doing. I would like to thank Genine Clements for taking us through a movement activity which we all agreed we needed due to extended times in front of the screen. Our next meeting included Helen Johnson from Association for Children with a Disability. It was fantastic to have her along at the meeting as I often find workers are not aware of their work and support for families.

## Self care while working at home

- Walking in bushland
- Walk to work - 20 min walk before and after work
- 7 min yoga session
- Sit on my balcony - have lunch there looking at garden
- Sit down at lunch away from electronics and look at book with pictures
- Pacing myself - slow down and being more mindful
- Sitting in the sun - close eyes and see colours
- Smelling the roses
- Continue yoga and meditation
- Audio books
- Notice birdlife - looking out window and observe them

Our term 3 meeting is scheduled for Thursday 11th September. At this stage we are planning to meet again via Zoom. If we are back in the office and are able to meet up we may have a mix of both meeting up and opportunity to join via zoom. Based on feedback from the June meeting we will organise a speaker and send out invites during term 3. Contact Jo for more details.

## ParentZone and Family Services News

Family Services and Parentzone will continue to work in partnership throughout 2020. We are delighted to be running one of our Parents Building Solutions programmes with the support of family services.



# Broadmeadows Women's Community House

## Term 3 Programmes - Online Zoom Groups

All enquiries – 9301 5250 or [womenshouse@anglicarevic.org.au](mailto:womenshouse@anglicarevic.org.au)

### **Let's Play & Let's Play More Playgroups (Online)**

Mondays

9:45am - 10.45am



### **Out and About Seniors Group (Online)**

Tuesdays

1.00pm - 2.30pm



### **Small Steps & Little Steps Playgroups (Online)**

Tuesdays

10.00am - 11.00am



### **Ageing and Feeling Great Seniors Group (Online)**

Thursdays

1.00pm - 2.30pm

### **Meadow's Primary School Playgroup (Online)**

Thursday

10.00am - 11.00am



### **Women's Wellbeing Circle - Social Support Group (Online)**

Fridays

10.00am - 11.00am

# Important Telephone Contacts

Police, Fire or Ambulance 000

Nurse on call 1300 60 60 24

National Home visiting Doctors 13 74 25 (13 SICK)

Poison Information Hotline 13 11 26

Safe Steps - Family Violence Response Centre  
(24 hr service - Toll Free) 1800 015 188

Berry Street Northern Family & Domestic Violence Service 03 9450 4700 (Hume Moreland)  
Orange Door 1800 319 355 (Banyule, Darebin, Nillumbik, Whittlesea and Yarra)

Darebin Community Mental Health Centre 03 9416 6300

InTouch Multicultural Centre Against Family Violence 03 9413 6500 or Free call: 1800 755 988  
Telephone Interpreter Service (TIS) (24 hr) 131 450

Child Protection After Hours Service 131 278

Northern Centre Against Sexual Abuse  
(NCASA) 03 9496 2240 or A.H 1800 806 292

Lifeline Crisis and Suicide Support 13 11 14

Beyondblue Information and support Line 1300 22 46 36  
Crief Line 9935 7400

Women's Legal Service Victoria 03 8622 0600 or 1800 133 302

Aboriginal Family Violence Prevention and Legal Service 1800 105 303

Kids' Helpline 1800 55 1800

Mensline Australia 1300 78 99 78

Suicide Call Back Service 1300 659 467

Perinatal Anxiety and Depression Australia (PANDA) 1300 726 306

Parentline Victoria 13 22 89

DirectLine - drug & alcohol services 1800 888 236

Headspace 1800 650 890

Switchboard - LGBTIQ support (3pm - midnight only) 1800 184 527

Council of Single Mothers and their Children Victoria (CSMC) 03 9654 0622 or 1300 552 511 (outside Melbourne)