

Resource & Activity Booklet For Parents of Preschoolers



Being a parent is the most important and challenging job in today's changing world.

Parentzone promotes the independence and healthy development of families with children aged 0-18 years through the provision of support, information, education, advice and resources to parents/carers.



WHO DO WE SUPPORT?

- Mothers and fathers
- New parents
- Expectant parents
- Single parents
- Teen parents
- Parents in blended and step families
- Grandparents and kinship carers raising children
- Indigenous parents
- Isolated parents
- Parents with multicultural background
- Parents of children with special needs
- Parents who are ordered to undertake parenting education
- Fathers in prison
- Fathers on community corrections orders
- Foster Care givers
- Friends and relatives



For one on one parenting support, resources and information please call

Parentzone Eastern on 03 9721 3646 or email parentzone.errd@anglicarevic.org.au

This service is Monday – Friday 9am - 5pm but is not always manned.

Messages are normally returned within 1 business day.

All parents can benefit from parent education and skills development, which can reinforce and expand on what you already know about parenting.

Useful Contacts

Department of Health and Human Services

Providing information about health services and activities that promote and protect Victoria's health. This includes delivery of mental health and aged care services in Victoria.

1300 253 942 • www.dhhs.vic.gov.au

The Orange Door

A free service for adults, children and young people who are experiencing or have experienced family violence and families who need extra support with the care of children.

1800 319 354 •

www.orangedoor.vic.gov.au

CREATE

The national consumer body representing the voices of children and young people with an out-of-home care experience (including kinship care, foster care and residential care).

1800 655 105 • www.create.org.au

DirectLine

Alcohol and other drug support, counselling and referrals.

1800 888 236

Foster Care Association of Victoria (FCAV)

The peak body for Victorian foster carers.

03 9416 4292 • www.fcav.org.au

Emergency

In the case of a life-threatening emergency

000 (triple zero)

Medicines Line

A service providing information on prescription, over-the-counter and complementary medicines

1300 633 424

Nurse On Call

A 24/7 Victorian Government health phone service providing expert health advice from a registered nurse

1300 606 024

Grief Helpline

A dedicated, free service that provides counselling support to people who are experiencing loss and grief

1300 845 745 • www.griefline.org.au

Kids Helpline

A free and confidential, telephone and online counselling service for youth aged between 5 and 25

1800 55 1800 • www.kidshelp.com.au

Lifeline

Crisis Support Service Counselling services

13 11 14 • www.lifeline.org.au

Parentline Victoria

A statewide telephone counselling service to parents and carers of children aged up to 18

13 22 89 • www.parentline.com.au

Suicide line

Free, professional anonymous support, 24 hours a day, seven days a week across Victoria.

1300 651 251

Men's Line

A professional telephone and online support and information service for Australian men

1300 78 99 78 • www.mensline.org.au

1800

RESPECT

National counselling helpline, information and support 24/7 for assist people experiencing sexual assault and domestic and family violence

1800 737 732 • www.1800respect.org.au

Safe Steps

Supporting women and children to live free from family violence.

1800 015 188 • www.safesteps.org.au

MANAGING CORONA VIRUS (COVID-19) ANXIETY



For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

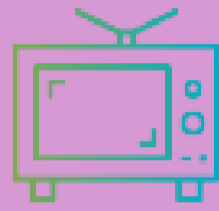
- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

6 Everyday Actions

THAT WILL LOWER YOUR CHILDS STRESS
through CORONAVIRUS

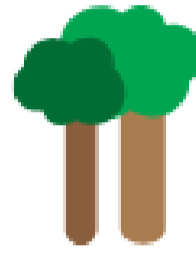
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LIMIT MEDIA-
THE NEWS IS
SCARY AND CAN
CAUSE ANXIETY
FOR CHILDREN



2

PROVIDE DAILY
OUTLETS FOR
STRESS - NATURE,
ART, EXERCISE,
PLAY ETC.



3



LISTEN TO YOUR
CHILD'S CONCERNS.
DON'T MINIMIZE
OR DISTRACT, YOU
MIGHT BE
SURPRISED AT
WHAT THEY'RE
WORRIED ABOUT.

4

MAKE EXTRA TIME FOR
CONNECTION-THIS
HELPS THEM FEEL SAFE
AND SECURE.



5



ALLOW ALL EMOTIONS-
FEAR OFTEN SURFACES AS
ANGER AND IRRITABILITY
SO BE EXTRA PATIENT.

6

PROVIDE AGE-
APPROPRIATE FACTS
ONLY. FOLLOW YOUR
CHILDS LEAD.



Things to do with your Preschooler while stuck at home.....

Make some Playdough

Finger paint with yoghurt

Have a Teddy Bears Picnic

Read a book

Listen to and dance to music

Watch a video of your child's favourite show together

Ice and Decorate Biscuits

Look for rocks in the garden

Walk the dog

Sing Nursery Rhymes and do the actions

Hug/hold them close

Play Peekaboo

Splash in the bath

Blow Bubbles

Build a blanket fort

Make silly faces and take some pictures

Copy their sounds and movements

Make a sock puppet and put on a show

Walk or play in the garden

Make music with pots and pans

Dress ups

Cut up some magazine or catalogues and make a picture collage

Play cars in the dirt or sand. For indoor fun use rice.

Play with newspaper

Make a mural with chalk

Create an indoor obstacle course using soft furnishings

Paint the house with water

Use kitchen objects to play with water or sand

Play follow the leader with silly walking

Bounce a balloon to each other

Play with containers and their lids

Make rice maracas

Sort the pegs by colour

Play with jelly

Create a shop with boxes

Use spray bottles filled with coloured water to paint the fence

Make footprints in playdough with toys animals or dinosaurs

Hide some plastic bugs in a box of leaves

Thread cereal onto string to make an edible necklace

Make some pet rocks

Play Round and Round The Garden

Play Where's your Nose and teach them about their body

Make a drawing together – keep a scrapbook

Play Hide and Seek with Teddies

Play a game with music – when it stops everyone falls down

Play in the sandpit or dirt with spoons

Roll a ball to each other

Create a cardboard box tunnel

Play on a swing

Look for flowers on a walk

Play parachutes with a piece of fabric

Wash the plastic dishes together

HOMEMADE PLAY DOUGH

Ingredients

2 cups flour
1 cup of salt
1 cup of water

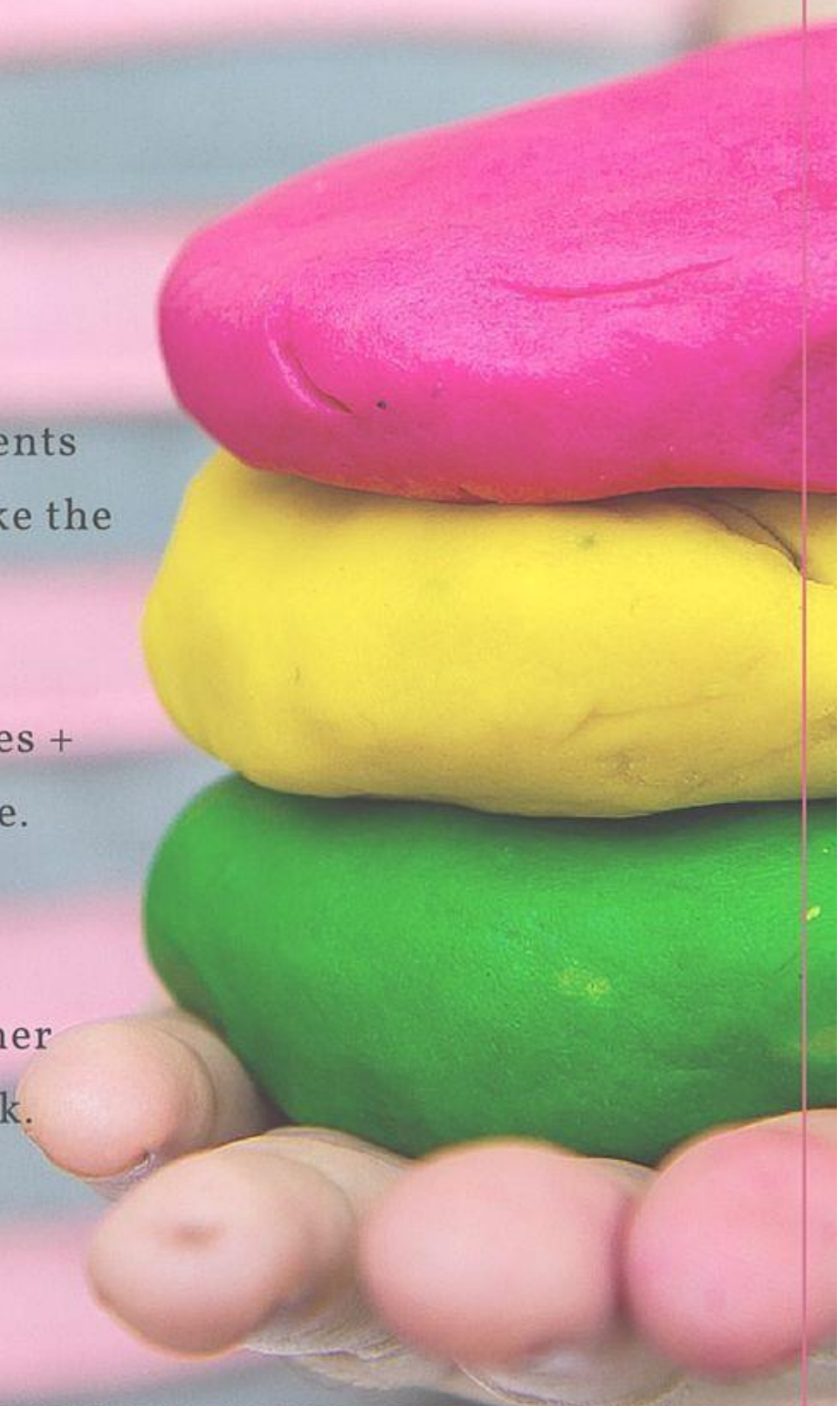
Directions

Mix all ingredients together to make the dough.

Add natural dyes + scents. Set aside.

Store it in an airtight container for about a week.

DONTMESSWITHMAMA.COM



How to make bubble mixture



If you've run out of store-bought bubble mixture or need a quick entertainment idea for the kids, it's easy to make your own bubbles from washing-up liquid and water. But what's the perfect ratio, and what can you use if you don't have a bubble wand? We tried and tested different bubble mixtures and have come up with the best recipe for you to try with the kids at home.

Bubble mixture

Makes 350ml

Prep 5 minutes

- 50ml washing-up liquid (one part)
- 300ml water (six parts)

1. Measure the washing-up liquid into a container.
2. Slowly add in the water, being careful not to create too many bubbles at this stage. Gently stir the mixture together to combine – a chopstick is perfect for this.
3. If you can, let the bubble mixture rest before using it, as it will make your bubbles even better.
4. When you're ready, dip your bubble wand into the mixture and start blowing bubbles!

Homemade bubble wands

If you don't have a wand from a store-bought pot of bubbles, don't despair! You can have fun by looking for different items around the house that can be used to make bubbles. Here are some ideas to get you started:

- Paperclips – bend them into wands or use as they are
- Straws
- Biscuit cutters
- Pipe cleaners
- Fly swatters



Top tips

Letting it rest overnight, or as long as you can bear to wait, does allow the mixture to settle and combine, which will improve your bubbles.

Think big – if you want to scale up the recipe, you just need one part washing-up liquid to six parts water. Try making a big bubble mixture in a washing-up bowl – then you can use bigger items, like colanders and slotted spoons, to make bubbles in the garden.

Let's Keep Moving

Time to get up and moving!

Embrace these old favourites with your family.

Adults you will probably be familiar with these games from your childhood, they are something that generations can enjoy together.



MOVE TO THE MUSIC

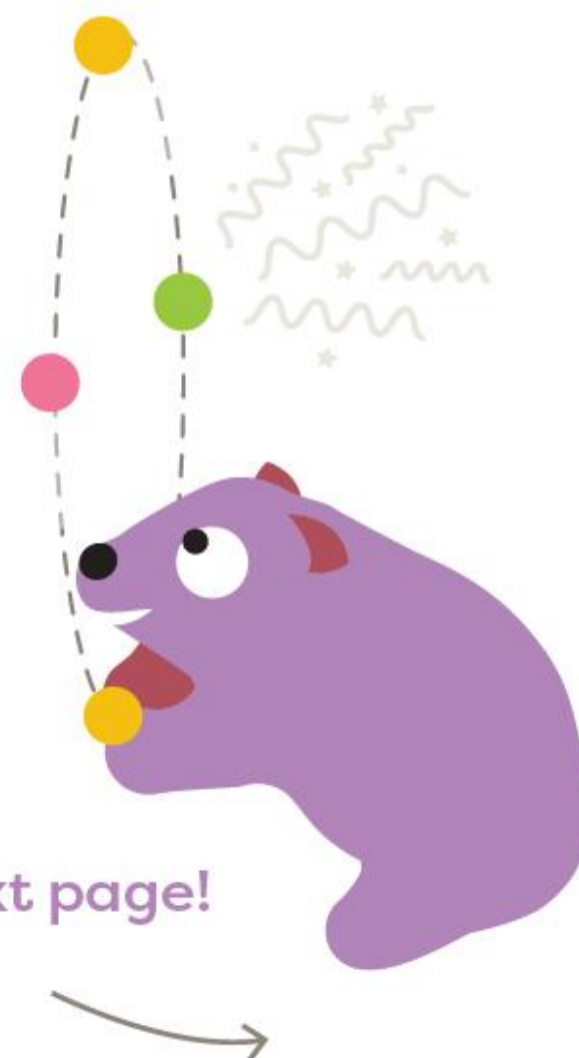
- Ring a Ring O' Roses
- Conga Line - follow the leader
- Head, shoulders, knees and toes
- Open Shut Them
- Musical chairs

FUN AND GAMES

Balloon Tennis: Use paper plates as bats and balloons as balls - turn your living room into a tennis court

Plastic Bottle Bowling: Use a tennis ball and empty plastic bottles to make a bowling lane in the hallway

Can you juggle? Adults it is time to teach your children how to juggle. Use soft balls or any rounded soft, unbreakable items - tiny teddy bears or any other small soft toys.



Let's Keep Moving



Why not try this...



Hide and Seek: Indoors or outdoors - count to ten, let's go!

Bean Bag Toss: Make targets along the floor to throw the beanbags at

Indoor Treasure Hunt: Adults hide things Hide things around the house for children to find - swap over and let the children do the hiding!

Paper Aeroplanes: Use different pieces of scrap paper to make paper aeroplanes. Once they are ready, send them flying

Sumo Wrestling: Put children in adult t-shirts and stuff a pillow underneath, now they are ready for a sumo wrestle!

Puppet Show: Use paper bags or old sock to put on a puppet show at home

Story Book Charades: Pick a few favourite story books and have children act out the story