

WINTER 2018

Welcome to the Winter Edition of the FaPMI Newsletter. This next holiday break is one which can be a bit gloomy and difficult for families, often being very cold and wet, so outside time is limited. Then we are galloping into Term 3 at school, so hard to believe we are almost halfway through the school year.

I've put some indoor activity ideas into the school holiday activities this edition, in the hope that you will find ways to keep everyone entertained.

The parenting article provides ideas that can be useful for all ages in terms of managing worry. This is something that many of us can struggle with from time to time. The trick is how to manage it, to ensure that you maintain an ability to continue to live your life the way you would like to and undertake activities and new experiences that create joy for you and the family.

PROGRAMS

CHAMPS Programs for School Holidays and Term 3

Contact Wellways to register on 8873 2500.

Space4Us Program for Young People aged 12-25yo

When?
5th, 6th, 9th, and 10th July
from 10.30-3pm

Where?
Belgrave.
Contact Inspiro to register your interest on 9738 8801.

Martial Arts as Therapy (MAT) Program for 8-12yo

When?
24 July 2018 from 4-5pm,

Where?
The Avenue Church in Blackburn.

Contact Bronwyn Sanders at Eastern Health to register your interest on 0408 291 580.

FAPMI COORDINATOR TEAM

Bronwyn Sanders
(Mon, Tues, Wed)
CHAMPS Referrals -
0408 291 580

Kirsty Jungwirth
(Tues, Wed, Thurs)

Michelle Hegarty
(Mon, Tues, Wed, Thurs)

Georgia Cripps (Thurs, Fri)

Ph: 9871 3988, Murnong Clinic,
4 Bona Street, Ringwood East

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School Holiday Activities

Source:
www.kidspot.com.au

MAKE YOUR OWN HAIR CLIP BOW

You will need

1m x 5cm thick ribbon

10cm x 1cm thick ribbon

small cable tie

scissors

alligator hair clip

Activity

Match your thick piece of ribbon end to end. Now flip the top piece over and snip the ends to match. This will ensure the snipped ends are the right way round when your bow is done.

If you want to seal the ends of the ribbon, run the flame of a stove lighter along the cut end

to stop it from fraying.

Take one end of the ribbon and make a loop about 8cm in width. The tail end of the ribbon should be hanging down by about 8cm at a 45° angle below the main piece of ribbon.

Take the other end of the ribbon and make another 8cm loop. This time the tail should be whatever is left over after the 8cm loop is made - so it will be really long.

Take that long tail and loop it, then feed the top of the loop (the folded over section) up between the first two loops that you made.

This should now give you an X shape of loops, with two similar length tails hanging down. Gather the X shape in at the centre and secure it with the cable tie, snip the ends

of the cable tie off.

Cover the cable tie with the smaller piece of 1cm thick ribbon. Tie it in place at the back.

Snip the ends of the ribbon off to neaten.

Now feed the top part of your alligator clip through the tie-around ribbon at the back of the bow.

You have made your own JoJo bow!



HOW TO MAKE YOUR OWN NO COOK PLAY DOUGH



What you need

1 cup salt

3 cups plain flour

60ml (1 tbsp) vegetable oil

food colouring

250ml (1 cup) water

Activity

Mix all the dry ingredients and add oil.

Add the food colouring to water.

Slowly add the water until the desired consistency is reached.

Kneading will help to improve the texture, so let your kids get into it!

Wrap the play dough up well after your child has finished playing with it in a ziplock bag (with all the air squeezed out) and then pop in an airtight plastic box. This way, it'll stay fresh for another day.

Add the food colouring to the play dough and knead on a plastic board if you don't want to turn your wooden chopping board a funny colour!

Roll out the dough and use cookie cutters to make decorations.

10 FUN THINGS TO KEEP KIDS AMUSED DURING THE SCHOOL HOLIDAYS

1. Transform a room into a fantasy land

Ask your kids to transform a room such as their bedroom into a new land. Say they can use sheets, towels, cushions, pillows and pegs to create forts and enclosures in between chairs and desks. Get them to choose a theme such as acting out a book, super heroes or princesses and tell them to decorate accordingly.

1. Ultimate home cinema movie day

Ask the kids to make tickets and arrange the lounge room like the ultimate cinema experience – let them spread out bean bags, cushions and blankets. Have some special treats prepared such as icing sugar popcorn, lollies, chips or homemade choc tops. Then set up two great movies to go. There are some awesome new titles for them to choose from including *Paddington 2*, *Paw Patrol: Spring into Action*, *Hop*, *Captain Underpants*, *Trolls* and *Boss Baby*. Once one movie is finished have “intermission” and pop on the next one. Ask kids for their “film reviews” afterwards getting them to rate and describe each one on paper.

2. High tea party

If there’s an easy, yummy treat the kids can mix up and cook, set up the ingredients with them with a few instructions – although you may need to lend a bit of a hand! A recipe for rolling out dough and making biscuits is ideal or else no-bake treats. Then when it’s ready, ask the kids to set up a high tea party complete with picnic rug, or beautifully set out table. Afterwards get them to clean up the dishes and let



Paper planes are always fun!
Image: iStock.

them have extra fun with the washing up bubbles.

3. Play or fashion show

Encourage your kids to work out their own script and practice acting out parts before putting on a performance at the end of the day. Alternately get them to clean out their wardrobes and do a fashion show. This is also a good exercise for them to sort out their worn-out clothes.

4. Home-made art gallery

Grab some supplies at a stationary store such as post-it notes, blue tack and washi tape – basically stuff that will come off easily from your walls. Get your kids to draw pictures for their own art gallery wall somewhere in the house and hang and decorate with the accessories.

5. Set up a kids’ Olympics course

Put together a backyard obstacle course and circuit and encourage everyone to compete. Ideas include jumping over a mini high jump, a hopscotch course and limbo. Then get a stopwatch out and get the kids to time everyone’s round and hand out medals.

6. Paper plane races

This is a great one for both craft and outdoor activity. Help the kids fold and decorate their own paper planes. There are some great

design ideas and tips on www.kidspot.com.au. Afterwards have a competition with various categories such as whose plane flies the longest, the fastest, the highest and whose is the best decorated.

7. Do an artistic walk

For something more interesting than a regular walk, encourage kids to bring along a sketch pad, notepad or camera. Get them to draw pictures of things they see or take photos on the journey. Ask them to make up a story about the picture as well to give it “meaning”.

8. Make something weird

Get the kids to make something icky and it’s guaranteed to have them enthralled for hours. Look up a homemade slime or play dough recipe (see above) and supervise. You can also get kits for making your own snow or bath bombs.

9. Make gardening fun

Encourage the kids to embrace your backyard by getting them to help you in the garden. Help them prepare and plant easy to grow things such as herbs, tomato plants and cacti. Also, buy a box of worms and let them play around with those in a bucket before distributing them in the earth. They could even make little cardboard homes for them or water slides.

Ellen's Easy Scones- Saucepan Kids Saucepan Kid

Source:
[saucepankids.com/
recipe/ellens-easy-scones](http://saucepankids.com/recipe/ellens-easy-scones)



Ingredients

225g self-raising flour

1 tsp. baking powder

Pinch of salt

150ml milk

50g fruits (sultanas, raisins,
etc.)

50g butter or margarine

25g caster sugar

Milk for brushing

6-7cm scone cutter

Directions

Put the oven on to 230c

Grease two baking trays

Sift the flour, salt and
baking powder

Cut up the butter or margarine
and add to flour

Add fruit, sugar and milk

Use a blunt knife to mix it into
soft dough

Now use your fingers to make
it smooth

Sprinkle some flour onto your
work surface and put dough
on it

Roll the dough until 1cm thick

Cut the dough into circles with
scone cutter

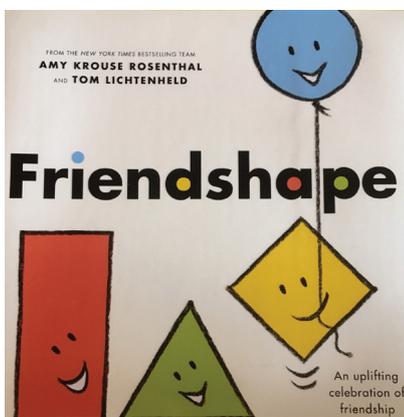
Put them on baking paper that
are on the trays

Brush the tops with milk

Bake the scones for 7-10
minutes on the top rack of oven

Book Review

BY KIRSTY JUNGWIRTH



Friendshape

Written by
Amy Krouse Rosenthal and
Tom Lichtenheld

This book is targeted for pre-school and early primary school. It is very visual and has gorgeous colours and shapes who talk about ways that friends shape who we are. The dialogue in the book offers questions and statements which answers the crucial question What's so great about having friends? They have

ideas such as 'Friends make you feel happy'. 'Friends know how to make their own fun.' There are descriptions about what makes a good friend.

What I love about this book are the simple pictures and clear statements. It doesn't make it complicated, and outlines key reasons for having friends, and what makes a good friend. It brings us all back to the basics and reminds us of the key guidance we need to provide to our children at this age.

Finding the off switch when kids worry

Source:
www.parentingideas.com.au

BY MICHAEL GROSE

Rumination is the ruination of a peaceful mind. If you've ever spent a sleepless night worrying then you'll know how problems always seem bigger when you keep tossing them around in your head. It can seem like everything is stacked against you. When this happens you've got to find the off switch so you can get away from your worries for a while.

The same principle holds for children and teenagers when they worry. Their problems just seem to get bigger and they need to turn them off or tone them down so they can ease their anxiety. There are eight easy-to-learn strategies that you can teach your kids to prevent them from ruminating—going over the same thoughts and worries over and over again.

1. Broaden their vision

Kids get tunnel vision when they worry. They often can't see the bigger picture. For instance, a young person may fret over minor work matters such as getting the exact font match for an assignment they are working on, and neglect to get the sleep necessary for good learning the next day. Sometimes it takes a wise adult to remind children and young people about what really is important to them.

2. Put their attention elsewhere

Placing attention away from worries is an age

old technique for parents and teachers. Commonly known as distraction, the act of focusing attention on something other than what causes them distress is vital for good mental health. Examples of distractions include – going outside, playing a game, shooting some basketball hoops or listening to music.

3. Give the worry a name

Somehow giving a worry a name makes it feel less scary and more manageable. My favourite picture storybook for toddlers *'There's a Hippopotamus on our Roof'* By Hazel Edwards personifies fear of the dark as a friendly hippo. Much more friendly and easier to boss around if you're a child.

4. Put your worries in a jar/box

Wouldn't it be great to put all your worries into a safe and throw away the key? As an adult you may do this when you take time out to watch your favourite TV show; or lose yourself wandering for hours online. Children need something a little more practical. They can write their worries on some paper and lock them away in a jar or a box by the side of the bed at the end of the day. It's good to know that their worries can't get out because they are locked up tight.

5. Limit talking time

It's good if kids can talk about what's on their mind but talking needs to be contained to prevent their worries from dominating their lives. Set aside ten minutes a day to talk about their worries and then put worry time aside until tomorrow.

6. Normalise rather than lionise their anxiety

Anxious kids are very sensitive to their parents concerns and worries. One way we build their concerns is by continually reassuring them that things will be fine. One reassurance should be sufficient most of the time followed by *"I've already talked to you about that"*. Continually going over old ground can allow worries to linger longer than necessary.

7. Give him/her the tools to relax

Some people relax in front of the TV, which is sufficient for them to take their mind off their worries. Other people need a bigger set of tools including mindfulness and exercise to help neutralise their worries.

8. Move baby move

Get kids moving. Physical exercise is not only a great distraction but it releases feel-good endorphins that help children and young people feel better and more optimistic about the future.

Spotlight on a Service

INTRODUCING: REMI GARCIA

What is your role?

Carer Peer Support Worker in the Mental Health Program with the Post Discharge Peer Support Team at Eastern Health.

What areas do you cover?

I am part of a team of over fifteen people at four different Eastern Health sites across Aged, Adult and Child and Youth Mental Health Services.

What services do the Peer Support Workers offer?

Peer workers are people who have a lived experience of mental ill health and/or who are caring for a person with mental ill health. The role of the team is to provide peer support to people in our mental health program, their support people and carers of people who have had an inpatient unit stay, and offer support once they are discharge.

As a Carer Peer Worker, I aim to provide a safe environment where carers/families and support people can be heard and have the opportunity to talk about things that are important and matter to them. I also aim to empower carers, including young carers, to lead a balanced life and maintain their own well-being. I share knowledge, skills, strategies, tools, resources and refer to external support services that assist carers in their caring role.

My lived experience is being a young carer of a parent with a mental illness. My passion is to support the families where there are children and ensuring that all those that are impacted are well supported. I aim to ensure that all members of the family are well supported to assist with achieving a more holistic and valuable recovery.

What is the best thing about your job?

The thing I love most about this role is the visible and notable relief that families and carers show in feeling that they are not alone. The people I work with are always so grateful for the support and it's amazing to be able to hear about the changes they want to/do implement in their lives and within their families. It is also wonderful to see seeds of hope in people where hope was once lost.

How can people contact you?

I am located at Both Box Hill and Maroondah Adult Inpatient Units. My working days are Monday to Thursdays and every second Friday. Please email me if you have further queries or questions at

Remi.Garcia@easternhealth.org.au