



National Families Week

PARENTS HUB





HOME ACTIVITY

Contents

Family Activities

Tech Free Challenge	3
Rose and Thorn	3
Family Movie Night	4
Family Storytime	5
Game Time	6
Mindful Colouring	7

Helpful Resources

Conversation Starters	10
Mindful Parenting	11
Meditation Ideas	12
Phone Aps for You	13
Parenting Book List	14

Family Prayer Time Resources

Family Prayer Suggestion	21
Prayer Dice	22





HOME ACTIVITY

Family Activities



National Families Week





HOME ACTIVITY

Tech Free Challenge

Eliminate all technology (phones, ipads, laptops, ipods) by placing them in a bucket or basket away from the family for a period of time e.g. Dinner time. See who is tempted to check their phones during the period of time allocated as tech free.

Suggested Website:

[The First Cellphone: Rules for Responsibility](#)

This article presents well researched tips and general rules to follow when giving your child their first phone. Using simple methods based on communication and supervision you can minimise the risks involved with social media, texting and online games.

[What is Cyberbullying? What Every Parent Should Know](#)

What is it and what can you do to prevent it?





HOME ACTIVITY

Rose & Thorn of the week...

Family members (one at a time) share the high and low part of their week. This can be done anywhere (at the dinner table, in the car, at the park etc..) Everyone must pay attention to the family member sharing undistracted.

Helpful Websites:

[Talking to Your Kids about Setbacks](#)

Ways to promote resilience in your child and help them to not be overwhelmed when things go wrong.

[Talking to your Kids about Family Setbacks](#)

How to turn family setbacks into meaningful learning experiences for kids.





HOME ACTIVITY

Family Movie Night

Watch a movie with the whole **family** from the list below or choose your own, maybe a favourite movie from your childhood.

Here's some suggestions:

- Mary Poppins (1964)
- The Incredibles (2004)
- Home Alone (1990)
- The Lion King (1994)
- Finding Nemo (2003)
- Mrs Doubtfire (1993)
- The Sound of Music (1965)
- Inside Out (2015)
- Moana (2016)
- The Parent Trap (1998)
- Tangled (2010)
- Lilo and Stitch (2002)
- Annie (1982)
- The Good Dinosaur (2015)
- Brave (2012)





HOME ACTIVITY

Family Storytime

Read a book with the whole family. It may be the child's favourite story or a parent's. There is a list of popular Family Themed Picture Books in the Parents Hub Resources that you can source from your local public library.

[\(Click here for the resource\)](#)





HOME ACTIVITY

Game time

Play a game that the family all enjoy. These games are designed to help families connect. No dice, no right or wrong answers. Have a go!

Here are some suggestions:

Memory Lane	Draw or Write down your favourite memory. Make it rich in detail of the people who were involved, places and specific circumstances. Then take it in turns to share as you travel down memory lane.
Family Time Capsule	Get a box. Fill it with things that represent your family at this point in time – photos souvenirs, toys, clothes, letters and mementos. Seal the box. Decide as a group when it can be opened (the further into the future the better) and write the date on the top. When that day comes you can all re-open it and reminisce about how you used to live.
Create a Constitution	Discuss and come up with your own list of family rules and values. Decide what's important to all of you and what you stand for. Write it up and place it where everyone can see it.
Homemade Band	Its time to rock out and go crazy. Using only items found in the home for instruments, recreate or make up a song, lyrics included. Hairbrushes as microphones and tennis rackets as guitars are mandatory. Rehearse before the final performance.
Recipe Book	Compile a family recipe book of your favourite meals and keep adding to it.
Grow Your Own	Buy some seeds, soil, fertilisers and plant pots. Then find a spot in the garden, on the balcony or indoors to spend time planting together. Everyone gets to look after a plant, watering and feeding it. Wait for the fruits (or veggies!) of your labour to become ingredients for dinner.

Helpful Website:

[Fun Games to Play at Home](#)

Simple games to play as a family for kids of all ages.

[20 Family Game Night Ideas](#)





HOME ACTIVITY

Mindful colouring

Do some colouring together using the mindful colouring pages in the Parent's Hub Resources.

[\(Click here for the resource\)](#)



Helpful Resources



HOME ACTIVITY

Conversation starters

Pick any of the conversation starters from the *Parents Conversation Starters Resource* to spark insightful conversations with your child. This is great to do while driving to school or at the dinner table.

[\(Click here for the resource\)](#)

Helpful Websites:

[Dinner: 30 Minutes to a More Connected Family](#)

This article discusses common obstacles to engaging in meaningful dinner-time conversations and the various ways that these can be overcome in order to create a space and time to bond with your children.

[Meal hacks for busy families](#)

Make life easier and healthier by using one of these strategies to make planning meals a breeze, as well as helping you eat at healthier, and cheaper, by eating at home instead of getting take-away or fast food.

[101 Questions for the Family Dinner Table:](#)

More questions that you can ask your children at the dinner table to learn more about each other.





HOME ACTIVITY

Mindful Parenting

Parents and Children can both participate in these mindful exercises.

[15 Ways to Teach Mindfulness to Kids](#)

Website

[The 5 main tenets of mindful parenting](#)

We often get caught up in the business of life and family, so it is important we take time to remember the importance of being present and not being too hard on ourselves.





HOME ACTIVITY

Meditation ideas

Meditate as a family, or take time yourself to meditate, or encourage your children to meditate - especially with the stress of school.

Suggested Websites

[Coming Home: Christian meditation for children and young people](#)

This website provides information on the benefits and importance of Christian meditation in young people's lives.

[Guided meditation recordings](#)

Short (daily) mindfulness meditation recordings, targeted at teens

Suggested Apps to download

[Smiling Mind](#)

App/website with mindfulness meditation tools aimed at improving individual's mental health and wellbeing.

[Headspace](#)

App/website, meditation made simple through on-the-go training for your mind.

[Stop, Breathe, Think](#)

App/website, meditation app focused on developing and apply kindness in your daily life through the process of; stop, breathe, think.





HOME ACTIVITY

Phone Apps For You

Free Apps available on App store

ReachOut WorryTime: (also available on Google Play)

Decide on a time, place and duration to deal with your worries each day. When you notice yourself worrying about something, add it to WorryTime and get on with your day.

Aurora - Komosion Digital

This app can help you if you, a friend or a family member are experiencing domestic and family violence or are worried about your relationship.

Gratitude Journal 365 (lite version - only 7 days)

Create a daily entry and list anything you are thankful for that day. A study indicated that daily gratitude exercises resulted in higher report levels of alertness, enthusiasm, determination, optimism and energy.

Daily Bible Inspirations - verses and devotions

(also available on Google Play)

Get inspirational, uplifting Bible verses and devotions.

Happiness Tips Free (also available on Google Play)

This app provides hundreds of tips to inspire hope, motivation, success, beauty, peace, happiness and joy in your life.





HOME ACTIVITY

Parenting Book list

Parents can use this book list to source helpful and reliable information about parenting and families from well respected authors.

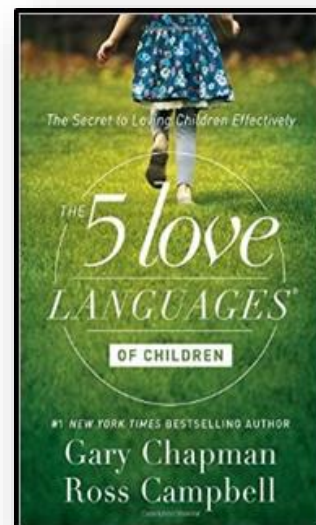
The 5 Love Languages of Children

By Gary Chapman and Ross Campbell

More than 1 million sold! You know you love your child. But how can you show it so they really feel loved?

The #1 *New York Times* bestselling *The 5 Love Languages®* has helped millions of couples learn the secret to building a love that lasts. Now discover how to speak your child's love language and make them feel loved in a way *they* understand. Dr. Gary Chapman and Dr. Ross Campbell help you: Discover your child's love language, understand the link between successful learning and the love languages, see how the love languages can help you discipline more effectively, and build a foundation of unconditional love for your child

Plus: Find dozens of tips for practical ways to speak your child's love language. Discover your child's primary language, then speak it, and you will be on your way to a stronger relationship and seeing your child flourish



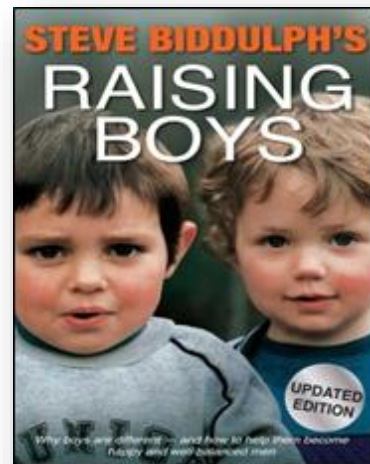


HOME ACTIVITY

Raising Boys

By Steve Biddulph

Few books have stayed in the news as much as Steve Biddulph's million-copy seller *Raising Boys*. It has changed how we parent sons. Thousands of parents keep their boy at home a year longer before starting school and tens of thousands have taught their sons to cook (sparking a worldwide pasta shortage!). And an incredible result -- this generation of dads is spending three times as much time with their children. Steve has updated *Raising Boys* dramatically throughout its life, and this new edition is no exception. This book features helpful messages about the three stages of boyhood which help parents plan their lives to keep boys safe and loving life. Steve tackles how to find the very best school (it's often NOT an expensive private school) and how to safeguard against internet pornography, harming a boy's spirit or his ability to relate to girls as people. Steve includes stories of mothers who learned to love boyishness -- with all its energy and intense emotions. These encourage mums and dads who find boys a bit overwhelming. The message is don't panic -- boys are honest and simple. They just need you to have a sense of fun but also to be strong and clear. Learn to laugh -- boys' testosterone makes them worry when you are tense. Set clear rules and they will be calmer too. Everyone wants to raise their sons to be caring, warm and strong. Steve Biddulph really has led this worldwide change, and this new edition continues to do so.



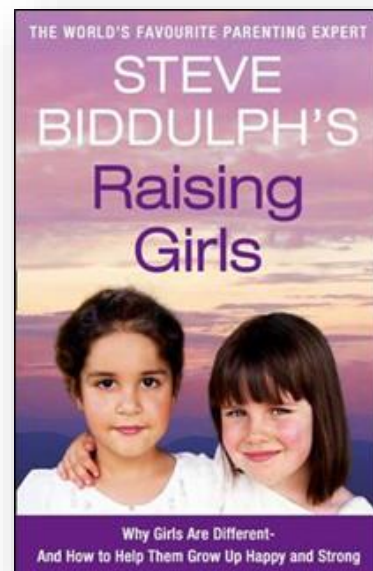


HOME ACTIVITY

Raising Girls

By Steve Biddulph

Raising Girls is both a guidebook and a call-to-arms for parents. The five key stages of girlhood are laid out so that you know exactly what matters at which age, and how to build strength and connectedness into your daughter from infancy onwards. Raising Girls is both fierce and tender in its mission to help girls more at every age. It's a book for parents who love their daughters deeply, whether they are newborns, teenagers, young women - or anywhere in between. Feeling secure, becoming an explorer, getting along with others, finding her soul, and becoming a woman - at last, there is a clear map of girls' minds that accepts no limitations, narrow roles or selling-out of your daughter's potential or uniqueness. All the hazards are signposted - bullying, eating disorders, body image and depression, social media harms and helps - as are concrete and simple measures for both mums and dads to help prevent their daughters from becoming victims. Parenthood is restored to an exciting journey, not one worry after another, as it's so often portrayed. Steve talks to the world's leading voices on girls' needs and makes their ideas clear and simple, adding his own humour and experience through stories that you will never forget. Even the illustrations, by Kimio Kubo, provide unique and moving glimpses into the inner lives of girls. Along with his fellow psychologists worldwide, Steve is angry at the exploitation and harm being done to girls today. With Raising Girls he strives to spark a movement to end the trashing of girlhood; equipping parents to deal with the modern world, and getting the media off the backs of our daughters. Raising Girls is powerful, practical and positive. Your heart, head and hands will be strengthened by its message.



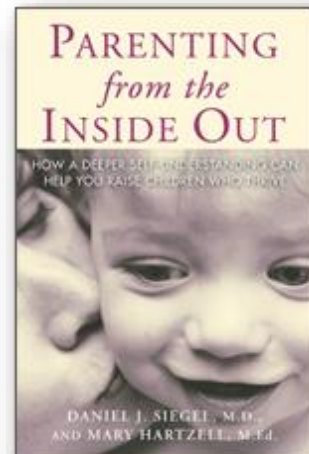


HOME ACTIVITY

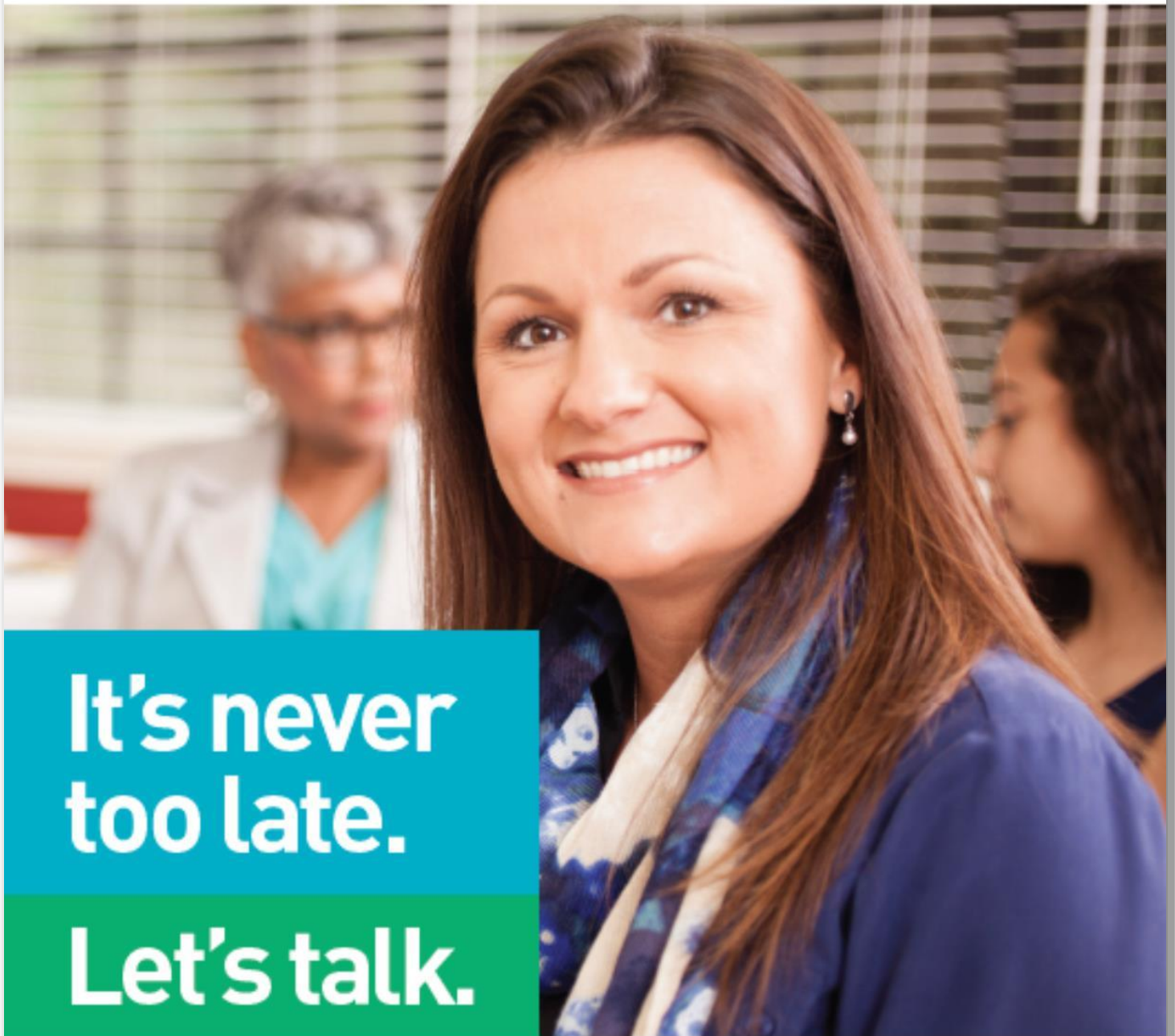
Parenting from the Inside Out

By Dan Siegel

Born out of a series of parents' workshops that combined Siegel's cutting-edge research on how communication impacts brain development with Hartzell's thirty years of experience as a child-development specialist and parent educator, *Parenting from the Inside Out* guides parents through creating the necessary foundations for loving and secure relationships with their children.



COUNSELLING SERVICES



**It's never
too late.**

Let's talk.

If you're experiencing a personal, family or work related matter, all you need to do is make that call.

We'll help you with the rest.

CALL US ON
4254 9316 or **4254 9357**
catholiccare.dow.org.au



CatholicCARE | COUNSELLING



HOME ACTIVITY

Family Prayer Time Resources





HOME ACTIVITY

Family Prayer

Spend some time in prayer and reflection together as a family.

Family Prayer:

God be with our family,
From the youngest to the oldest,
Lighting up our relationships,
Sowing grace into our troubles.

God be with our family,
Weaving love into our work,
Our rest, and our play.

Amen.



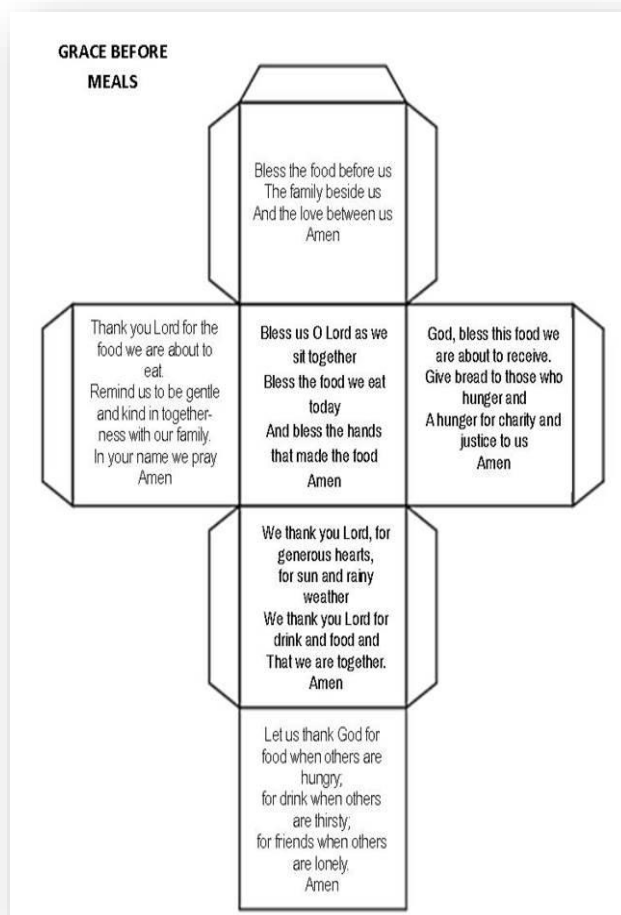


HOME ACTIVITY

Prayer dice

Print and assemble the prayer dice template. Before mealtimes a family member rolls the die and leads the family in that prayer.

[\(Click here for the resource\)](#)



National Families Week





NURTURE A CHILD'S POTENTIAL

Foster carers come from many different backgrounds.

You don't need to be Catholic to become a carer with our agency.

We welcome singles and couples and those with or without children.

CatholicCare provides a range of caring options:

- 1 Respite care
- 2 Immediate & short-term care
- 3 Long-term care

Become a foster carer with us today.



Call **02 4227 1122**
www.catholiccare.dow.org.au