Playgroup Newsletter



July 2023

Pop-Up Playgroups

Term 3 Pop-Up Playgroups are updated on the website. This term we will be at:

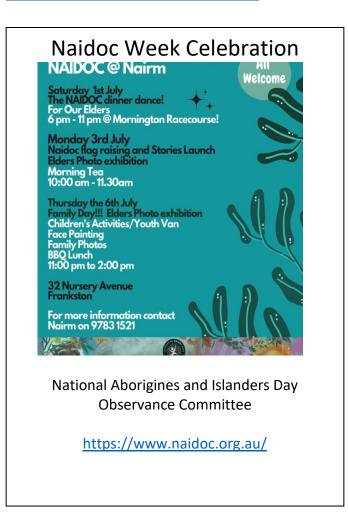
Monterey Community Park Playground.

Seaford North Reserve.

Lakewood Family and Child Centre.

As the weather is getting a bit less predictable, please make sure you check out the website for any cancelation before you head down.

https://www.frankston.vic.gov.au/Community-and-Health/Health-and-support-services/Child-and-family-services/Playgroups/Pop-up-Playgroup











A free program for parents and carers of young people aged 10 to 18 years old.

- Would you like to:

 Better understand your teen?

 Communicate effectively with your teen?

 Help your teen manage their emotions?

 Prevent behaviour challenges in your teen?

 Support your teen to manage conflict effectively?
- Our six to eight week Tuning into Teens® program teaches parents how to help their teen develop emotional intelligence.

- emotional intelligence.
 Temapars with higher emotional intelligence.
 Have more stable and satisfying relationships.
 Ara better at managing peer pressure.
 Are lower risk of mental health and
 substance consults and substance consults and
 substance consults.
 Have greater success making friends.
 Are more able to manage conflict.
 Have greater career success.

- Where: Online via Zoom When: Thursdays, 20th July 7th September 2023
- Time: 11:00am 1:00pm
- Suitable for: Parents with young people aged 10 -18 years
- Eligibility: Families residing within the Bayside Peninsula region



For further information please contact:
(3 (03) 8599 5433 or earlyhelp@familylife.com.au www.familylife.com.au www.familylife.com.au









A free parenting program for Dads of children aged 3 to 10 years old. Would you like to learn how to help your child/ren manage feelings such as worry, frustration and anger?

Dads Tuning in to Kids® is a 6-8 session group program, Where: Online via Zoo for Fathers. tor Fathers.

This program will teach you how to help your child/rem understand and manage feelings.

Children with good emetional intelligence.

Have better concentration at school frame to the program will be program

- Are more able to manage conflict with peers
 Are more able to calm down when upset or angry
- When: Wednesdays, 19th July 6th September 2023

- Suitable for: Dads with children aged 3 10 years

Eligibility: Families residing within the Bayside Peninsula region









Tuning in to Kids* is a parenting program that focuses on the emotional connection between parents/carers and their children, from preschoolers to teens.

The program has success in improving parenting, parent-full relationships, parental meta emotion, diddienie mentional competence and behaviour. Backet by evidence-based research, this 6-8 session parenting program focuses on developing key stills in recognising and responding to your children's emotions. This program is diseigned for parents of children aged 3 to 10 years old.

Where: Online via Zoom
Whene: On

Would you like to learn how to:

- Would you like to learn how to:

 Be better at talking with your child?

 Be better at understanding your child?

 Help your child learn to manage their emotions?

 Help to prevent behaviour problems in your child?

 Teach your child to deal with conflict?

Suitable for: Parents with children aged 3 - 10 years



For further information please contact:

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All children want to feel loved and safe. The Circle Of Security® parenting program has been developed with decades of evidence on ways to strengthen secure parent-child relationships.

The program supports parents to provide children with the confidence and freedom to explore their world while feeling a sense of comfort and security. The program saids parents to see heaviour as communication rather than a problem.

Time: 10 30am to 12 30pm Attendance at all sessions is essential
Time: 10:30am to 12:30pm
Experienced and trained Circle of Security* Pamily Life
practitioners will facilitate the group sessions.
The Circle Of Security* parenting program will help you:
Support your childs a self attern
Time: in to your childs would by reading
important cue:
Understand your childs wentional needs
Connect with your child and enjoy being in the
moment

Strengthen your child and enjoy being in the
moment

- Strengthen your bond and attachment with your child

















What is a Supported Playgroup?

Supported Playgroups are a safe and friendly place for you and your child to have fun while receiving parenting tips and support. Sessions are run weekly during school terms by qualified early years professionals in your local community.

Supported Playgroup is a great way to meet other families in your local area and one-on-one in-home support is also optional for eligible families.

These playgroups are supported by the Department of Families, Fairness and Housing and are free to attend.

Who is eligible to attend?

Supported Playgroups are available to:

- families with a Commonwealth Health Care Card (or visa equivalent for refugees and migrants)
- children aged from birth up to school age.
- families where a family member who has identified as Aboriginal and/or Torres Strait Islander;
- families who are looking after children in kinship care (out of home care);
- families referred by Child FIRST
- families referred from or receiving Enhanced Maternal and Child Health services

Supported Playgroups are currently located in the following venues:

- Aldercourt Primary School Frankston North
- Lyrebird Community Centre Carrum Downs
- Lakewood Child & Family Centre Frankston
- Karingal Heights Primary School Karingal
- Orwill Street Community House Frankston
- Mahogany Rise Child and Family Centre Frankston North

More Information

Playgroups will run in line with all current Covid guidelines.

To find out more about our Supported Playgroup sessions please call Council's Playgroup Development Officer on 9293 7156 or email playgroups@frankston.vic.gov.au



A Supported Playgroup is a welcoming environment for parents and caregivers to come together with their children to connect with each other and their local community.

Our Supported Playgroups are facilitated by experienced early childhood professionals who will work alongside adults and children to support adult / child interactions during play.

Supported Playgroups are for eligible families with children newborn to five years.

They are Free to attend and run weekly at various locations (during school term)

Eligibility criteria applies.

Contact us

frankston.vic.gov.au 1300 322 322

playgroups@frankston.vic.gov.au







Frankston City Council

PO Box 490 Frankston 3199

1300 322 322 info@frankston.vic.gov.au frankston.vic.gov.au









