

Playgroup Newsletter



July 2022

Pop up Playgroups

Feel free to join us they are free and no booking is required. Keep up to date where we are in Frankston by clicking the link below.

<https://www.frankston.vic.gov.au/Our-Community/Family-Services/Playgroups/Pop-up-Playgroup>

Programs



Tuning into Kids

Emotionally Intelligent Parenting

Tuning into Kids

A six-session parenting program for parents of preschool and primary school children.

- Would you like to:
- Connect and communicate better with your child?
 - Support your child's ability to manage their emotions?
 - Strengthen your child's resilience?

Tuning in to Kids teaches you how to help your child develop emotional intelligence.

Children with higher emotional intelligence:

- ✓ Know how to calm and manage their emotions
- ✓ Tend to have fewer childhood illnesses and better mental health
- ✓ Have greater success with making and keeping friends
- ✓ Are better able to focus and do well at school

Term Three Program

Times	Mondays 10am – 12pm
Dates	July 25 – Aug 29 (6 sessions)
Location	Aldercourt Community Room @ Aldercourt Primary School, Silver Avenue, Frankston North

Please note that all participants will need to be fully vaccinated (and provide proof of such) or have a valid medical exemption.

FREE
limited places
register now.

Inquiries:
Better Place Australia Group Programs
0491 153 130
groupprograms@betterplace.com.au



Infant Massage

FREE Information Session

Learn the benefits of infant massage, from strengthening the parent/infant bond with gentle techniques and strokes to safely massage your baby (0-6 months).

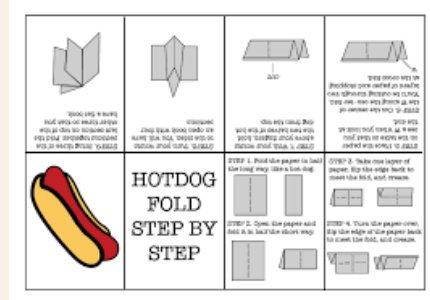
Details

When: Thursday 29th June, 10am to 12pm
Where: Mahogany Rise Community Space
25 Jenkins Street, Frankston North

To book phone: 9784 1756

Activity idea you can do at home

How to make a book ?



<https://youtu.be/YX5jp1hqUG4>

What you will need.

- A4 Plain Paper
- Scissors
- Pencils, pens, chalk or drawing

Benefits of reading

- Reading Improves Concentration and the Ability to Focus
- Reading Improves Sleep
- Reading Teaches Empathy
- Reading Increases General Knowledge
- <https://library.frankston.vic.gov.au/FrankstonLibraries/Kids-and-Teens/Reading-Tips>

Launching on Monday 1 August 2022

Frankston City Libraries will be inviting children aged 0-5 years and their families to get involved with this year's Mayor's Reading Challenge.

In its twelfth year, the Mayor's Reading Challenge supports early literacy development, by encouraging parents and carers to engage in regular reading experiences with their children in a fun and rewarding way <https://library.frankston.vic.gov.au/FrankstonLibraries/Kids-and-Teens/Mayors-Reading-Challenge>

Programs

Peninsula Health have recently launched a family friendly website for planning and discovering a health connection with food check out the link below.

Welcome to the Food Connection

Life is busy and preparing family meals can be stressful and time consuming.

We get it, That's why we've created

The Food Connection website Packed full of veggie-filled, easy and tasty recipes, plus meal planning tools, and tips and tricks, all designed to make mealtime easier and more enjoyable. Best of all, the recipes have the tick of approval from kids in the Frankston and Mornington Peninsula community. [THE FOOD CONNECTION - Easy and tasty meals, meal planning tips and more](#)

New Playgroups



Rhythm & Rhymes Playgroup

Rhythm and Rhymes is suitable for babies - 3 years and is an opportunity for parents and carers to get together with their children for an hour and a half each week to sing, play and have fun.

Thursdays and Fridays 9:30am - 11:00am

These sessions will be held at Davey Richardson Pavilion 151 East Road, Seaford (look for our orange flags)

\$5.00 per session



Rhythm & Rhymes Playgroup for Babies

Rhythm and Rhymes Baby Playgroup is a session designed for children under 12 months old and is an opportunity for parents and carers to get together with their children for an hour and a half each week to sing, play and have fun.

Thursdays 11:30am - 1:00pm

These sessions will be held at Davey Richardson Pavilion 151 East Road, Seaford (look for our orange flags)

\$5.00 per session

Please call 9776 8922 to book

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FRANKSTON YOUNG BUBS PLAYGROUP

newborn to 18 months

wednesdays 3.15pm
lakewood maternal & child health centre

FRANKSTONYOUNGBUBSPLAYGROUP@HOTMAIL.COM

contact prior to attending

Connecting two worlds with Samantha Roberts at Carrum Downs Library. As part of our NAIDOC Week Celebrations, we are having Wurundjeri & Dja Dja Wurrung woman, Samantha Roberts, joining us to help us learn about Aboriginal culture. The session will cover Acknowledgement of Country, Flags and Tribes, Show and Tell, Traditional Art and Symbols, Dreamtime stories and Dance and Song [https://library.frankston.vic.gov.au/FrankstonLibraries/Events?div_OC%20CL%20Library%20Events%20Listing=\(pageindex=2\)](https://library.frankston.vic.gov.au/FrankstonLibraries/Events?div_OC%20CL%20Library%20Events%20Listing=(pageindex=2))

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. Please click the link below to find out more. <https://www.frankston.vic.gov.au/Our-Community/Family-Services/Playgroups/Supported-Playgroups>

Expression of interest

Are you interested in facilitating a Community Playgroup? Perhaps there isn't a playgroup running in your area and you would like to start one?

Playgroups are a great social activity for you and your child. Facilitating a playgroup is also a way of building new skills that can lead to future opportunities. Training can be provided as well as ongoing support. For all playgroup inquiries you can contact the Playgroup Development Officer on 9293 7156 or email playgroups@frankston.vic.gov.

Whats on?

Story time at the Library – Story time is so much fun you will get to meet local families while learning new stories and songs. click below link to find time and session to suit.

<https://library.frankston.vic.gov.au/FrankstonLibraries/Events/Storytime>

School holiday

McClelland Sculpture Park and Gallery 6th,7th and 8th July Join us during NAIDOC Week and try your hand at different activities! Use natural materials to make your own mobile sculpture or bushcraft, have a go at paper collage or create something with gum leaves! <https://g.co/kgs/3MF9Ux>

Frankston City Council

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