

Playgroup Newsletter



January and February 2024

Pop Up Playgroups

Starting back 13 February

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

Feel free to come along to the Pop up Playgroups and find out more information on local playgroups.

Pop up Playgroups are suitable for babies and children under 6 years of age.

We run the Playgroups outside, please be prepared for the weather and bring drinks and snack for your child.

Please check the website for cancellation 😊

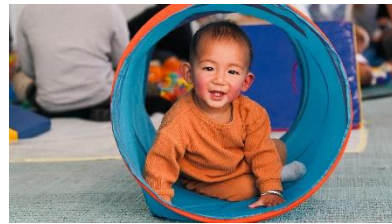


WHAT ARE THE BENEFITS OF PLAYGROUP?

There is significant evidence about the benefits of playgroup and it continues to build. Vital



development occurs in the first five years of life, and the first year is especially critical. The neurons in the brain are connecting, laying the foundations for the year to come. The social, emotional, physical and intellectual development that occurs through the play and interaction at playgroup is great for the mind and body. Knowledge builds and skills are refined. Children learn social skills and language skills. It readies children for the next step into kinder and prep.



PLAYGROUP IS NOT JUST ABOUT THE KIDS – PARENTS AND CARERS, IT IS FOR YOU!

Your job is one of the best in the world, but raising children is not always easy. Playgroup is here to lighten the load. You can connect with other people in the same stage of life as you. At playgroup you can share, have a coffee, relax in a safe environment. Playgroup is designed to be a comfortable space where you can be yourself. It helps to reduce isolation you may feel and discuss things of interest to you. Playgroup also provides you will access to local services you may need.

<https://www.playgroup.org.au/for-families/all-about-playgroup/> for further information about Playgroups.



Whats on?

Weekly Storytimes

You are never too young to enjoy Storytime at the library! Our Storytime team is offering a variety of engaging sessions for children aged 0-5 at our Frankston, Carrum Downs and Seaford branches as well as at Karingal PLACE, Frankston North Community Centre, Belvadere Community Centre and Langwarrin Customer Service Centre. Choose your session from the calendar below.

<https://library.frankston.vic.gov.au/Whats-On/Storytime>

Starting School

Practical preparations for starting school

It's a good idea to have **uniforms, lunch boxes, bags and stationery** ready:

- Get your child to try on the uniform and shoes before the first day, just to make sure everything fits. It's a good idea to have your child wear new school shoes for a few days before school starts and practise doing up laces or buckles.
- Choose a school bag that's comfortable for your child to carry. A backpack with adjustable straps is best.
- Choose a lunch box and drink bottle that has an easy-to-open lid. Your child can practise using the lunch box at preschool, or during a picnic lunch at home or in the park.
- Make sure your child has enough healthy food for both recess and lunch.
- Find out whether your child needs any other items for school – for example, hat, art smock, library bag, pencils, markers, crayons and so on.

- Make sure your child's name is clearly marked on all clothing and other things like their lunch box, drink bottle and school bag.

Managing feelings about starting school

Starting school can be a big change for your child, and they might feel a bit anxious as well as excited. Letting your child know that you think they'll go well at school can help them feel positive.

Here are ideas for managing mixed feelings:

- Try to organise playdates with other children before the first day of school. It can help if your child knows another child going to the same school before school starts.
- Give your child plenty of love and support. Be excited and enthusiastic about your child starting school. This sends your child the positive message that school is exciting and that they'll cope and have fun.
- If the topic of school comes up during everyday activities with your child, use this as an opportunity to start a conversation. But follow your child's lead – too much talk about school might make your child feel more anxious.
- Read a children's book about starting school with your child. Reading books about school together can help you talk with your child about their feelings. You could try *Starting school* by Janet and Allen Ahlberg, or *Starting school* by Jane Godwin and Anna Walker.
- Try to see your child off to school with a happy, confident goodbye – and plan something nice for yourself too, like coffee with a friend. Even if you're feeling sad or worried, it can help to keep these feelings from your child.

<https://raisingchildren.net.au/school-age/school-learning/school-choosing-starting-moving/starting-school>





ParentZone Online Summer Sessions 2024
Online Parenting Workshops *Free of Charge* Bookings Essential



Self-Care - Yours and Your Family's

Tuesday 9th January, 7:00pm - 8:30pm
Join us to explore the importance of self-care and find out what other parents/carers do. We will also focus on family self-care that builds positive relationships.
Enquiries: Carey.Cole@anglicarevic.org.au

Dealing with Anxiety

Wednesday 10th January, 11:30am - 1:00pm
During this session, participants will discuss the common fears and worries experienced by their young people and explore strategies to support them.
Enquiries: Erin.Surrey@anglicarevic.org.au

Parenting Teens

Wednesday 10th January, 6:30pm - 8:00pm
In this session, participants will explore common adolescent issues, explore ways to communicate and get your teen to listen and how to problem solve. A range of helpful strategies will be shared.
Enquiries: Michelle.Brown@anglicarevic.org.au

Living with Autism

Thursday 11th January, 10:30am - 12:00pm
Explore ways to support children living with Autism. Improve communication with your child.
Enquiries: Michelle.Brown@anglicarevic.org.au

How to Prepare for the School Year

Tuesday 16th January, 12:15pm - 1:30pm
Explore how to establish sustainable routines and support age-appropriate independence as your child begins the new school year.
Enquiries: Carey.Cole@anglicarevic.org.au

School Refusal

Wednesday 17th January, 6:30pm - 8:00pm
During this session you will come together to discuss reasons for school refusal, acknowledging feelings and exploring strategies that help school engagement.
Enquiries: Michelle.Brown@anglicarevic.org.au

Baby Makes 3 - Intro Session for New Dads

Tuesday 23rd January, 6:00 to 7:30pm
Understand the important role of fathers in the lives of children. Discover parenting tips for dads and hear about the Baby Makes 3 Program.
Enquiries: Jasbir.Suropada@anglicarevic.org.au

Emotion-Focused Parenting

Wednesday 24th January, 1:00pm - 2:30pm
Learn strategies to improve communication and develop your child's emotional intelligence.
Enquiries: Ariane.Hahn@anglicarevic.org.au

Setting Rules and Boundaries

Wednesday 24th January, 7:00 to 8:30pm
Learn how boundaries can support your child's wellbeing and discover ways to set better boundaries.
Enquiries: Iris.Guensch@anglicarevic.org.au

Register for sessions via link or QR code below
<https://events.humanservices.com.au/eventzone/summer-series-2024>



PARENTZONE



Circle of Security®
Parenting Program



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 assists parents to see behaviour as communication rather than a problem.

Experienced and trained Circle Of Security® Family Life practitioners will facilitate the group sessions. The Circle Of Security® parenting program will help you:

- Support your child's self esteem
- Tune in to your child's world by reading important cues
- Understand your child's emotional needs
- Connect with your child and enjoy being in the moment
- Strengthen your bond and attachment with your child

Where: Online via Zoom
When: Wednesdays, 7th February - 20th March 2024
Attendance at all sessions is essential
Time: 10:30am to 12:30pm
Cost: FREE
Suitable for: Parents with children aged 0 - 5 years
Eligibility: Families residing within the Bayside Peninsula region

Registration: To access the Group Work Registration Form, please visit <https://www.familylife.com.au/early-help/> or scan the QR Code



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



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-child relationships, parental meta emotion, children's emotional competence and behaviour. Backed by evidence-based research, this 6-8 session parenting program focuses on developing key skills in recognising and responding to your children's emotions. This program is designed for parents of children aged 3 to 10 years old.

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?

Where: Online via Zoom
When: Wednesdays, 7th February - 27th March 2024
Time: 10:30 am - 12:30 pm
Cost: FREE
Suitable for: Parents with children aged 3 - 10 years
Eligibility: Families residing within the Bayside Peninsula region

Registration: To access the Group Work Registration Form, please visit <https://www.familylife.com.au/early-help/> or scan the QR Code



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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.

Teenagers with higher emotional intelligence:

- Have more stable and satisfying relationships
- Are better at managing peer pressure
- Are lower risk of mental health and substance concerns
- Have greater success making friends
- Are more able to manage conflict
- Have greater career success

Where: Online via Zoom
When: Thursdays, 8th February - 28th March 2024
Time: 12:30 pm - 2:30 pm
Cost: FREE
Suitable for: Parents with young people aged 10 - 18 years
Eligibility: Families residing within the Bayside Peninsula region

Registration: To access the Group Work Registration Form, please visit <https://www.familylife.com.au/early-help/> or scan the QR Code

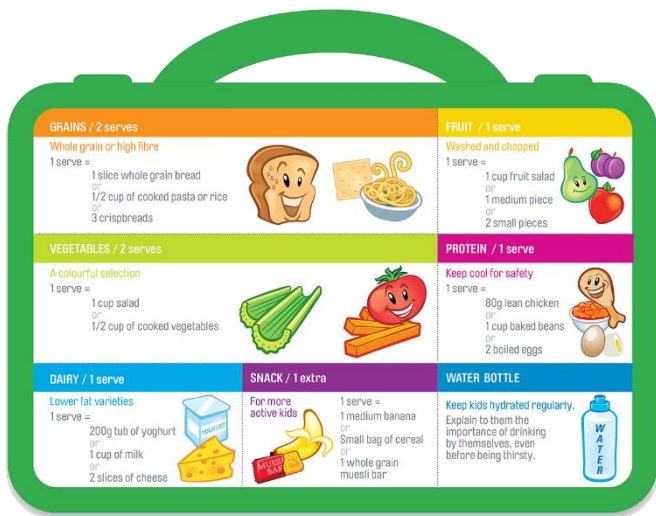


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10 TIPS FOR A BALANCED HEALTHY LUNCHBOX

- 1. MAKE IT EASY** – The key is to provide food that’s easy for them to eat and to provide it in lunchboxes that are easy for kids to open. For example, if their little fingers struggle to peel a mandarin, then peel it at home so it’s ready to go at lunchtime.
- 2. USE LEFT OVERS** – Make a little extra for dinner, using the left overs as a lunch option. Fried rice, pasta, mac n’ cheese etc make great additions to the lunchbox.
- 3. FRUIT AND VEGETABLES** – Include a mix of fruit and vegetables in lunchboxes to boost nutrition and make sure the kids are getting their essential vitamins and minerals. Add in some vegetable sticks with avocado or hummus for an element of crunch.



- 4. HEALTHY BALANCE** – School lunches should have a balance of all of the food groups. When packing lunch use the guide

below to help ensure your child is enjoying a healthy and balanced school lunch.

- 5. GO FOR WATER** – It’s so important to teach your kids to stay hydrated! We need around 8 glasses of fluid each day and water is the best choice. Packing a water bottle with their lunch is the best way for them to develop the habit of staying hydrated and helps remind them to drink regularly.



- 6. IS IT ALLERGY FRIENDLY?** – Food based allergies including peanuts, dairy, gluten, egg etc can be life-threatening. Many schools have food policies to reduce the risk of accidental exposure. We as parents play an important role by following these policies and packing food products that are safe. Keep up to date with your schools policy.

- 7. PREP AHEAD** – Chop carrot sticks or dice fruit while you are prepping dinner, this will save you time!

- 8. PLAN A BAKING SESSION** – Add homemade baked muffins, biscuits, etc to lunchboxes for a treat. Homemade snacks can be a healthier alternative to the ones



you find in store (and yummier too!). I freeze all our baking and then place it into the kids' school lunchboxes frozen – they're always defrosted by morning tea time. For HEAPS of freezable recipe ideas perfect for school, check out my Lunch Box Recipe Cookbook.



9. PACK THE NIGHT BEFORE – If you find you're rushed in the school mornings, consider packing the lunches the night before. This will give you enough time to make a balanced and healthy lunchbox. Get the kids to help you, if they do they will be more inclined to eat it all too! Read more: [How to create Chaos Free School Mornings](#).

10. KEEP IT COOL – It's important to pack foods and snacks that will stay fresh for the duration of a school day. Food spoilage can result in illness and can make your children hesitant to eat. A great idea to keep the lunchbox cool is to add a freezer block in their lunch bag to keep the food fresh all day.



<https://theorganisedhousewife.com.au/lunchbox-ideas/one-week-healthy-lunchbox-ideas-kids/>



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