

Playgroup Newsletter



October 2023

Pop-Up Playgroups

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

Langwarrin for a intergenerational Playgroup, Frankston for Nature Playgroup and Walk and Pop up Playgroup Session before ending the year with our Christmas Party on Wednesday 13 December.

As the weather is starting to warm up please remember your sun hats and sun screen, 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>

Childrens Week

Children's Week 2023 



Children's Week celebrates the talents, skills and achievements of children, and their right to connect with others and respectfully share their views.

This year's theme is 'Children have the right to relax, play and take part in activities they enjoy'.

To celebrate Children's Week, we will be hosting a free event for children 0 – 6 years and their families that will engage the senses, capture the imagination, and encourage creative expression.

Date: 26th October 2023
Time: 10.00am – 1.00pm
Location: Healthy Futures Hub, 151 East Road, Seaford.
Book via Trybooking <https://www.trybooking.com/CLONK>



This year we invite you to come dressed up in something that makes you happy.
Partners for 2023



Looking forward to seeing families come down for our annual Children's Week Event.

We have lots of exciting activities planned for you all.

Thank you to all the children who took part in completing the survey, this has helped in planning for this day.

Some of the activities on offer:

- Petting Farm
- Zen Zone
- Story time for the Library
- Making Rainbows
- Dinosaur play
- Baby area
- Water play and Water Wall
- AFL Victoria

Plus our sausage sizzle to keep you going through out the morning

This is a free event please book in via the QR code so we know you are coming 😊



Language to Grow Awareness

“ Notice how ”

...the rocks are slippery
...small branches break easily

“ I am ”

...here if you need
...seeing you try hard

“ Do you see ”

...your friend there
...where to go from here

“ Do you feel ”

...the rock moving
...the heat of the fire
...like trying again

“ Can you hear ”

...the wind
...that crackling sound
...your friends

“ I can see you are ”

...feeling hesitant
...feeling upset
...feeling courageous

“ How will ”

...you join in
...Alex feel

 **Wearthy**

Language to Problem Solve

“ I can see you... ”

...are working it out
...thinking really hard
...being courageous

“ What is your plan? ”

...to get up there
...to support your friend

“ Where will you go? ”

...after that
...if you need to feel safe

“ What can you use? ”

...to open that
...for your mission

“ How will you? ”

...get down
...get up

Come & Play



A FREE community conversation about online gambling harm

Join this important conversation about the impact of online gambling, who is at risk of harm and what can be done to prevent it.

Gain insights from our guest speakers Peta Murphy MP and Tim Costello AO. You'll also hear from those with lived experience and learn more about the Love the Game program.

Date: 12 October 2023

Time: 7-9pm

Venue: Mt Eliza Community Centre, 90-100 Canadian Bay Road, Mt Eliza



Scan the QR code to book your tickets.

Contact: social.policy@frankston.vic.gov.au



THIS GIRL CAN

#ThisGirlCanVIC

Enter our competition and go in the draw to win Rebel Sport vouchers. Share a photo of yourself 'springing into spring'. Whether that's a walk around the block, stretching in the sunshine, or playing soccer, it's about celebrating what women and girls can do!

Upload a photo to Instagram with the hashtag #ThisGirlCanMomPen or submit a photo on our website: mompn.vic.gov.au/thisgirlcan or email your photo to wellbeing@mompn.vic.gov.au



What does crossing the midline mean ?

- Bilateral coordination- moving the left and right hand side of the body at the same time (jumping on the spot with both feet at the same time).
- Crossing the midline = coordinating one side of the body (righthand) when it is positioned on the opposite side of the body (left knee).



The Child Development Centre describes crossing the midline as the ability to "move our arm or leg across the middle of our body to perform a task. Before midline crossing is well established, children are usually observed to engage in tasks on only one side of their body, e.g.: reaching for an item placed on their left side with only their left hand." <https://www.cdchk.org/parent-tips/what-is-crossing-the-midline/>

To improve children's crossing the midline skills, they need to practice crossing the midline every day. Strategies include:

Crawling through tunnels using the correct opposite hand to knee crawling technique

Completing a specific crossing the midline routine - [find our printable routine here](#)

Picking up puzzle pieces from the opposite side of their body, while keeping the torso still

Drawing large images on the pavement with chalk or a wet paint brush

Drawing horizontal lines from left to right, and right to left, while keeping the torso still

Driving cars or trucks across their midline, in large, smooth movements

Our goal for children's development, is to master crossing the midline skills, by the age of 4 years. Once children have mastered their crossing the midline skills, they can then start to practice and master their fine motor skills, because they'll be less likely to swap hands with the paint brush, or swap hands to pick up a puzzle piece.



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

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