

Playgroup Newsletter



September-October 2024

It's Poorneet Season!

Poorneet means tadpole, and it is tadpole time in the Eastern Kulin calendar. If you visit some of the water ways or flora and fauna reserves around Frankston you might see tadpoles or hear the Currawongs calling.

Source: [instagram.com/firstpeoplesvic](https://www.instagram.com/firstpeoplesvic)



Pop Up Playgroups in a Park

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

Please note session changes to a Wednesday.



Pop up Playgroup

Parents, caregivers, grandparents are welcome to join us for a Pop up Playgroup session, explore a range of fun activities with your child. You will also have the chance to speak to the team about finding a local playgroup the Supported Playgroup Program and Kindergarten registration.

Lady Emily Reserve
12R Lady Emily Way, Skye.
Time: 9.30am – 11.30am
Term 4 dates:
Wednesday 9 October
Wednesday 16 October
Wednesday 30 October
Wednesday 6 November

Ballam Park
260 Cranbourne Rd, Frankston.
Time: 9.30am – 11.30am
Term 4 dates:
Thursday 14 November
Thursday 28 November
Thursday 5 December

Save the date

- Children's Week Event, Wednesday 23 October at McClelland Sculpture Park and Gallery. 10.00am – 1.00pm 390 McClelland Dr Langwarrin.
- End of year Playgroup Celebration, 11 December, Kananook Reserve, 4.30pm – 6.30pm Bring a picnic.

Pop up Playgroup is a free outdoor event please remember your hats, water bottles and snacks, playgroup will be cancelled if inclement weather please check the website (Pop up Playgroup) No booking required.



Frankston City Council
PO Box 490, Frankston 3199
1300 322 322
info@frankston.vic.gov.au | frankston.vic.gov.au



Pop-up Bbay Playgroup



Pop-up Baby Playgroup

For babies under 12 months

Parents, caregivers, grandparents are welcome to join us for Pop-up Baby Playgroup sessions. You will also have the chance to speak to the team about finding a local Playgroup, the Supported Playgroup program and Kindergarten registration.

Benefits of coming to playgroup

- Meet other families
- Supportive environment
- Share ideas and information
- Have fun, relax and build friendships
- Introduce your baby to new surroundings
- Play and explore
- To find out more phone: 9293 7156 or email: Elaine.Turner@frankston.vic.gov.au

Lakewood Family and Children Centre

Time: 10.00am – 12.00pm
Term 4 dates:
October: 7, 14, 28 (No session on 21)
November: 11, 18, 25 (No session on 4)
December: 2 and 9
Bookings: Please book via Try bookings: use the QR code



Pop-up Baby Playgroup is a free playgroup. Please remember your hats, drink bottles and snacks. If your baby is over 12 months please come to our Pop-up Playgroup check website for details.


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Did you know?...

You don't need to have a formal diagnosis for your child to apply for NDIS funding?
If you have questions about the NDIS or think that your child may benefit from extra support, you may be interested in this information session


NDIS and Early Intervention Information Session for Families

Do you feel your child needs some extra support? do you feel that they are struggling in some areas of their development? Then this information session is for you.

Come and chat with the team from Brotherhood of St Laurence learn about what is available to you and how best support your child. This information session is aimed at children 0 - 6 years.

Frankston City Council Playgroup team will be on hand to support your children throughout the morning and have some fun activities for them to play with and explore.

Spaces are limited if you would like to attend and find out more scan the QR code and book a space



Date and Time
Thursday 10 October
10.00am - 12.00pm

Location
Kananook Pre School
6 Buna Avenue, Seaford.

Cost
FREE

For more information, visit playgroups@frankston.vic.gov.au or call us on (03) 9293 7156

Children's Week 2024



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

The theme for Children's Week 2024 is: "Children have the right to a clean and safe environment".

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: Wednesday 23 October 2024
Time: 10.00am – 1.00pm
Location: McClelland Sculpture Park and Gallery, 390 McClelland Drive, Langwarrin.

Join us for a Teddy Bears Picnic and lots and lots of fun 😊
(Bring your own picnic and teddy bear)

Please Book via the QR code or <https://www.trybooking.com/CUWPT>

Partners for 2024



Join us for fun activities like giant bubbles, sensory activities, arts and crafts, musical instruments, performers, petting farm, and so much more!



Everyday Ways to Support Your Baby's and Toddler's Early Learning

What's Going On With Your Baby or Toddler?

Your baby is learning—about you, themselves, and the world around them—from the moment they entered the world. The information below gives you some ideas of the many ways you can support your child's early learning through your everyday activities.

Communication Skills:

Children learn about communication every time they interact with you. You probably already:

- Watch and listen to see how your baby communicates what she is thinking and feeling.
- Repeat the sounds and words your child uses and have back-and-forth conversations.
- Read, sing, and tell stories. These are fun ways to help your child understand the meaning of new words and ideas.
- Talk about what you do together—as you play, do everyday tasks, or visit friends and family.

Thinking Skills -Your child is learning how the world works by playing and exploring. Through play, babies and toddlers learn about how things work and how to be good problem-solvers.

What You Can Do:

- Encourage your child to explore toys in different ways— by touching, banging, stacking, shaking.
- Turn everyday routines into playful learning moments. For example bath time is a chance to learn about ideas like sinking/floating and wet/dry.
- Follow your child's interests. Children learn best through activities that excite them.

- Ask your child questions that get them thinking as he nears age 3. For example, when reading a book together, ask why do you think the girl is laughing?

Self-Control- Over the first 3 years, your child is beginning to develop self-control— the ability to manage his feelings and actions in acceptable ways. He is also learning to wait, share, and work out problems with his friends.

What you can do:

- Use words to help your child understand his feelings. You are really mad because we have to leave the park.
- Give choices to older toddlers. Would you like to read books before or after we brush teeth?
- Stay calm when your child is upset. This helps him feel safe and get back in control.

Self-Confidence- Your child is learning that she is a very special person; that she is loved, smart, fun, and capable. When children feel good about themselves, they are more confident and willing to take on new challenges.

What you can do:

- Comment on what your child does well. You found the button that makes the bear pop up!
- Help your child be a good problem-solver. Give her the support she needs to be successful without completely solving the problem for her.
- Give your child the chance to do things for herself like pouring milk from a small plastic jug.
- Encourage your child to keep trying. You are working so hard to get the ball in the basket. Sometimes it takes lots of tries!

<https://www.zerotothree.org/>



Family Life offer free information and parenting support programs for every stage of the parenting journey. Coming up in term 4 there are online programs for 'Tuning Into Teens' (10-18 yrs), 'Tuning Into Kids' (3-10 yrs) and 'Circle of Security' (0-5 yrs). There is also a face-to-face program for primary school aged children of separated parents called 'What About Me?'.

Circle of Security Parenting Program

Family Life facilitates this FREE online program for parents and carers of children aged birth to five years.



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, 10th October - 27th November 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

To register for the group, follow the link to fill in the referral form. Under "Get Support" select "Parents & Families" and then select "Parenting Programs: Circle of Security"



<https://www.familylife.com.au/support/record-the-support-with-us.html>



For further information please contact:

(03) 8599 5433 or briefsupport@familylife.com.au www.familylife.com.au



Photo: EYK

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.

We currently have spaces at our Kannanok Supported Playgroup.

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
- Young Parents at Aldercourt – Frankston North
- Frankston North Community Centre - Frankston North
- Lakewood Child & Family Centre – Frankston
- Orwill Street Community House – Frankston
- Karingal Heights Primary School - Karingal

More Information

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

To find out about other programs facilitated by Family life please check out their website:

<https://www.familylife.com.au/>

Through effective services, support and connections, Family Life's vision is to enable children, young people and families to thrive in caring communities



Starting a playgroup

Are you interested in starting a playgroup in your area?
Step by step guide to starting a Playgroup.

- Find a suitable venue to run the playgroup.
- Find a friend to run with you (always good to have a buddy that can look after everything if you are sick or on holiday).
- Register with Playgroup Victoria \$50 for 12 Month includes your Public Liability Membership - Playgroup Victoria
- Create a Playgroup email address or use your personal one if you are happy to share.
- Create a flyer advertising your group- day, time, cost etc.
- If doing a termly fee organise payment etc. Cash, bank deposit receipts work out how much you need to raise to cover cost of hire, resources, events etc.
- How will the session run? Weekly, fortnightly? Do you want to do anything particular during the session – craft, music singing
- Covid Safe practices.
- How will you get parents involved in helping with set up and clean up at the end- everybody does a little something this helps you all to go home around the same time. You don't want to end up doing everything yourselves.

- Consider setting up a closed Facebook group or Whatsapp to share information and pictures.
- Register with Frankston Council Playgroup Development Officer

If you would like to chat further send me an email on Elaine.Turner@frankston.vic.gov.au

Playgroup Victoria has a weekly online playgroup for families who have a child with a disability, developmental delay or ongoing medical concerns. For more information about PlayConnect+ playgroups, contact Playgroup Victoria [Playconnect - Playgroup Victoria](#)



What information would you like to see in our monthly newsletter?

Please email me!

Elaine.Turner@frankston.vic.gov.au

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