Child and Parent Centre
Calista

GOVERNMENT OF WESTERN AUSTRALIA

Child and Parent Centre
CALISTA

Program Term 3

20 July – 25 September 2020

In partnership with ngala
Raising happiness

Early Learning Fun

Facebook Storytime with Karrak (0-8 years)
Fantastic stories and songs with Yvonne and special guest, Paint Kwinana REaD's mascot Karrak. *Mondays fortnightly from week 1, 9.30am*

Facebook Let's Pretend (0-8 years)
Sparking kids' imagination by playfully discovering big and small worlds. Join Michelle on her adventures and pick up some fabulous play ideas for your child. *Mondays fortnightly from week 2, 9.30am*

Playful Possums[1] (1-2.5 years)
Fun play sessions with weekly themes and activities for toddlers. Younger siblings are welcome. Please book your favourite time slot. Limited to 12 families.
Group yellow: Wednesdays, 9am to 10am
Group blue: Wednesdays, 10.45am to 11.45am

Jumping Joeys[1] (2.5-5 years)
A weekly play session with fun activities, songs, stories and crafts. Recommended for Kindy preparation. Younger siblings are welcome. Bookings required. Limited to 12 families.
Wednesdays, 1pm to 2pm

Little Learners Leda[1] (3-5 years)
Playfully prepare for Kindy or Pre-Primary with lots of fun physical activities, songs, stories and crafts at Leda Primary School. Younger siblings are welcome. Bookings required. Limited to 12 families.
Thursdays, 8.45am to 9.45am

Cuddly Koalas[1] (0-12 months)
Meet other new parents, talk about all aspects of early parenting and discover sensory play ideas for your baby. Bookings required. Limited to 12 families.
Thursdays, 12.15pm to 1.15pm (6-12 months)
Thursdays, 2pm to 3pm (0-6 months)

Parent Groups

Twin Catch up[1] (0-12 months)
Opportunity for all parents with twins to meet and connect for further play dates. Bookings required. Limited to 8 families.
Monday 24 August 2020, 10.30am to 11.30am

Early Parenting Group (0-3 months)
Come and meet other parents with newborn babies. 4 sessions. Book online at healthywa.wa.gov.au or phone on 1300 749 869. *Tuesdays, 9.30am to 11.30am (Start: 14 July, 18 Aug & 22 Sept)*

Multicultural Group
Meet other families that have moved to Australia and join us for fun activities. Children are welcome. *Contact Relationships Australia on 6164 0500 to book. Thursdays fortnightly from 30 July, 9.30am to 11am*

MyTime Group (0-18 years)
Opportunity to connect with other parents and carers of children with additional needs. Pre-school children are welcome. *Fridays, 8 weeks from 31 July to 18 Sept, 9.30am to 11.30am*

Fathers are Fun[1] (0-8 years)
Join other fathers and kids at their monthly meet ups. Bookings required. Limited to 12 families. *First Saturday of the month, 9.30am to 11.30am (1 Aug & 5 Sept)*

Join our group on Facebook to have access to online programs, stories and updates.

Look for Child and Parent Centre – Calista.

Family Support

Family Support Drop-in

Meet Claire from Relationships Australia for practical support with family related matters.
Wednesdays, during morning groups

Facebook Navigate your Community

Join Claire from Relationships Australia to find out useful information about Kwinana services relevant to families with young children.
Wednesdays fortnightly from week 2, 11am

Ngala Parenting Line (0-18 years)

Talk about your parenting concerns with a friendly expert. *7 days a week, 8am to 8pm, phone 9368 9368.*

Child Health

Child Health Nurse Appointments

Receive a call back from your Child Health Nurse for a quick question or arrange a longer appointment. Call 1300 749 869.

Speech and Language Q&A

To chat with a local Speech Pathologist, send the Centre an email and we will call you back on the next clinic day. *Wednesdays, 1pm to 4pm*
22 July, 5 & 19 Aug, 2 & 16 Sept

Child Immunisations (0-4 years)

Call 9419 2266 to have your child immunised at our centre by a specialised nurse.
Thursdays, 16 July, 20 Aug & 17 Sept

Parenting Programs and Workshops in Term 3

Date	Day	Time	Program	Description
20 July (Start)	Mon	10am to 11am	**Baby Massage**[1] (0-6 months)	Time for bonding with your baby and meeting other new parents. 4 sessions.
22 July (Start)	Wed	11am	**Ngala Sleep Series** (0-4 years)	**Facebook** Learn more about children's sleep patterns and how to help them sleep well. Fortnightly. 5 sessions.
25 Aug (Start)	Tue	1pm to 2.30pm	**Food Sensations for Parents** (0-5 years)	**Zoom** 4 sensational nutrition workshops. Contact Foodbank on 9463 3230.
29 & 30 July	Wed &Thu	1pm to 2pm	Triple P: **Helping Kids Manage their Feelings**[1] (2-8 years)	**WebEx** Learn how to teach your kids about feelings and how to deal with them effectively. 2 sessions.
5 Aug	Wed	8pm to 9.30pm	**Toddlers and Tantrums** (1.5-3 years)	**Zoom** Must do online workshop for toddler parents. Contact Meerilinga at Belynda.smith@meerilinga.org.au.
10 Aug	Mon	1pm to 2pm	**Toddler Tucker**[1] (1-3 years)	Suitable foods for toddlers and how to introduce them. Crèche available.
17 Aug (Start)	Mon	12.30 pm to 2.30pm	**Circle of Security (abbr.)**[1] (0-8 years)	Strengthen the relationship with your child and learn new ways to understand and respond to your children's behaviour. Crèche available. 6 sessions.
19 & 20 Aug	Wed &Thu	1pm - 2pm	Triple P: **Positive Parenting for Children with Additional Needs**[1] (2-8 yrs)	**WebEx** Learn some useful strategies on how to manage the behaviour of your child with additional needs. 2 sessions.
31 Aug	Mon	10am to 11am	Triple P: **Sharing**[1] (1.5-3 years)	**WebEx** Learn how to teach this important skill to your child.
2 Sept	Wed	1pm to 2pm	Triple P: **Setting Limits**[1] (1.5-5 years)	**WebEx** Learn how to teach your child simple rules and limits.
9 Sept & 16 Sept	Wed	6pm - 7.30pm	**Emotional Wellbeing Series** (0-17 years)	Raising Resilient Kids & Understanding and Managing Childhood Anxiety. 2 sessions. Contact KEYS on 9439 1838.

[1] **Bookings for the programs and crèche through the Child and Parent Centre – Calista** in person, via phone 08 9367 0960 or email: calista@ngala.com.au

Would you like to be involved in service planning and design?

Become a member of our Parents Advisory Group and share your ideas. Our next meetings are on 31 July & 28 August 2020.

Phone us on 08 9367 0960.

Reading is fun – from day one!

Did you know that reading together helps your baby's brain grow?

We are proud supporter of Paint Kwinana REaD.

Join our closed **Facebook** group. Search for Child and Parent Centre – Calista.

Check out Ngala's webpage with lots of great tips on parenting.

www.ngala.com.au

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Child and Parent Centre – Calista

Harlow Road, Calista WA 6167
Phone: 08 9367 0960
Mobile: 0451 002 886
Email: calista@ngala.com.au

childandparentcentres.wa.edu.au/calista