



Child and Parent Centre
CALISTA

Program Term 2

26 April 2022 – 1 July 2022

Early Learning Fun

We kindly ask that you only book into **one** of our early learning programs to give other families the opportunity to come and play.

* **Cuddly Koalas Babies** (6-12 months)

Meet other parents, talk about all aspects of early parenting, while learning fun ways of bonding with your baby and use sensory play for healthy brain development.

Mondays, 12.30pm to 1.30pm
(Starts: 2 May)

* **Cuddly Koalas Sing&Grow** (0-6 months)

Have fun singing and bonding with your baby in a friendly, relaxed environment. Facilitated by a Sing&Grow Music Therapist and supported by Ngala staff.

Tuesdays, 10am to 11am
(Starts: 26 Apr)

* **Playful Possums** (0-5 years)

Come along and join your child in exploring our new nature play space. Discover exciting ways to develop their confidence and physical skills through play experiences.

Wednesdays, 9am to 10.30am
(Starts: 27 Apr)

* **Busy Book Bugs** (0-5 years)

Join us in building on your child's love of sharing stories and take away fun ideas to explore at home.

Thursdays, 9am to 10.30am
(Starts: 28 Apr)

Parents Connect

* **MyTime** (0-18 years)

Opportunity to relax and connect with other parents and carers of children with additional needs. Children are welcome.

Mondays, 9.30am to 11.30am
(Starts: 2 May)

Early Parenting Group (0-3 months)

Delivered **online** by your local Child Health Nurses for families with newborn babies. 4 sessions. Phone 1300 749 869 or book online at healthywa.wa.gov.au.

Tuesdays, 9.30am to 11.30am
(Starts: 26 Apr, 24 May & 21 Jun)



Family Support

Empowering families - Relationships Australia WA

Are you or the children feeling stuck, overwhelmed, facing life's challenges? We can work with you to improve your situation.

Call 6154 0500 for more information.
Wednesdays, 8.30am to 12.30pm

Ngala parenting line (0-18 years)

Talk about your parent concerns with a friendly expert from Ngala. Call 9368 9368. 7 days a week, 8am to 8pm.



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Child Health

Purple Book Appointments

Make an appointment for your child's developmental checks at 8 weeks, 4 months, 12 months, and 2 years.

Call 1300 749 869 to book.

Do you want to weigh your baby and measure their height?

Contact your Child Health Team on 1300 749 869 to book an appointment.

Speech

* Speech & Language Chat

Book a time to receive a call from our friendly Speech Pathologist to discuss your child's speech development.

Wednesdays, 9am to 3.30pm
11 & 25 May and 8 & 22 June

* Toddler Talk (2-4 years)

Online workshop about how to support your child's speech development. 4 families maximum per session.

Fridays, 10am to 11am
Choose between 13 or 27 May

Parenting Programs and Workshops

Date	Day	Time	Program	Description
3 May (Start)	Tue	1pm to 2pm	* Sing&Grow Family Workshop (1-2 years)	Have fun making music together and learn new ways to support child development. Facilitated by a Sing&Grow Music Therapist and supported by Ngala staff. 3 sessions.
31 May (Start)			* Sing&Grow Family Workshop (2-3 years)	
4 May	Wed	12.30pm to 2pm	* Triple P: Screen Time (4-6 years)	Helping establish healthy screen time habits and routines. Crèche provided by Ngala.
11 May	Wed	12.30pm to 2.30pm	* Triple P: Dealing with Disobedience (0-8 years)	Positive parenting strategies to help parents develop a personal plan to manage disobedience, teach their child limits. Crèche provided by Ngala.
17 May	Tue	10.30am to 11.30am	* Wellbeing after Birth (0-6 months)	Help you understand your feelings and manage changes in your body during pregnancy and following childbirth.
25 May (Start)	Wed	6pm to 8pm	* Triple P Seminar series (2-8 years)	WebEx A great seminar series for parents of children from 2 years of age. 3 sessions.
1 Jun	Wed	9am to 12pm	* Triple P: Fear-Less (from 6 years)	Helping your child learn to manage anxiety. Held at the Darius Wells Library and Resource Centre. Crèche available through Toddler Town 9236 4320.
4 Jun (Start)	Fri	10am to 10.45am	* Sensory Rhymetime (3-4 years)	A range of tailored sensory experiences that enable children to connect more deeply with their carer through exploring, listening, singing and moving. 4 sessions.

* Bookings for all programs and workshops are essential. Please call 08 9367 0960 or email at calista@ngala.com.au to book or for more information.

Rich culture diversity in CPC

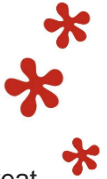
Did you know that 15 languages are spoken by the families who attend our Centre regularly? Next time when you are at the Centre, have a look for the wall display and see whether you can find your home country~!



Would you like to help your child become confident at reading and writing? Follow

Paint Kwinana REaD

on Facebook to get lots of great tips and join Karrak's adventures in Kwinana.



National Simultaneous Storytime

Join us on 25th May 2022 to celebrate the National Simultaneous Storytime at Kwinana Library!

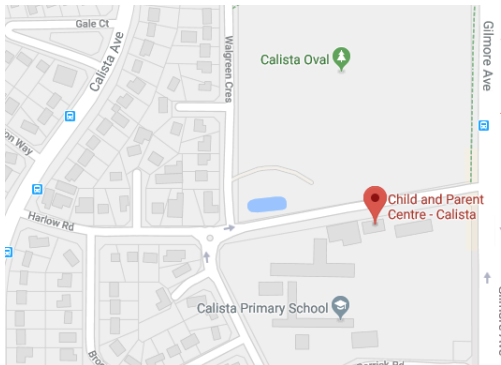
More details to come. Please check with staff in May.

 **PARENTING LINE**

8am-8pm
7 days
Ages 0-18yrs

9368 9368
Country: 1800 111 546

The Parenting Line is provided by Ngala and funded by the State Government through the Department of Communities and Child & Adolescent Health Service.



Child and Parent Centre – Calista

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childandparentcentres.wa.edu.au/calista