

Country Families @ Ngala “What’s On” In November

For parents and carers of children
Aged 0 – 8 years old.

Contact us via phone: 9368 9342

Or email: CountryFamilies@ngala.com.au



Facebook

Join a community of other country families to access parenting information, resources and program updates. Watch our parenting information sessions live or view later.

[CountryFamilies@Ngala](https://www.facebook.com/CountryFamilies@Ngala)

(closed group – request to join)

Live Chat:

Connect live with a Ngala child health nurse via Facebook. Current Live Chat session are:

- Wednesdays 9am – 10:30am
- Fridays 12pm – 1:30pm

Consults:

Free half hour consults via telephone or video, for appointment times & to register:

<https://www.ngala.com.au/service/country-parents-consultation/>

Country Dads’ SMS:

Information, resources and tips for Dads with newborns, sent via SMS or Email.

Receive 12 messages over 12 weeks.

<https://www.ngala.com.au/dads-sms-service/>

Date	Discussion Topics
11 th Nov 1:00 pm	FB Live Play Ideas and activities for children over 12 months
16 th November 1:00 pm	FB Live Sleep Paraphernalia
25 th November	Tutorial Moving from cot to a bed
30 th November	Tutorial Post Natal Care for Mums and Babies

#HealthyCountryKids



Government of Western Australia
WA Country Health Service

