



# NAPPY YOUNG PARENTS

## TODDLER GROUP

★ Shining Stars  
(10 - 24 months)

Our NAPPY Young Parents group is for parents under 25 years of age & their children, living in Rockingham or surrounding areas.

- weekly parenting & play time sessions plus education & information sessions
- a welcoming, nurturing supportive place to develop your parenting skills
- an opportunity to socialise with other young parents & for children to meet other children.
- learn to understand your child's behaviour & discover great play ideas
- excursions such as swimming lessons, toddler jam, first aid course & more
- **Transport provided if needed**
- **No Cost.**



**Tuesdays**

9.30am - 11.00am



**Ngala Rockingham  
Centre**

113 Read Street,  
Rockingham



**0427 390 795**

jsumner@ngala.com.au  
www.ngala.com.au

# TERM 4, 2023

**TODDLERS**  
**10-24 months**

**10 Oct**

**Under the Sea.** This week is all about the benefits of sensory play. We may get wet with some water play!

**17 Oct**

**Community Helpers. DRESS UP** as your favourite Community Helpers! We'll be looking at fire safety at today's group.

**24 Oct**

**Explore the Jungle.** Come & explore all the animals in the jungle.

**31 Oct**

**Halloween....** Make sure you **DRESS UP** in your favourite costume for **HALLOWEEN** & join us in some messy, spooky, spaghetti play.

**7 Nov**

**SWIMMING LESSONS....** Bring your bathers for 4 weeks of Swimming Lessons at State Swim.

**14 Nov**

**Note Venue: State Swim School, 6 Clarkshill Road, Secret Harbour.**

**21 Nov**

**28 Nov**

*\* Normal group sessions will not run these 4 weeks.*

**5 Dec**

**Summer Fun!** We may get a little wet today with an afternoon of fun water play.

**9 Dec**

**FAMILY CHRISTMAS PARTY!** Dads, Grandparents & siblings are welcome to attend the last group of 2023! **Old MacDonald's Petting Zoo** will be there, along with a special visit from **SANTA**.

**Note Venue: Child & Parent Centre, East Waikiki**



- Please bring a labelled drink bottle (with water only)
- Hat for warmer weather & jumper for cooler months
- A change of clothes for messy or water play
- A smile and a friendly attitude!

# TERM 4, 2023

**Movers &  
Groovers  
(under 10 months)**

**10 Oct**

**Under the Sea.** This week is all about the benefits of sensory play. We may get wet with some water play!

**17 Oct**

**Let's get Munching.** We have a visit from the **DENTIST** at the group today.

**24 Oct**

**Explore the Jungle.** Come & explore all the animals in the jungle.

**31 Oct**

**It's a SPOOKY afternoon....** We'll be having a fun afternoon for our **HALLOWEEN DRESS UP!** Our little ones will be having their feet painted.

**7 Nov**

**SWIMMING LESSONS....** Bring your bathers for 4 weeks of Swimming Lessons at State Swim.

**14 Nov**

**Note Venue: State Swim School, 6 Clarkshill Road, Secret Harbour.**

**21 Nov**

**28 Nov**

*\* Normal group sessions will not run these 4 weeks.*

**5 Dec**

**Let's get CHRISTMAS ready!** An afternoon of Christmas crafts.

**9 Dec**

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- A smile and a friendly attitude!



# NAPPY YOUNG PARENTS

## BABY GROUP

★ **Movers & Groovers**  
(under 10 months)

★ **Wiggles & Giggles**  
(under 3 months)

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**Tuesdays**

1.00pm - 2.30pm



**Child & Parent  
Centre East Waikiki**

Cnr Carnegie Loop &  
Murchison Rd, Cooloongup



**0427 390 795**

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# TERM 4, 2023

Wiggles &  
Giggles  
0 - 3 months

10 Oct

**How Big Am I?** Baby Development for 0-6 month olds. We'll be seeing how big & strong we are growing with our craft activity

17 Oct

**Let's Make Music!** Looking at the importance of play & music for babies' brains. We'll be making a musical instrument to take home.

24 Oct

**Under the Sea.** This week is all about the benefits of sensory play. We may get wet with some water play!

31 Oct

**It's a SPOOKY afternoon....** We'll be having a fun afternoon for our **Halloween DRESS UP!** Our little ones will be having their feet painted.

7 Nov

14 Nov

21 Nov

28 Nov

**SWIMMING:....** Have fun in the water with your little ones at State Swim. We'll be singing & splashing & getting them ready for swimming lessons next year.  
**Note Venue: State Swim School, 6 Clarkhill Road, Secret Harbour**

5 Dec

**Let's get CHRISTMAS ready!** An afternoon of Christmas crafts.

9 Dec

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