



Child and Parent Centre  
Calista



Child and Parent Centre  
CALISTA

Program Term 4

9 October 2023 – 14 December 2023

In partnership with



## 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.

### \* **Reach Baby Program** (0-12 months)

Reach offers a movement program for babies and their parents. Move, play, and work together to create the best opportunities for your babies' healthy development.

***Mondays, 12.15pm to 1.15pm, 0-6 months***

***Mondays, 1.30pm to 2.30pm, 6-12 months***

***(Start: 16 October, 8 sessions)***

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

Build on your child's love of rhymes and stories and take away fun ideas for home play.

***Tuesdays, 9am to 10.30am***

***(Start: 17 Oct, 8 sessions)***

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

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

***Wednesdays, 9am to 10.30am***

***(Start: 18 October, 8 sessions)***



My Journey To School

## Did you know?

Your child's journey to school begins from birth? For information on how to prepare your child for a smooth journey, drop into our Centre to have a chat and pick up a copy of *My Journey to School* booklet.

## Family Support

### **Ngala Parenting Line** (0-18 years)

Get parenting support, referrals and up to date child development information from health professionals. Call 9368 9368.

***7 days a week, 8am to 8pm***

### \* **NEW The Fathering Project**

One on one practical support and case management for dads and father figures alike. For more information, contact David at

[david.walker@thefatheringproject.org](mailto:david.walker@thefatheringproject.org)

## 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***

***(Start: 16 October, 8 sessions)***

### \* **Early Parenting Group** (0-3 months)

Delivered in person by your local Child Health Nurse for families with newborn babies. 4 group sessions. Book with your Child Health Nurse directly or online at

[healthywa.wa.gov.au/parentgroups](http://healthywa.wa.gov.au/parentgroups)

***Tuesdays, 1.00pm to 3.00pm***

***(Start: 3 October, 21 November)***



### \* **The Incredible Years®**

An evidence-based program for parents or parents to be, under 25 years, living in Kwinana. It strengthens parenting skills and promotes children's social, emotional, and physical development. Light refreshments are provided for all sessions.

*For young parents or parents to be with babies under 12 months*

***10 sessions, start: 12 October***

***Thursdays, 1pm to 3pm***

*For young parents with toddlers (1-3 years)*

***13 sessions, start: 3 November***

***Fridays, 9.30am to 11.30am***

Call 0427 390 795 for more information.

## Child Health

### Nurse Drop-in

See your Child Health Nurse for a weight check or a quick question.

***Mondays, 9.30am to 11am***

### \* 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.

## Speech

### \* Speech & Language Chat

Book a time to meet with a local Speech Pathologist to discuss your child's speech development.

***Thursdays, 9am to 3pm***

***2 November and 30 November***



## Has your child had their 2 year old check?

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

## Programs to Support School Transition

### Transition to School Programs

Offered at our partnering schools in Calista and Leda. **If you have a child starting Kindergarten at one of these schools in 2024** and are interested in attending the 8-week program, please contact the Child and Parent Centre for more information.

### KindiLink (0-4 years)

Offered at Medina Primary School on Tuesdays and Thursdays during school term, 8.45am to 11.45am. Registration is required. Enquiry: 6174 1100

## Parenting Programs and Workshops

Date	Day	Time	Program	Description
3 Nov	Fri	9.30am to 11.30am	* <b>Who's the Boss</b> (2-6 years)	Learn how to take back control through positive parenting. Held at Darius Wells Library and Resource Centre, Alf Lydon and Frank Baker room. Crèche through Toddler Town creche, 9236 4320.
21 Nov	Tue	9.30am to 11.30am	* <b>Triple P: Toileting</b> (1-3 years)	Learn how to support your child master this important skill and make toilet training smooth and successful. At Darius Wells, Frank Konecny Room. Crèche through Toddler Town creche.
1 Dec	Fri	9.00am to 12.00pm	* <b>Heart Beat Club</b> (0-5 years)	CPR and first aid course designed for parents of young children. Held at the Darius Wells, Frank Konecny Room. Crèche available through Toddler Town. 9236 4320.

**\* Bookings for all programs and workshops are essential. Please call 08 9367 0960 or email at [calista@ngala.com.au](mailto:calista@ngala.com.au) to book or for more information.**



## Kwinana Children's Party

Get ready for a day of laughter, games, and endless fun as we come together to celebrate Children's Week 2023!

It will be held at Wellard Oval and Pavilion, from 9.30am to 11.30am. More details to come.



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.

Scan the QR code to join our Facebook group!



 **ngala**  
**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

Harlow Road, Calista WA 6167

Phone: 08 9367 0960

Mobile: 0451 002 886

Email: [calista@ngala.com.au](mailto:calista@ngala.com.au)

[childandparentcentres.wa.edu.au/calista](http://childandparentcentres.wa.edu.au/calista)