

ForWhen



1300 24 23 22

Free mental health support, for when you need it.

Having a baby is a time of big change and challenges. Just know, you're not alone and there is help available.

ForWhen is a free national phone service that connects you to local support services during your journey.



 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.



Ngala Nurse Practitioner Consultation Service

Available for both telehealth and in person consults. Our experienced Nurse Practitioner can work with parents to diagnose and manage a wide range of conditions and offers a host of invaluable services tailored to babies and children. Bulk billed service. Call **9368 9368**



*Search The Child
and Parent Centre
Banksia Grove*

Child and Parent Centre Banksia Grove

Address: 14 Viridian Drive,
Banksia Grove
Phone: 9367 0964
Email:

banksiagrove@ngala.com.au

Opening hours
Monday to Friday
8.30am to 4.00pm



Child and Parent Centre
Banksia Grove



Child and Parent Centre Banksia Grove Term 1

31 January - 29 March 2024

In partnership with  ngala.
Raising happiness

Parent and Child Sessions

LINKS Playgroup

For children up to 6 years with communication delay, difficulty playing with peers, an interest in a limited range of toys and activities.

Autism Association of Western Australia
Mondays 9.00am to 11.00am

Playgroups

Busy Bees

Enjoy connecting with other parents and participate in your child's development through play (18 months to 4 years)
Tuesdays 9.00am to 10.30am

Pop Up Busy Bees

Parent and child playgroup.
(18 months to 4 years)
Tuesdays 6 & 13 February, 12 & 19 March
1.15pm to 2.15pm

New Young Parent Group

Playgroup for parents under 20 years old. At this playgroup, you can meet other local young parents, share your experiences, discuss topics of interest and enjoy fun free activities with your child.
Wednesday 7, 14 & 21 February
9.30am to 11.00am

New Book Sharing

Join our Speech Pathologist Catherine, for an interactive parent and child session where we will explore ways you can use books to support your child in their language and speech development. For parent /carers of children 12 months to 3 years old
Thursday 14 March 1.00pm to 2.00pm



Child Health

Purple Book Appointments

Available Monday to Friday make an appointment for your child's developmental checks at 8 weeks, 4 months, 12 months, & 2 years.
Call 1300 749 869 for bookings

Drop In & Weigh Clinic

See your Child Health Nurse for a weight check or a quick question.
Mondays 9.00am to 10.00am

Speech Pathologist

Call 9367 0964 for more information or to make an appointment.

Speech Drop In Clinic

Tuesday 30 January 9.00am to 10.30am
Tuesday 27 February 1.00pm to 2.30pm
Monday 25 March 1.00pm to 2.30pm

Babies

Early Parenting Group

Delivered in person by your local Child Health Nurse for families with newborn babies 0 to 4 months. Topics covered include feeding, sleep and settling, play and development, and becoming a parent.
(4 group sessions) call 9404 8270

Solid Start

For parents of babies around 6 months. The session covers when and how to introduce solids to your baby. Topics include why and when to start solids, what to introduce and how, food and drinks to avoid and food safety. Please contact your Child Health Nurse for further information and to book your place.
Call 1300 749 869 or online
healthywa.wa.gov.au/parentgroups



Watch this space!! Triple P is coming your way, sessions are based on parent interest. Session topics include, Toileting, Managing Childrens Behaviour and others. If you are interested in any Triple P sessions or wish to find out more, please call the centre on 9367 0964.

New Sing&Grow



Music therapy play session

4 to 12 months
Thursdays 9.00am to 10.30am
4 week series from 8 to 29 February

Music therapy play session

12 months to 2.5 years old
Thursdays 9.00am to 10.30am
4 week series from 7 to 28 March

Sing&Grow Music Therapy Family Workshops for children aged 12 months to 3 years old

Topics Include:

Building consistency with your child's routines
Thursday 22 February
1.00pm to 2.00pm

Using music to positively support your child's behaviour
Thursday 29 February
1.00pm to 2.00pm

Musical activities to support your child's learning and social skills
7 March Thursday
1.00pm to 2.00pm

Music to engage and connect with children who may have social communication difficulties
Thursday 28 March
1.00pm to 2.00pm



Paint Wanneroo REaD

Have you read with your child today? Come to the centre to read, take or donate a book. Scan QR code to join Facebook page.



Noongar Language

Moort - Family
Koolang - Child



Heart Beat Club



The training session covers first aid for common children injuries including burns and scalds, choking and drowning. It provides you with information on how to perform infant and child CPR. **Crèche available**
Friday 16 February 9.30am to 12.30pm

Bookings are essential for crèche and parent information sessions

All Child and Parent Centre programs, services and sessions are free

Call the centre on 9367 0964 for more information & bookings