

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
East Waikiki



2024

The New year may see some of us starting new jobs, primary school, high school, moving homes or going interstate. Becoming parents, starting new relationships, or returning to study after many years. Time for change or renewal and this can be scary for some of us. Whatever the new year means for you remember:-

'There is always an opportunity to start again, if the old ways are not working, just look for a better way of doing it in the new year and start afresh!' (B Oluritimi)

At the Child and Parent Centre – East Waikiki we look forward to seeing our regular families and forming friendships with new families.

With so many changes in our daily lives please remember, we are here each week to offer a variety of playgroups, workshops, services...plus, a cuppa and a listening ear if that is what you need.

COVID 19

We continue to follow guidelines set by the Department of Health request that families remain home if unwell.

Child and Parent Centre – East Waikiki

Address: End of Murchison Road and Cnr of Carnegie Loop Cooloongup WA

Phone: 9367 0967

Email: eastwaikiki@ngala.com.au

Parking

A friendly reminder that if the parking out the front of the Child and Parent Centre - East Waikiki is full there is parking available in the big carpark across the road at Hourglass reserve. The carpark is a short 2 min walk.



Term 1 Program Planner

31st January to 28th March 2024

Follow us on Facebook
Child and Parent Centre
– East Waikiki



In partnership with **ngala.**
Raising happiness

Baby Reach Program

Learn theory-based movements to support your baby's physical and neurological development in a fun and social setting.

Mondays: 9.00am to 10.00am, 0-6mths
Mondays: 10.15am to 11.15am, 6-12mths
Starts: Monday 5th February 2024

Animal Fun (Age 2–5-year-old) 6 sessions

Animal Fun Program aims to support children's development in multiple areas, including motor skills, imagination, creativity, and social skills. The program offers an exciting adventure for children where they can pretend to be different animals by imitating their movements and sounds. Come along in your favourite animal themed outfit and learn about different animals, through stories and songs.

Mondays: 11.30am to 1.00pm
Starts: Monday 5th February 2024
(6 sessions)

Little Explorers (0 - 4years)

Enjoy connecting with other parents and participating in your child's development through play.

Tuesdays: 9:30am to 11:00am
Starts: Tuesday 6th February 2024
(8 sessions)
Bookings Essential

NAPPY (babies under 10 months old)

For parents under 25 years old. Meet other parents and add to your parenting toolkit in a welcoming and supportive environment.

Tuesday: 1.00pm to 2.30pm
Starts: Tuesday 6th February 2024

MyTime

Support group for parents who have children with a disability or developmental delay. MyTime is a place where you can relax, unwind, share ideas and experiences with others who understand.

Thursday: 9.30am to 11.30am
Starts: Thursday 8th February 2024
(8 sessions)

Encircle Mums Group

A wellbeing group for mums to engage and connect creatively through craft and shared stories. This is a parent lead group.

Thursdays: 12.30pm to 2.30pm
Starts: Thursday 8th February 2024

Friday Fun Day (0 - 4years)

Enjoy connecting with other parents and participating in your child's development through play.

Fridays: 9:30am - 11:00am
Starts: Friday 9th February 2024
(8 Sessions)
Bookings Essential

Family Support

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 - 8pm.

Ngala Live: 10.00am - 12.00am

Monday – Friday Access via website.

Support for Dads

For Dads/male carers in our community. Contact **Dads WA**
Call 9368 9938

Child Health

Purple Book Appointments

Book an appointment with the Child Health nurse for your child's developmental checks at **8 weeks, 4 months, 12 months, and 2 years.**
Call 1300 749 869 to book.

Speech

Call 0437 196 098 for more information or make an appointment.

Drop-In Clinics:

Tuesday 27th February & Tuesday 26th March - 1.00pm to 3.30pm

Parenting Programs and Workshops

Date / Day / Time	Program	Description
By appointment Monday 9.00am to 4.00pm	The Fathering Project	The Fathering Project onsite to provide one on one practical support and case management to Dads, Grandfathers, and father figures alike. (In Centre) Contact – david.walker@thefatheringproject.org or phone 0418 524 456.
Wednesday 14 th February 2024	Bringing Up Great Kids. 6week program. Bookings for creche through Darius Wells - 08 9236 4321	A free 6-week program that supports parents/carers to:- <ul style="list-style-type: none">• Learn more about their own parenting style;• Learn how a child's brain development effects their thoughts, feelings and behaviour;• Understand the meaning of children's behaviour;• Discover how to overcome some of the obstacle's parents come across;• Discover ways for parents to take care of themselves and get support when needed.
Thursdays Bookings Essential	2-Year-Old Health Checks	Child Health Nurse will be available every Thursday to conduct 2-year-old health checks. Bookings are essential, please call 1300 749 869 for an appointment.
Self-pace online course	Supported Triple P online course (under 12 years)	This 8-module interaction online course help you positively influence your child's development and social and emotional skills. Triple P is a toolbox of strategies, skills and knowledge which can help you create a closer bond with your child. For more information and course link, contact the Centre on 9367 0967.
Expressions of Interest	Triple P Information sessions	Topics are planned to community requests. Let us know your preference and we will do the best to deliver. Topic ideas, please visit: https://www.triplep-parenting.net.au/au/hot-parenting-topics/

Bookings for all programs and workshops are essential.

Please call 08 9367 0967 or email at eastwaikiki@ngala.com.au to book or for more information.

All Child and Parent Centre programs, services and workshops are free.