

ngala. PARENTING LINE

8am-8pm
7 DAYS **9368 9368**

For all children, aged 0-18 ngala.com.au

NGALA PARENTING LINE

Need advice?

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

For an urgent response
call Crisis Care on 9223 1111

ForWhen HELPLINE

Mental health support service for expectant and new parents with children from conception up to 12 months of age.

Monday to Friday 9am - 4.30pm
Phone 1300 242 322

SUPPORT FOR DADS

For dads and male carers in our community.

Contact DadsWA on 9368 9938

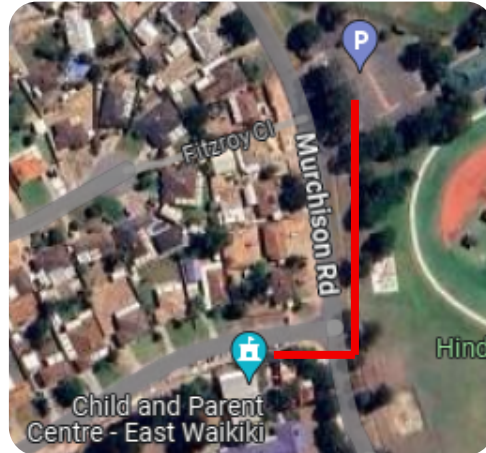
MOTHER-BABY NURTURE

A 10-week group designed to support you and your infant (0-6 months) through the early days of parenting as you get to know each other.

Phone 9368 9368

CHILD AND PARENT CENTRE EAST WAIKIKI

Cnr Murchison Rd & Carnegie Loop
Cooloongup
☎ 9367 0967
✉ cpceastwaikiki@ngala.com.au



PARKING

A friendly reminder that if the parking out the front of the Child and Parent Centre is full, there is parking available in the big carpark across the road, a short 2 min walk

✿ Paint Rockingham REaD

Our new REaD Swap Box is filled with wonderful stories ready to be read.

Pick up a **FREE book** next time you're in the Centre and ignite your child's passion for stories and literature, then bring a different book back.



Child and Parent Centre
East Waikiki



Term 1 Program Planner 5 February to 11 April 2025

In partnership with ngala.



Join our
Facebook Group

Child and Parent Centre - East Waikiki
for all the latest updates on workshops and programs.

NATURE PLAY (2-4 years)

Come along and join your child in exploring nature play. Discover exciting ways to develop their curiosity for nature through play-based experiences.

Mondays 9.30am to 10.30am 10 February until 7 April (8 weeks) BOOKINGS ESSENTIAL

MY TIME

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

Mondays 12pm - 2pm 10 February until 7 April (8 weeks) CHILDREN WELCOME

LITTLE EXPLORERS (0-4 years)

A fun opportunity to meet other parents and engage in your child's growth through playful activities

Tuesdays 9.30am to 11am 11 February until 8 April (9 weeks) BOOKINGS ESSENTIAL

PLAYCONNECT+ (0-5 years)

Playgroup WA offers this weekly group for children with developmental concerns and disabilities. Facilitator and play leader will support the parent and child during activities.

Connect with other families, share ideas and have fun! **Call 1800 171 882 to book your place.**

Wednesdays 9.30am to 11.30am 5 February until 9 April (10 weeks)

SING & GROW (0-4 years)

Engage and connect with your child through music, rhythm and melody.

Facilitated by a Play Matters music therapist, these fun sessions include dancing, finger action songs, instrument playing and more.

BOOKINGS ESSENTIAL (max. 10 per group)

Universal Group: 9.30am - 10.30am. Thursdays 13 February until 3 April (8 weeks)

Group programs focus on strengthening family relationships, building capacity in parents to support their children's development in the early years of life, and supporting children's transition to school.

Workshop Groups: Thursdays 1pm - 2pm.

Round 1 - 13 February until 6 March (4 weeks)

Round 2 - 13 March until 3 April (4 weeks)

3 themes covered in each weekly Workshop Group including Music for Play, Praise, Consistency, Thinking Skills, Emotions, Daily Activities, Language Skills, Sensory Needs, Social Skills and Motor Skills.

We kindly ask that you ONLY BOOK ONE Sing & Grow group and commit to attending the duration, allowing other families the opportunity to participate.

FRIDAY FUN DAY (0-4 years)

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

Fridays 9.30am to 11.00am 7 February until 11 April (10 weeks) BOOKINGS ESSENTIAL

CHANGES FOR 2025

BOOKINGS ARE ESSENTIAL FOR ALL PROGRAMS AND WORKSHOPS

Bookings can only be confirmed by phoning 9367 0967

or by emailing cpceastwaikiki@ngala.com.au

All Child and Parent Centre programs, services and workshops are FREE

PARENTING PROGRAMS & WORKSHOPS

Program	When	Description
Starting School Successfully Workshop BOOKINGS ESSENTIAL	Date & Time TBC	Starting school can be a challenging time for many families. This session covers teaching independence skills, responsibilities, routines and how to manage separation. (Parents only - No creche available)
The Fathering Project	By Appointment Mondays 9.00am - 4.00pm	The Fathering Project onsite provides one-on-one practical support and case management to Dads, Grandfathers and father figures alike. David 0418 524 456 david.walker@thefatheringproject.org Jason 0481 392 937 jason.hyde@thefatheringproject.org
FREE ONLINE Parent Workshops	Various Days & Times Scan the QR code to view details & book	Topics Include: <ul style="list-style-type: none"> • Hassle Free Mealtimes • Triple P for Baby (0-12mths) • Changing Problem Behaviours (2-12yrs) • Asking Instead of Whining (2-6yrs) • Learning to Use the Toilet (toddler & preschool) • Bedwetting • The Power of Positive Parenting (0-12yrs) • Raising Confident Competent Children (2-12yrs) • Fear Less - Managing Anxiety (6yrs upwards) • Learning to Co-operate (1-4yrs) Scan the QR code to view the full workshop series.



CHILD HEALTH & DEVELOPMENT

2 YEAR OLD CHECKS

Did you know the 2-year-old check is your child's last health check before starting school?
Contact your Child Health Team on 1300 749 869 to book an appointment.

CHILD HEALTH NURSE 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 & LANGUAGE CHATS

1.00pm - 3.30pm Tuesdays 25 February 25 March
BOOKINGS ESSENTIAL
Call 0437 196 098 to book your 30-minute appointment.