

PlayNEWS

Practical Playgroup Support & Information...

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Playgroup SA 1800 171 882 www.playgroupaustralia.com.au



We believe that creatively alive children, grow into inspired adults

crayola.com



From the **Executive Officer...**

WOW! What a busy start it has been to 2013. We, at Playgroup SA, have held and been part of a number of great events already this year with Easter Playgroup, Playgroup @ the Zoo in celebration of National Playgroup Week and the Pregnancy, Babies and Children's Expo. We loved meeting you and your little Playgroupers at these events and I'd personally like to thank the Playgroup SA staff and volunteers for making them all a great success in their own right!

Don't forget to check out Page 9 for what else we have on throughout the year. Also, we're

frequently running fun competitions and discussing various Playgroup items on our facebook page - www.facebook.com/playgroupsa

A big shout out to Volunteer Playgroup Coordinators for their time, commitment and tireless efforts in making Playgroup in SA so wonderful and unique and my sincere thanks and appreciation to Playgroup SA's volunteer Board of Management for their invaluable support.

Carley Joney Executive Officer, Playgroup SA

Playgroup SA teams up with SA Kids to create



Playgroup SA is thrilled to be featured in our own section of SA Kids in our new mag called State of Play.

The second 2-in-1 issue of SA Kids/ State of Play hit shelves on Thursday 28 Feb so don't forget to check it out!

You can also read it online at www.sakids.com.au

PLAY provides all children with the opportunity to learn, experience, investigate and interact with their environment. During play children create meaning from the world around them. Play offers children experiences to think and plan, create and do.

Families get a better start at community PLAYGROUPS...

Community Playgroups are for children with all abilities

Funded under the Australian Government Department of Families, Housing, Community Services and Indigenous Affairs through the Better Start Program.

Playgroups are low cost informal sessions where mums, dads, grandparents, caregivers, children and babies meet together in a relaxed environment.

Playgroups are set up and run by parents and caregivers, with children choosing from a range of activities designed to meet their varying needs.

Contact Playgroup SA on freecall 1800 171 882 to find out more about joining your local community playgroup or starting up your own. All families are welcome to attend their local **Community Playgroup** or to start a new group, whatever their abilities. Every week **Community Playgroups** welcome thousands of children, including children with vision or hearing impairments, Down Syndrome, Cerebral Palsy, Fragile X Syndrome and a range of other conditions.



If you want to give your local playgroup or playgroup event a go, then call 1800 171 882 or check out

www.facebook.com/playgroupaustralia to find details of what is happening near you.

Or if you are a playgroup happy to open your doors and hearts to a new range of famiies each week, then contact Playgroup SA for more information and support



SleepTalk

Sleep Talk Practice -A Self Esteem Program for Children



ost of us become parents without any special training for the role. No one ever tells us that when we receive that bundle wrapped in a pink or blue blanket that, if we live long enough, if we survive the inevitable stresses and mistakes, the best part of parenting is having our children in our life as adults. Children whom we admire and enjoy as adults and who enjoy and admire us.

SleepTalk[™], a confidence and self-esteem building program for children, offers unique opportunities for parents to assist children to harmonise and balance their thinking. It empowers all parents to give children positive suggestions to help with general and specific issues. It allows the child to take ownership and responsibility for their own growth, as well as empowering them to deal with traumas, anxiety, separation and stress. SleepTalk[™] is about building selfassurance and developing self-confidence.

Parenting is an extraordinary adventure and journey. Let's enjoy it!





Young children accept negative suggestions with the same energy as positive suggestions and any suggestions accepted as truth becomes part of the belief system of their subconscious mind. If a child's belief structure is one based largely on fear or lack of confidence, a feeling of rejection or inadequacy, the ensuing decisions made by their conscious mind will of course reflect those beliefs.

The Goulding SleepTalk[™] process helps to overcome this by:

- Empowering parents to help their children to achieve self-confidence and inner strength.
- Empowering parents to give their children positive suggestions to help with general and specific issues in their lives.

SleepTalk[™] is a process that is taught to the parents and primary care givers. It involves repeating a positive and empowering script to your child whilst they are sleeping which establishes a solid sub-conscious foundation that is based on positive beliefs and unconditional love. Known as the Foundation Process, this enables your child to know that they are loved and lovable, and to help them have the confidence to cope better with their world. Once the Foundation Process is established, (time required for each family will differ), secondary suggestions can

If we are to take care of our children's future, we need to take care of the 'now'. Remember, it is not what we leave to our children that matters - it's the knowledge we leave within their minds.

- Joane Goulding -

be introduced, which are specific to your child's needs. An extensive range of secondary suggestions means that many behavioural patterns, attitudes, and physical symptoms can be addressed. The Goulding SleepTalk™ process is easy to learn, takes parents only a few minutes a night, and it can't be "done wrong". It's absolutely safe, ethical and positive.

The Goulding SleepTalk[™] process is for children with difficulties, and children with none. It's for every parent who wants their children

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to reach their potential, whatever that potential may be, it isn't a cure for illnesses, but a gentle way to enhance children's selfesteem and make their lives more positive. The Goulding SleepTalk[™] process is about developing a child's emotional resilience, the

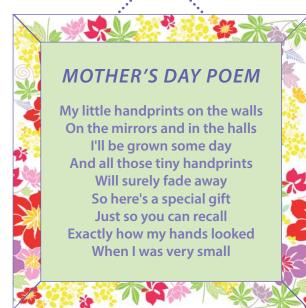
mind's firewall, which protects against negative suggestions and fertilises the child's mind with the power of the positive, ultimately giving the child the greatest gift of all: an attitude of happiness and confident self-esteem and enables the child to know that they are loved and lovable and no matter what life deals them that it's okay and they are okay. The Sleeptalk[™] process helps dreams and goals to be obtained and to establish within a child a positive, confident self image. When a child has a basic belief in self and achieves harmony with their environment the world becomes 'their oyster' and achievement beyond imagination is possible.

Ali Wass is a Clinical Hypnotherapist and SleepTalk Consultant

FURTHER INFORMATION: ALI WASS 0432 893 433 Tennyson.hypnosis@gmail.com www.sleeptalkchildren.com



Craft Activitie



With Mother's Day approaching, we would like to share some beautiful craft ideas for home or Playgroup.

These 'made with love' crafts might take pride of place in the home as nothing says I love you more than one-of-akind handmade gifts from your precious little one.

Happy Mother's Day!

Hand Printed Card

WHAT YOU'LL NEED

- Coloured A4 Card
- Scissors
- Crayons / Textas / Paint
- Children's Glue

WHAT TO DO

- Trace the childs hand onto the coloured card
- Cut around the hand print
- Glue the hand print cut out to the front of the card
- Get child to write message / Draw picture / Decorate inside of the card

Pop Stick Photo Frame

WHAT YOU'LL NEED

- Coloured Pop Sticks
- Thin Cardboard
- Glue
- Glitter, Paint, Etc
- Photo of Child
- Pipe Cleaner
- Masking Tape

WHAT TO DO

- Glue approximately 10 pop sticks side-by-side, horizontally onto a piece of cardboard
- Cut around the edge of the cardboard
- Glue the photo on top of the pop sticks
- Glue a pop stick vertically on either side of the photo
- Glue another two pop sticks horizontally accross both the top and bottom of the photo to form a frame

(be careful to place glue where the pop stick meet in the corners only)

Tape the pipe cleaner to the back of the frame in a hook shape - now it's ready to hang.









Patty Pan Bouquet

WHAT YOU'LL NEED

- Coloured Patty Pans
- Glue and Stick Tape
- Pipe Cleaners
- Small Pieces of Torn Tissue Paper

WHAT TO DO

- Glue inside of the patty pans
- Stick tissue paper to patty pans
- Place pipe cleaner on back of patty pan
- Tape pipe cleaner to patty pan
- Bunch pipe cleaners together and tie together with one final pipe cleaner making a bow shape.

Plav



Ш Ш Ш BOOK

WIN WIN **WIN**

a copy of each book reviewed here...

HOW...? **Email your** NAME + PI AYGROUP + **CONTACT DETAILS** and the word 'BOOK PACK' to competitions@playgroupsa.com.au by Friday 31 May, 2013

for your chance to WIN!



The Magnificent Tree by Nick Bland and Stephen Michael King

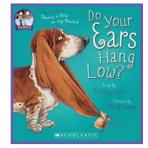
A delightful book about Bonny and her Pop! They both had brilliant ideas – however Pop's weren't always well planned. The pictures in this book tell the story on its own. It is very cleverly illustrated and written. This book would be perfect for a Playgroup Story Time as it has few words, great pictures which would make it quick to read and it's captivating with great illustrations.





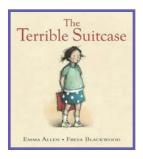
Do your Ears Hang Low? by Topp Twins and Jenny Cooper

Suited to 0 to 5 year olds. Wow – I love this book and the song! I've never heard or read the full version before. This book comes with the CD and the pictures are so much FUN. At the end, there are some interesting facts about ears to share. This is a perfect example of an interactive story for toddlers and preschoolers and it's an excellent choice to read and sing at Playgroup!



The Terrible Suitcase by Emma Allen and Freya Blackwood

Suited for 5 years and over. This book is suited to older children. It's a story about a little girl starting school and her mum bought her a small red suitcase, not a red rocket backpack. The little girl was mad her mum did not listen to her and she was embarrassed to go to school with her suitcase – however by the end of her first day at school her suitcase was popular with everyone!





My Mum's the Best by Rosie Smith and **Bruce Whatley**

Suited to 2 to 4 year olds. I like how the authors used Mummy and baby animals to tell this story – appropriately matching the animals to the actions as to how we might think of the animals; example: 'We hang around' and the picture is of a mummy and baby Orangutan hanging on a tree branch. A lovely book and ideal to read at Playgroup for Mothers Day!





Tips for looking after yourself and your baby

After the birth of your child, it is important that you also take the time to look after yourself, not just your child.

These suggestions can help to protect your back:

- Have the change table at waist height
- Tighten your pelvis and lower abdominal muscles before lifting and bend your knees
- Have the object being lifted close to your body
- Avoid carrying heavy items:
- Don't carry a baby bath full of water
- Limit carrying the baby capsule and avoid twisting

Returning to regular exercise can help you to recover from pregnancy and cope with the demands of parenting. Remember:

- Return gradually (e.g. start with gentle walking)
- A physiotherapist led postnatal exercise class, such as Pilates, can usually be commenced at about six weeks
- Avoid strenuous activities, such as running and heavily resisted exercises for 12-24 weeks after birth





This information is a guide only. You should speak to your Physiotherapist for more specific advice.

References: This information has been adapted with thanks from the Australian Physiotherapy Association flyer "Look after your back as well as your baby" (2005) and "Look Good Feel Good after pregnancy."

for all things physio

The Physio Clinic runs **postnatal and pregnancy Pilates** classes and we are a family friendly clinic with **child-minding facilities.** We also have a specialised **Paediatric Physiotherapist** consulting at our clinic.

Call our friendly reception staff today for further information...

phone: 8342 1233

The Physio Clinic 177 Prospect Road Prospect SA

web: thephysioclinic.com.au email: admin@thephysioclinic.com.au

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PHOTO GALLERY EASTER PLAYGROUP



PlayConnect Joining forces for good

Imminent closure of a vital service for children with autism resulted in a unique community resource which benefits all the children involved

When the idea of Universal Access was first proposed last year, it meant extended kindergarten hours for all preschool children. It also heralded sweeping and potentially detrimental changes to a lot of Playgroup services, including PlayConnect, the Playgroup program for families who have children with behaviour on the Autism Spectrum.

One group facing closure was Eden Hills. For nearly 18 months, Eden Hills PlayConnect Playgroup in Southern Adelaide had been quietly meeting every week in Eden Hills Kindergarten, with a steady attendance during the times the premises weren't used by the kindy kids. These sessions provided a vital service to families with a child under five with autism, in Southern Adelaide.

The introduction of Universal Access, however threatened to

derail this, as it meant that every child had the right to an increased number of hours of kindergarten per child. So suddenly kindergarten at this venue would

be going full-time, leaving no available time slots for PlayConnect at this venue.

A few days of panic ensued before thinking caps were put on to try and find another suitable venue in the area and work out how best to manage the transition and support families through this period.

However after discussions, an unusual idea was proposed: to trial staying in the kindergarten whilst a kindergarten session was in progress.

Some clever strategies were put into place as the new term got underway, vital to ensure that the children attending not only PlayConnect, but kindergarten were not negatively impacted by both using the same space at the same time.

Playgroups SA CEO Carley Jones said: "Our main priority was to ensure that PlayConnect continued – that it was still suitable and appropriate for the children with autism attending, met program objectives and was still a relaxed support service for families. Combining a normal kindergarten session with a group of younger children with autism is quite a task."

Some of the strategies the PlayConnect team employed include:

1. The kindergarten is quite large, so when required there's ample space for the kindergarten session and PlayConnect group to separate, but also maintain routines such as fruit



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time, story time and play time.

- 2. There's a separate self-contained room allowing for quiet time, like a retreat room. This is also handy for when PlayConnect does a specific activity each week.
- 3. The kindergarten staff are flexible and very welcoming to the PlayConnect children, encouraging them to join in, especially with sensory activities such as water and outdoor play. This is also a great opportunity for the children attending PlayConnect to become familiar with other adults in a supportive environment.
- 4. The kindergarten uses cues such as music over loud speakers to initiate routine group times. This cue indicates to PlayConnect staff and families that separate PlayConnect time is required. The kindergarten session has fewer children than the PlayConnect numbers as the kindergarten is not at capacity at the time when PlayConnect runs, which allows for ample space and reduced noise.

The Development Worker Naomi Wilkey has monitored the integration of the session and has reported:

- There's been no reported adverse effect on the children attending either session
- The PlayConnect children have adapted and responded to there being more children present during PlayConnect. This can only benefit the PlayConnect children's transition to other services such as school, therapy and other kindergartens.

- There've been many positive effects such as the children attending PlayConnect being introduced to more challenging resources and activities. Prior to the kindergarten session integration, staple items were placed out every week.
- PlayConnect children actively seeking out and joining in the kindergarten activities. One child in particular approaches and joins in the play dough activities this is a big milestone for a child on the autism spectrum. Frequently the children share the same space and do the same activities.

Much credit must go to PlayConnect's Naomi Wilkey, as well as the PlayConnect families and the kindergarten staff who've worked together to ensure this transition to an integrated service benefits all concerned.

Carley Jones said: "We hope to use our PlayConnect as an example of what can be achieved with some innovative thinking outside the box.

"Without the discussions taking place regarding the future of PlayConnect at the centre, the group would've had a very different look today, possibly in a venue where the opportunities experienced now wouldn't be present. Practical thoughts went into how to make the situation work for all parties, and through this, great things for the ASD children and their families were achieved.

"As it was such a success, Playgroup SA hopes to put some of the lessons learned from Eden Hills into place at other PlayConnect services around the state."

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PHOTO GALLERY

Playgroup @ the 700

PHOTOS BY MARTA RUSSELL PHOTOGRAPHY



Performance by the ever so popular THE AMAZING DRUMMING MONKEYS





PGSA Executive Officer, Carley; Amanda Blair and PGSA Playgroup Support and Development Officer, Martina









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Sue Harris from SUE HARRIS PUPPETS and her monkey Emma









Some of the crowd that came to celebrate National Playgroup Week 2013 with Playgroup @ the Zoo









All the romance, all the adventure - live on ice!



DISNEY ON ICE PRESENTS

RINCESSES & HEROES

IN AUSTRALIA

MARVEL AT THE 20 FOOT FIRE BREATHING DRAGON, WATCH IN AWE AT ALADDIN SWINGING ACROSS THE ICE ON A ROPE AND CREATE YOUR OWN LASTING MEMORIES AS EIGHT DISNEY PRINCESSES AND HEROES TAKE TO THE ICE!!

Enter a world of wonder where heroes and hearts prevail when Disney On Ice presents Princesses & Heroes tours Australia this winter. This spectacular ice production featuring eight of our most loved Disney Princesses and their devoted Princes, with breathtaking skating, daring acrobatics, high flying jumps, and lovable Disney friends is just a wish away! Produced by Feld Entertainment, Disney On Ice presents Princesses & Heroes is opening in Adelaide 14-16 June.

Join Ariel as she yearns to explore the world above the waves and Prince Eric as he breaks Ursula's slithering spell to reclaim his one true love. See Prince Philip defeat the evil Maleficent as she transforms herself into a fire-breathing dragon in a race against time to rescue Sleeping Beauty's Aurora. Be there to discover a whole new world with Jasmine and Aladdin. And, watch in awe as the dreams of Cinderella, Belle, Snow White, Rapunzel and Tiana come true!

Tickets available from Ticketek

Competition WINNERS...

The following lucky people have each won four passes to **Disney on Ice | Princesses and Heroes** after entering the competition at the Playgroup SA Stall at the PBC Expo 2013

KATE TITLEY, SHEIDOW PARK
MODELYN DE LA ROSA, ANDREWS FARM
DARREN COOPER, MORPHETVILLE
CASEY STOLLE, PARAFIELD GARDENS



Elmo and the Sesame Street gang return in this fun musical for kids. Visit SesameStreetPresents.com.au for tour dates and tickets!

Sat 13 July - Her Majesty's Theatre, Adelaide 131 246 januar bass.net.au Mon 15 July - Hopgood Theatre, Noarlunga BOX OFFICE (08) 8207 3977

PLAYGROUP SA Upcoming Workshops, Courses & Events

ACCREDITED COURSES:

Child-Safe Environments Course

Learn about the issues of child protection and gain your certificate in Child-Safe Environments (CSE).

When:	Thursday 6th June, 2013 Thursday, 12th September, 2013 Thursday, 28th November, 2013
Time: Course: Cost:	Registration: 8:45am 9:00am – 4:30pm Playgroup SA Coordinators: FREE Playgroup SA Members: \$25 (including GST) General Public: \$75 (including GST)

Please Note: Playgroup SA Child-Safe Environments Course is suitable for teacher registration in South Australia

Accredited Senior First Aid Course

This nationally recognised one day practical course will provide you with everything you need to know to provide first aid response, life support and the management of casualty(s) and the incident until the arrival of medical or other assistance.

In preparation of the one day course, you will be required to complete an on-line workbook*. Once you have completed this, you will need to provide your certificate of completion at the practical day.

When:	Thursday, 11th July, 2013
	Thursday, 14th November, 2013
Time:	9.00am - 4.30pm
Cost:	Playgroup SA Members: \$100 (including GST)
	Non Members: \$131 (including GST)

*Options available for those with no internet access

CPR Course

A three hour practical course that will teach you everything you need to know to perform CPR.

When:	AVAILABLE UPON REQUEST
	Contact Playgroup SA for more info
Cost:	Playgroup SA members: \$40 (including GST) Non-members: \$61 (including GST)
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- AUG 22 BOOK WEEK PLAYGROUP
- OCT 17 CHRISTMAS WORKSHOP
- OCT 20 NATIONAL CHILDREN'S WEEK
- OCT 20 SUNDAY TWILIGHT PLAYGROUP
- OCT 25 PLAYGROUP IN THE PARK
- DEC 5 CHRISTMAS PLAYGROUP

WORKSHOPS:

Play and Playgroup Workshop

Find out the value and benefits of play and Playgroup, gain age appropriate play ideas that will assist in children's development and overall have fun.

When:	Thursday, 1st August, 2013
Time:	9:30am – 12:00pm
Cost:	Playgroup SA Coordinators & Members: \$10 (Inc. GST) Non-members: \$35 (Inc. GST)

Coordinators Workshop

Are you a new coordinator, or thinking about starting a Playgroup? Then this course will provide you with all the information that you need. This course includes tips on how to effectively run a Playgroup provide you with play ideas and will show you the value and benefits of play. This is a perfect opportunity to start building a network of Playgroup support with both the Playgroup SA staff and other coordinators attending the workshop.

When:	Thursday, 20th June, 2013
	Thursday, 26th September, 2013
Time:	9:30am - 12:00pm
Cost:	Playgroup SA Coordinators & Members:
	\$10 (Inc. GST)
	Non-members: \$35 (Inc. GST)

Physical Play Workshop

Find out the value and benefits of physical play, gain age appropriate play ideas that will assist with children's development and overall have fun.

When:	Thursday 16th May, 2013
Time:	10am - 12pm
Cost:	Playgroup SA Coordinators &
	Members: \$10 (Inc. GST)
	Non-members: \$35 (Inc. GST)

Messy Play Workshop

Find out the value and benefits of messy (sensory) play, gain age appropriate play ideas that will assist with children's development and overall, have fun.

When:	Thursday, 5th September, 2013
Time:	9:30am – 12:00pm
Cost:	Playgroup SA Coordinators & Members: \$10
	(Inc. GST)
	Non-members: \$35 (Inc. GST)

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Playgroup SA Membership:

Membership is compulsory under the terms of affiliation for all Playgroups.

Please note that if there are families attending your group that are not current Playgroup SA members, your Playgroup is at risk. If an incident or accident occurs at your Playgroup, an insurance claim may be considered void for your entire group. Our friendly staff are happy to answer any questions regarding your Playgroup's membership status or the membership process.

Call us on Free Call 1800 171 882 for more information.





www.adelaideshores.com.au/

Playgroup SA Membership Prize - Playgroup @ the Zoo 2013

CONGRATULATIONS DEB LANE of OLD COTTAGE PLAYGROUP

PRIZE: Deluxe 2 bedroom bungalow accomodation, two nights for two adults and two children at Adelaide Shores Resort, West Beach.



Early Bird Family Membership, Playgroup SA www.modrasapartments.com.au

PRIZE: 3 nights accommodation in a 2 bedroom apartment, suitable for up to 6 people. Plus vouchers from local businesses & attractions with savings of up to \$285!

CONGRATULATIONS LEANNE PRIDHAM oF KULPARA PLAYGROUP!



Early Bird Playgroup Affiliation, Playgroup SA

CONGRATULATIONS TO THE FOLLOWING WINNERS:

Modern Teaching Aid prize pack - CLEVE AUSSIE SPORTS PLAYGROUP \$200 Educational Experience Voucher - Coomandook Playgroup \$100 Educational Experience Voucher - CYP Gym Jams, Ardrossan \$50 Educational Experience Voucher - Fishtails Playgroup, Mount Gambier

Check out our website **www.playgroupaustralia.com.au/sa** for more information on 2013 Playgroup events and information. Regards, Playgroup SA Staff

