

state of Play

OFFICIAL MAGAZINE OF PLAYGROUP SA
Issue Three, March 2017

**CONNECTION AND
COMPASSION
THROUGH PLAY**
PLAYGROUP IS MAKING
A DIFFERENCE

UNSTRUCTURED VS
STRUCTURED PLAY

REWARDING ROLE
WITH CHILDREN



PLAYGROUP SA
Playing, learning, supporting families

Free Outdoor Playgroup

TUESDAY 28

MARCH 2017

10AM - 12PM

**WIGLEY RESERVE
GLENELG**

Join us...

For a FREE Outdoor Playgroup event with a Messy Play Zone, Sensory Foot Walk, Erupting Volcanoes, Mud Kitchen, Box City and more. Register now.

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Open to everyone.



PLAYGROUP SA
Playing, learning, supporting families



LEARNING TO PLAY, PLAYING TO LEARN

Welcome to an exciting year of Learning through Play at Playgroup. We've got another FUN year planned and are looking forward to sharing it with our members, and families with young children all across South Australia.

We're kicking off the year with an Outdoor Playgroup at Wigley Reserve in March to celebrate National Playgroup Week. Come along to this free event and meet the team while enjoying a number of outdoor Playgroup activities. If you have not attended Playgroup before, this event is the perfect time to come along and see what it's all about. This year, Playgroup SA is excited to be supporting key community events, in particular the Dream Big Festival in May. Here, we will be showcasing our ever popular Messy Play sessions and welcoming all children, parents and carers to join us and get messy! You will find more information about all the events we'll be holding throughout the year in this edition.

As always, Playgroup SA is continuing to support learning through play - structured and unstructured. You can read about the benefits of both forms of play in this edition as well as the benefits of reading from birth and the different forms of storytelling across cultures.

We have a number of professional Workshops available to members and non-members run by our Support and Development team. Plus, a range of new Playgroups starting this year, including four new Intergenerational Playgroups (and more to come) - proving that play can be enjoyed at any age.

A big thank you must go out to all Playgroup SA members, coordinators, volunteers and friends who ensure Playgroup across South Australia is a vibrant and wonderful movement.

Carley Jones
 Executive Officer
 Playgroup SA

CONTENTS



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PRINT
Creative Printelligence

DISTRIBUTION
Department of Education and
Child Development

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ISSN 2206-2505

04



STRUCTURED VS UNSTRUCTURED PLAY

Play is more than just fun,
it's the key to your child's
healthy development

06



THE ART OF STORYTELLING

Enhancing connection and
communication through
storytelling

08



CONNECTION AND COMPASSION THROUGH PLAY

How Playgroup is making a
difference to families

10



SAVING YOUNG LIVES

Would you know what to
do in an emergency?

12



IT'S SO MUCH MORE THAN JUST READING

Developing language and
literacy skills begins at
birth

14



REWARDING ROLE WITH CHILDREN

Coordinators play a vital
role in the success of
Playgroup

16



PLAYGROUP WORKSHOPS AND FREE EVENTS

Your guide to Playgroup
workshops and free events



Playgroup SA
Membership is just
\$40 for a full year.

For more information on
membership options
or to find a Playgroup
near you, head to
www.playgroupsa.com.au

COME AND TRY PLAYGROUP TODAY!

With up to 300 community Playgroups across South Australia, your local Playgroup could be just around the corner.

Playgroup is a group of mums, dads, grandparents and caregivers who meet together each week with their babies, toddlers and preschoolers (aged 0-5 years) for interaction, fun and learning.

At Playgroup, YOUR CHILD may:

Socialise with other children, learn and develop new skills, listen to music and stories, gain problem solving skills, explore through play, painting, and art and craft, and most importantly... have fun!

At Playgroup, YOU may:

Learn new skills, share experiences, play, learn and engage with children, make friends, interact socially, and become an active role model for your child(ren).

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PLAYGROUP SA
Playing, learning, supporting families

STRUCTURED VS UNSTRUCTURED PLAY

Play is more than just fun, it's the key to your child's healthy development

One of the greatest joys of being a parent is seeing your child grow and develop while watching them play, observing them take delight in mastering new skills and making new friends as they play.

Play is more than just fun however; it's the key to healthy development. From birth, it's how babies and children learn. It's how they work out who they are, test their strengths and boundaries, and discover how the world works and where they fit in.

In fact, according to research on brain development, play actually shapes the structural design of the brain. Play creates a brain that has increased 'flexibility and improved potential for learning later in life'.¹

Learning through play is at the heart of Playgroup SA, where passionate Coordinators encourage "Learning to Play, Playing to Learn". Most Playgroup sessions will ultimately contain a balance of structured and unstructured play, where children have an opportunity to experience the benefits of a structured, directed activity as well as play their way.

So, what is the difference between structured and unstructured play?

Structured play is generally adult led providing direction, and a specific task in order for a child/ren to learn a new skill. Structured play is typically

a physical or cognitive (brain skill) activity. It doesn't need to be formal or highly organized, it's usually an activity on offer at Playgroup with a specific purpose and adult input, for example a game shared between preschoolers, a challenging puzzle, or building a Playgroup garden.

During structured play, children are introduced to new ideas and opportunities, enhancing their development and learning abilities, such as setting the foundations for learning to focus, pay attention, take turns and follow instructions.

Unstructured play means open-ended, or creative free play with endless possibilities. It is child led and directed, and doesn't require an outcome or product - playing in the home corner; free construction with blocks, painting on blank paper; or getting creative with various recycled materials.

Unstructured play provides children with experiences in creativity, imagination, decision-making and the development of overall emotional and social skills. Researcher Tassoni states that, "children tend to concentrate and persevere for long periods when they are 'in control' of their learning. Their levels of motivation are higher because they have chosen something that appeals to them".²

Combining Structured and Unstructured play

Playgroup is a great space for children to experience both structured and unstructured play. Group times for music, specific craft activities or outdoor games are all examples of structured play in action at Playgroup. Children are given ideas and/or resources such as dress ups, interesting loose parts play, water play and messy play - but then encouraged to explore these activities in their own way. Child led requests for equipment are also catered for at Playgroup in order for children to develop their own curiosity through unstructured play.

Whether at Playgroup or at home, it's important to find a balance between structured and unstructured play. Try to find some time to play and engage with your child, but also encourage them to play independently. Most importantly though, have fun. Play is a great way to connect with your child and watch them learn and grow.

1 (Lester & Russell, 2008, p. 9), Why play-based learning? <http://www.earlychildhoodaustralia.org.au/our-publications/every-child-magazine/every-child-index/every-child-vol-16-3-2010/play-based-learning-free-article/>

2. Titus (n.d., p.2), Tassoni (2007, p.390), <http://playstructuredunstructured.blogspot.com.au>, by Shaani Nelson.



PLAYGROUP COMBINES
THE BENEFITS OF BOTH
STRUCTURED AND
UNSTRUCTURED PLAY.

For more information about
Playgroup, or to find a
Playgroup near you, head to
www.playgroupsa.com.au



THE ART OF STORYTELLING

Storytelling is a fascinating, ancient art. The origins of storytelling are many thousands of years old, spanning many cultures and generations.

However and wherever stories are told, whether snuggled up with a book at bedtime, around a campfire or even across the table at Christmas lunch, there is one enduring reason for storytelling - connection and communication.

Civilisations have always been drawn together and enriched by the art of storytelling. Before the development of the written word, stories were told through drawing, or spoken or sung, along with dance and movement. Storytelling was a critical part of sharing cultural traditions and beliefs and for many cultures, still remains vital in keeping history alive.

Even if a story is the same, each culture will tell it differently with their own genres and cultural rules. In the rich diversity of storytelling traditions, each has a powerful way of communicating.

For the Indigenous people of Australia, storytelling is not only about entertaining people, but vital in educating children about life - how they should behave and why, or how to find certain foods. Stories explain spirituality, heritage and laws. Dreaming stories explain creation; how the land was formed, the creation of plants, animals and

humans; ancestral beings and places and boundaries of tribal lands.

Stories are spoken and enriched through dance and song.

In Tonga, storytelling through song and signing relates the Tongan way of life - landscapes, the ocean and wildlife. Many families in Tonga sleep together, and grandparents share stories at bedtime. Storytelling is also a vital way to share Tonga's strong Christian faith. Some songs and hymns are generations old and steeped in tradition.

"AFTER NOURISHMENT, SHELTER AND COMPANIONSHIP, STORIES ARE THE THING WE NEED MOST IN THE WORLD". - PHILIP PULLMAN

In China, storytellers use traditional shadow puppetry - which began in the Han Dynasty in 206BC - to tell folk stories, share moral lessons and local customs. Most often seen at celebrations such as weddings or religious festivals, the puppets are silhouettes shaped from leather or paper, manipulated on long rods. Puppeteers often sing falsetto or are accompanied by singers and musicians.

In India, dance has always been a critical form of storytelling. Bharatanatyam, performed by temple dancers, is a form of prayer but also

tells the stories of specific deities, such as Krishna or Shiva. It is unique to different temples and spiritual days.

Our fascination for stories is never ending, as is our need for connecting with others. Storytelling enables us to step back in time or into another person's world; understand our communities, our history and culture.

Storytelling encourages questions, challenges thinking and is particularly important for our children's development and learning as it:

- Helps development and social skills
- Builds literacy skills, awareness of letter sounds and how language works
- Develops an appreciation of how song and movement enriches storytelling
- Encourages a greater appreciation of different cultures and ways of communicating and connecting.

If you have ever taken your children to your local library or Playgroup for story time, you'll know there's something very special about gathering together, watching your child's face light up and change as the storyteller uses voice, movement and expression to draw their audience into a story.

Just by looking at and talking about books with your child at home or at Playgroup, you can become a great storyteller and role model for their early literacy.

ENTER TO WIN

Simply tell us in 25 words or less how stories are shared in your family to WIN this amazing book pack valued at over \$120 RRP.

Email your entry to Playgroup SA: competitions@playgroupsa.com.au.

Entries close 31 May 2017.

Entry open to all residents of South Australia.
Competition closes 31 May 2017.
For full terms and conditions email info@playgroupsa.com.au.



OVER \$120 IN VALUE



AFFILIATE YOUR PLAYGROUP WITH PLAYGROUP SA TODAY!

Playgroup SA is a not-for-profit, community based organisation committed to providing quality services to families with young children throughout South Australia. By affiliating with Playgroup SA, you'll join a community of up to 300 Playgroups across South Australia and gain access to a range of valuable benefits and resources.

www.playgroupsa.com.au



CONNECTION AND COMPASSION THROUGH PLAY

Playgroup is making a difference to the lives of families and children exhibiting signs or living with Autism Spectrum Disorder.

The realisation that your child may have special needs is the beginning of a journey that can be lonely, frustrating and isolating - but Playgroup SA has found a way to make a real difference.

PlayConnect, a Playgroup specifically created for children exhibiting signs of Autism Spectrum Disorder (ASD) or diagnosed with ASD, brings parents and children together in a relaxed, supportive environment focused on shared experiences, with tailored activities for children and parents.

PlayConnect Playgroups are part of the Australian Government's \$190 million Helping Children with Autism package, which provides support and services for children with ASD. However, all children with special needs are welcome at PlayConnect. There are currently three PlayConnect Playgroups operating in South Australia - Mount Gambier, Parafield Gardens and Aldinga Beach.

One of the most difficult parts of being an ASD parent is feeling different and misunderstood by family and friends. PlayConnect is a safe place for parents to talk with others without fear of judgment or exclusion. All parents need support

at various times and the parents at PlayConnect benefit from the extra support around understanding the needs of their child and what they can do to help their child's development, as well as just being able to talk with other parents who share similar experiences or concerns.

Parents attending the sessions say that connecting with others via PlayConnect has helped them to feel empowered, more confident and better equipped to support their child with ASD.

"PLAYCONNECT HAS COMPLETELY CHANGED MY WHOLE OUTLOOK FOR THE FUTURE AND MY SON'S DIAGNOSIS."

Young children with developmental delays or disabilities can benefit enormously from participating in PlayConnect Playgroups. Research tells us that young children learn best in their normal everyday environments - interacting with parents, siblings and peers - where they have the opportunity to observe other children, imitate, interact and practice their skills just like any other child.

Children with delayed development may have difficulties with physical

development, communication, hearing and vision, social skills, solving problems, or play skills. The PlayConnect Coordinators at Playgroup SA have a great understanding of the individual needs of the children attending and organise Playgroup activities so that the children get the best experience from participating.

PlayConnect Playgroups are particularly valuable as they provide a positive setting that can promote social interaction in a safe, structured way and help the children to learn how to adjust to a group situation and learn skills such as attention and listening, imitation, problem solving, language skills, turn taking and making choices.

PlayConnect Coordinator Martine Stockwell, who facilitates the Parafield Gardens PlayConnect Playgroup, says that after every session she arrives home feeling "full of joy".

"This group is a safe, non-judgmental place for parents and children to come together, where everyone understands each other. It's also a place where we celebrate successes - in every session, we see incredible changes in these children," Martine said.

"I have had non-verbal children come up, look at me and say my name, wanting me to come and play



- children who have only ever played alone and would not even look a person in the eye. I have seen children sitting together around a table trying new food they previously would not eat. I've heard children suddenly say their name for the first time. It simply makes my heart feel like bursting.

"We hear so many heartbreaking stories. These parents struggle in public places like supermarkets – particularly when their child has a "meltdown" and people don't understand why the child is behaving this way and have little empathy. At PlayConnect, we all understand and we work it out together."

Martine explained that sessions are based around the needs and interests of the children attending and caters to their specific interests. The goal is to provide children with a safe place to play calmly alongside each other.

Kristin Slattery and her son, Kallan have attended the Parafield Gardens PlayConnect group for several years.

"This is a supportive place to be with people who understand. It was a relief to find a Playgroup that was accepting with this level of understanding," she said.

"Attending this Playgroup is very important to us. It's not close by - I drive 40 minutes to get here. But the support I receive and the interaction and benefits for Kallan are so crucial, the distance doesn't matter.

"Before we came to this Playgroup, and had help from our Occupational Therapist and other services, Kallan was non-verbal and would not socialise with other children. Here, Kallan has become verbal and sociable. He has friends. The first time

he ever spoke to another child was here and I cried.

"While this group operates just as any other Playgroup, Martine tailors the activities for our children. Kallan has access to his favourite toy trains, at every session and there are bubbles and playdough. We also have a special hammock swing on order, as well as a blackout tent to be used as a dark, calming room for when our children need it. Both of these items are especially for use by children on the spectrum and will be so valuable. Playconnect has completely changed my whole outlook for the future and my son's diagnosis."

FOR MORE INFORMATION
on PlayConnect Playgroups
contact Playgroup SA on Free
Call 1800 171 882 or head to
www.playgroupsa.com.au



SAVING YOUNG LIVES

Accidents and injuries to children can happen anywhere and usually when you least expect it. Knowing how to respond can significantly affect the outcome. Would you know what to do?

Words Australian Red Cross

Red Cross has developed a short course which provides parents and carers with the essential skills and confidence to respond to a medical emergency.

The course includes the most common injuries and illnesses such as choking, poisoning, anaphylaxis and also teaches Cardio Pulmonary Resuscitation (CPR).

Providing first aid in an emergency is important because it can minimise the impact of an injury, assist recovery and even save a life.

CHOKING

Do you know the signs?

If a child is coughing or gagging they may have something caught in their airway. With a partial blockage encourage coughing but if this doesn't dislodge the object, call an ambulance.

Action is required if the baby or child is suddenly unable to cry, cough or speak, as it is likely that there is a total obstruction of the airway. A baby may make no sound at all while opening their mouth and their skin may turn bright red or blue.

Follow the steps below if there is a total airway block.

- Call 000 or get someone to do this for you.
- Deliver up to five back blows. For children, bend them forward

and hit them firmly on the back between the shoulder blades. For babies (under one year old), lay them face down on your forearm or over your knee before giving them up to five back blows.

- If the object has not dislodged then give up to five chest thrusts. For a child, use the base of your palm on the wide bone in the centre of their chest. Position infants (under one year old) head downwards and on their back across your thigh. Apply up to 5 chest thrusts with two fingers in the centre of the chest just below the nipple line.
- Repeat back blows and chest thrusts until the object is forced out and breathing returns or the baby can be heard to cry.
- If the baby or child becomes unconscious then begin CPR.

CARDIO PULMONARY RESUSCITATION (CPR)

CPR should be delivered if someone is unconscious and not breathing effectively or not breathing at all.

- Check breathing by tilting the head backwards on a child. Tilting the head back opens the airway by pulling the tongue forward. A baby's head should be in a neutral position.
- Look, listen and feel for breaths.
- Call 000 as soon as possible or get someone else to do it.
- If no breaths are felt, and they are still unconscious, start chest compressions.

- Place the heel of one hand in the centre of the chest and the other hand on top. Interlace the fingers and push firmly downwards and release. (For a child aged between one year old and twelve, compress the chest about 2 to 3 centimetres. For a baby under one year old, use the pads of two fingers and compress the chest about 1 to 2 centimetres.)
- After 30 compressions give two rescue breaths then continue compressions. Hold the child's nose to prevent the air from escaping. For a baby, cover the nose and mouth with your mouth and gently exhale into the lungs. A baby's lungs require less than a full breath to fill them.
- Push at a rate of 100 to 120 compressions per minute until help arrives.

Red Cross first aid trainer Angela Moore recommends that at least one person in every household be ready with skills to save a life.

The long term benefits of a short four hour course with Red Cross, will equip you with essential lifesaving skills and knowledge to provide emergency first aid to a child.

BOOK TODAY!

To book a course today or find out more...

Call 1300 367 428 or visit redcross.org.au/childfirstaid

Bring a friend and **SAVE!***

FIRST AID FOR BABIES & CHILDREN

Respond with confidence! Learn essential first aid skills in just 4 hours.



SPECIAL OFFER!

**Two people train
for \$60 each**

Normally \$85 per person

Topics included in the course:

- ▶ Basic life support - DRSABCD
- ▶ Performing CPR
- ▶ Special techniques for children & infants
- ▶ Breathing emergencies including choking & asthma
- ▶ Severe allergic reaction
- ▶ Common childhood illnesses
- ▶ Shock
- ▶ Infection control
- ▶ Bleeding and wound care

Call **1300 367 428** to book into a course.
Visit redcross.org.au/childfirstaid
for more information.

the
power of
humanity



**TRAINING
SERVICES**

*Call 1300 367 428 and book before 31 August 2017.

Quote 'PLAYGROUP SA OFFER'. Not available with other offers.

IT'S SO MUCH MORE THAN JUST READING

Learning to read and write doesn't begin at kindergarten or the first grade. Developing language and literacy skills begins at birth through loving interactions – sharing books, telling stories, singing songs, and talking to one another. - *(National Centre for Infants, Toddlers and Families, 2012)*

Words Little Big Book Club

From the moment your child is born they are taking in the world around them. Play is a child's work and we are their first teachers. It's important for children to have lots of opportunities to build their language skills, which supports all learning.

So how can parents and carers support their child to develop strong language skills?

Share a book. We now know that experiences such as sharing books, telling stories and talking with one another are some of the best ways to support and develop their language. Picture books can be a gateway to so many new ideas - you won't find a dinosaur roaming the street but you can discover them in storybooks!

Here are some tips to get the most out of your reading experiences with your child:

- Let them choose. Keep books in places that young children can access them easily such as their toy box, on low bookshelves or in the car/nappy bag. Allow children to choose the books they want to share. Children are more likely to be engaged in an activity if it follows their interests.
- Read and read again! You will find you are reading the same book again and again – however tiresome it is for parents, repetition is essential for healthy and strong brain development, so read that book again for the 100th time!
- You don't always have to read the words. Talk about the pictures and have a discussion with your child about what is happening in the story. Explore colours, numbers, emotions, sounds or shapes – the possibilities are endless.
- Ask open ended questions. Such as, "what is happening here?" or "what do you think will happen next?" By asking open questions you are inviting your child to use their imagination, creativity and problem solving skills.
- Let your child be the storyteller. The more stories you share with your child the better their understanding about books will be. Encourage your child to 'read'





you the story. It doesn't matter if they have memorised the words or imagine a whole new story. Any opportunity for your child to see themselves as a reader or storyteller is incredibly important and builds their confidence.

- Have fun. Enjoy sharing stories together, use silly voices, act out the story and bond with your child.

Having fun every day through sharing stories, playing games, singing songs and lots of talking, not only improves the bond with your child, it will also have significant benefits on the growth and development of your child's brain.

The Little Big Book Club recommends books each month and provides tips on how to incorporate reading, singing, talking and playing into every day routines.

For more information visit
www.thelittlebigbookclub.com.au or
www.facebook.com/thelittlebigbookclub/



REWARDING ROLE WITH CHILDREN

Sarah Cameron, Fishtails Playgroup Coordinator, Mount Gambier talks about her rewarding role.

Coordinators play a vital role in the success of individual Playgroups. Their level of involvement and enthusiasm is crucial in building a sense of community and enjoyment for our families.

Fishtails Playgroup Coordinator, Sarah Cameron, began attending this Playgroup in Mount Gambier when her son was just six months old. Now her son is almost 13, her youngest has started kindergarten and none of her four children attend with her. But she loves being part of the team and wants to stay on in her role.

Like most Coordinators, Sarah is a volunteer, making her enthusiasm and dedication even more valuable.

“Our Playgroup is held at our “Baptist Church”, so I knew a few other mums when I started. It wasn’t long before I was asked if I’d like to help out. Now all four children have attended along with me!

“I was really attracted to the idea of getting together on a weekly basis with other mums and for the children to be learning through play. Playgroup gives them an opportunity to play safely and cooperatively with other children, learn about playing together, make friends and have exposure to a huge range of activities both inside and out.

“Some of my children just loved being outside, in the sand pit and climbing on the play equipment. Others loved pretend play in the kitchen or at the craft table. Children can play independently, or enjoy an activity with a parent – they are free to explore and play where they want.”

Sarah is a teacher by profession, so she says it felt like a natural progression for her to take on this role. “I love working with children so

seeing them develop and learn is just wonderful,” she said.

“My role as Coordinator is to bring everyone together. I’m always encouraging any new mums I meet to come along and join in.”

Sarah is quick to mention that she is blessed to have a great team. She says that she really just ‘oversees’ and couldn’t do it without the others.

“The great thing about Playgroup is that everyone can contribute in their own way. Over the years, we’ve discovered a great group of people who have their particular ability – someone finds it easier to arrive early, so they set up, another can stay to pack up. If someone is better at using a computer, they can create and print the calendar. Then we have two volunteers from the church in the kitchen getting ready for morning tea. It’s a special partnership and we know we are all ‘giving back’.

“It’s really all part of creating a wonderful sense of community in our group. It’s as much for the mums as for our children - a great way to make friendships, especially for families who are new to Mount Gambier.

“We have a big focus on supporting each other and caring for the mums. As we run our session at the church, we have a little more budget available each month, so we hold a morning tea at the end of each term. We also arrange a small gift for all the mums on Mother’s Day,” said Sarah.

“A highly motivated Playgroup Coordinator ensures the group runs smoothly, engages families and builds ownership, provides a variety of activities to engage the children and ensures the playgroup is a safe environment for all. We are fortunate to have all of this in Sarah Cameron,”

said Alicia Beames, Playgroup Support & Development Coordinator.

Alicia says that there are four key benefits for children attending Playgroup:

- Opportunities to develop social skills and socialise with other children
- Engage in play to develop their skills and enjoy different play experiences, such as messy play
- Build relationships with other adults
- Uninterrupted time to engage in play with caregiver/parent.

“For families, Playgroup offers a chance to build a local peer support network, enjoy uninterrupted time to engage in play, learn about services available in the community and role model positive parenting practices,” Alicia said.

“Sarah has been the volunteer Coordinator in the Fishtails Playgroup in Mount Gambier for nine years now and her dedication is truly remarkable. Her leadership ensures the Playgroup is a wonderful environment for all families. She is a warm, friendly person who ensures all families feel welcome at Fishtails.

“Sarah ensures the Playgroup is highly engaged in the local community and has even assisted Playgroup SA at events in Mount Gambier. The Playgroup is engaging, full of great activities and is a great space for all families to enjoy.”

Interested in becoming a Playgroup Coordinator? Contact Playgroup SA on Free Call 1800 171 882.

PLAYGROUP SA EVENTS AND WORKSHOPS

Playgroup SA Workshops and Events are open to all families with children aged 0-5 years.



EVENTS

OUTDOOR PLAYGROUP

Tuesday 28 March

Time: 10am - 12pm

Venue: Wigley Reserve, Glenelg

In celebration of National Playgroup Week, families are invited to attend Playgroup SA's Outdoor Event.

EASTER PLAYGROUP

Tuesday 11 April

Time: 10am - 12pm

Place: Playgroup SA - Play Room

BOOKWEEK PLAYGROUP "ESCAPE TO EVERYWHERE"

Thursday 24 August

Time: 10am - 12pm

Place: Playgroup SA - Play Room

Join us as we "Escape to Everywhere" for this themed dress up Playgroup in support of Book Week 2017.

PLAYGROUP AT THE ZOO

Friday 20 October

Time: 10am - 2pm

Place: Adelaide Zoo

Playgroup SA's HUGE Annual Membership Event - FUN for the whole family.

WORKSHOPS

CHILD SAFE ENVIRONMENTS

Explore the issues of child protection, gain an understanding of child abuse and neglect, learn about your responsibility to report concerns about children at risk and receive your certificate in Child-Safe Environments (CSE).

Thursday 23 March, 9:30am - 4:30pm

Tuesday 10 October, 9:30am - 4:30pm

MUSIC & MOVEMENT

Learn about the importance of music in early childhood development. Discover how to run your own interactive Music & Movement session at Playgroup and get your Playgroup families moving and singing.

Friday 19 May, 10am - 12:30pm

PRESCHOOLERS AT PLAY

At this age (3-6 years), most learning occurs through social experiences; children are learning to take risks, their physical skills are more refined and although children may seem very egocentric, they are still learning how to regulate their own emotions appropriately. This can be a challenging stage for parents and carers. Learn activities and experiences to offer your child/ren.

Thursday 1 June, 10am - 12:30pm

ENGAGING THE SENSES

Explore the value and benefits of Messy Play, Nature Play and the theory of Loose Parts Play. Engaging the senses makes an enormous contribution to your child's early language and literacy development. It is a vital component to children's cognitive processes and developing creativity, and benefits all learning.

Wednesday 12 July, 10am - 12:30pm

COORDINATORS WORKSHOP

Are you thinking about starting a Playgroup? Or a New Playgroup Coordinator? This Workshop will provide you with all the information you need. It includes invaluable tips on how to effectively run a Playgroup, as well as useful information on the value and benefits of play.

March, Tuesday 20 June, 10am - 12:30pm

PLAYGROUP FOR BABIES

The moment babies are born, they are learning. Much of a baby's knowledge and skills will come from observing, tracking, listening, mouthing and exploring the world around them. This workshop will give you an understanding of how, what and when babies learn, the benefits of Playgroup for babies, as well as activities that can be provided to support their play and learning.

Thursday 10 August, 10am - 12:30pm

To register for an Event or Workshop
visit www.playgroupsa.com.au



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Adelaide Shores is a 135 hectare property located on the stunning shoreline of West Beach, just a short drive from Adelaide Airport and Glenelg.

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