

## Monday

### Being with Big Feelings 9.30am - 12.00pm

A series of 4 workshops exploring key themes related to supporting your and your child's exploration and understanding of feelings. Facilitated by Daniela, OT and Lauren, Speech Pathologist  
Fortnightly Mondays from 7/8  
*By referral only*  
Please contact Kendall

### Baby Playgroup 'Newbies' 1.00pm - 2:30pm

A free supported playgroup for babies from birth to pre-walkers with a focus on development and play through songs, stories, sensory activities and information  
Facilitated by Daniela, Occupational Therapist  
31st July - 25th September

### Donna Broadhurst

Parent Information Session  
**Tuesday 22nd August**  
**6.00pm - 8.00pm**  
**Setting Limits**

Following up on Donna's fantastic Managing Big Feelings workshop, this session will focus on supporting parents to Set Limits while helping children manage their big feelings.  
Crèche available: bookings essential

## Tuesday

### Playgroup 'Talk, Play, Learn' 10.00am - 11.30am

A free supported playgroup for children aged birth - 4 years. Stories, sensory play, craft, songs and snack time with a focus on play and language development.  
Please bring a piece of fruit to share.  
Facilitated by Lauren, Speech Pathologist  
25th July - 26th September

### Family Mental Health Support Service 10.00am - 4.00pm

A free service supporting children aged 0 - 18 years and their families  
Facilitated by Baptist Care  
*By appointment*

### Parents in Education Week

Unlocking your child's potential and learning through strength-based parenting

**Wednesday 20th September**  
**6:30pm - 9:00pm**  
Parent's Pizza Night

Crèche available: bookings essential  
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9 ways to a resilient child

**Monday 16th October**  
**10:00am - 12:00pm**

Morning Tea  
Crèche available: bookings essential

## Wednesday

### Child and Family Health Service Drop In Clinic 9.00am - 11.00am

For a brief 10 minute consultation to assess and monitor your baby's growth. If extra support is required with feeding or settling issues please make an appointment with CaFHS

### Child and Family Health Service Support Groups 10.00am - 12.00pm

**Sleep and Settling**  
**Continuing the Feeding Journey**  
Dates to be announced. Please contact CAFHS for more information.  
*By appointment*

### Early Parenting Group 2.00pm - 4.00pm

A 6 week CaFHS led group for new parents and their babies. Days and times can vary

Contact CaFHS on 1300 733 606

### Great Start

Everyday ideas for learning



<http://www.greatstart.sa.edu.au/>

### First Aid

**3rd August**  
**Thursday 6pm - 7.30pm**  
For parents / carers of babies and young children.  
\$5.00 per person  
Crèche available; bookings essential

## Thursday

### Child and Family Health Service Breast Feeding Clinic

Make an appointment with a CaFHS Lactation Specialist  
Ph. 1300 733 606

### Come and Play Music with Cindy-Anne Toddlers and families 9.45am - 10.30am

Babies

**10.45am - 11.30am**

A music session for toddlers and a second session for babies aged birth - 18months and their parent / care giver. Sessions include songs, instrument play & movement  
27th July - 28th September  
\$5.00 per child per session

### Community Group



**Monthly on Thursdays**  
**Crocheting**

Join us to learn how to create a beanie (warm hat) for your child  
August 24th 1:30pm - 3:00pm  
September 7th 1:30pm - 3:00pm

Parents, Grandparents and Carers of the children's centre get together to do something fun and creative (crèche available)  
Please join us and be a part of your centre and your community

## Friday

### Child and Family Health Service Appointments

Appointments are available Monday - Friday. Please see back of brochure for more information

### Spanish Playgroup 10.00am - 12.00pm

A free playgroup for children aged 0 - 4 years from Spanish speaking families  
Contact Paola on 0419 676 146 or Tyson on 0457 335 504

### Mums and Bubs Fitclub 2.00pm - 3.00pm

Cardio : Strength : Nutrition  
Get fit and meet other mums  
All fitness levels welcome  
Class includes post workout smoothie & energy tea \$5.00  
Call: Brooke 0402 480 021 or Tahnee 0431725560

### Come in for your reading pack from Little Big Book Club Packs for Babies and Toddlers



Ingle Farm Children's Centre is a **Let's Read** affiliated centre.  
Come in and find out more about reading with your child

## SERVICES AVAILABLE

### Kindergarten

In DECD kindergarten/preschools, children are able to access a maximum of 15 hours of kindergarten for 4 terms prior to starting school.

Preschool programs are play-based educational programs designed and delivered by qualified teachers using the national curriculum framework.

Sessions: Monday to Thursday 8.00am - 3.30pm

### Occasional Care

Occasional Care is short term child care for babies, toddlers and children from 6 months to 5yrs of age. Care is available for a maximum of one session per week, depending on availability.

Sessions: Tuesday to Thursday

AM - 8.30 to 11.30

PM - 12.15 to 3.15

Under 2's available Tues or Wed AM only

Please note: Occasional Care is only available to children who do not access any other form of child care or Family Day Care.

### Child and Family Health Services



Child Health &  
Development Checks

Sleep & Settling

Breastfeeding & Feeding

Make an appointment to  
see a CaFHS nurse

Ph. 1300 733 606

## SERVICES AVAILABLE

### Community Services

Playgroups 'Talk Play Learn' & 'Newbies' & Spanish

Music Playgroups 'Come and Play Music'

Parent and Community Groups

Family Mental Health Support Service

First Aid Awareness for Parents and Carers

Parenting Courses including 'Circle of Security' &  
'Bringing Up Great Kids'

Parenting information sessions and workshops

CaFHS Clinics & Early Parenting Groups

Baby weigh station

Community Development Coordinator

Occupational Therapist

Speech Pathologist

Ingle Farm Children's Centre

2 Belalie Road

Po Box 122

Ingle Farm SA 5098

Ph. (08) 8260 3511 Fax. (08) 8260 3533



Ingle Farm  
Children's Centre  
for Early Childhood  
Development and Parenting

Term 3- 2017

# Timetable and Information

Ph. (08) 8260 3511

[www.inglefarmcc.sa.edu.au](http://www.inglefarmcc.sa.edu.au)

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**Community Development Coordinator:**

Kendall Crabtree

Ph. 0417 313 067



**Government of South Australia**

Department for Education and  
Child Development