



Welcome

Forbes Children's Centre for Early Childhood Development and Parenting is an integrated early years service in which early childhood professionals, other professionals, families and the local community work together to meet the needs of children and families.

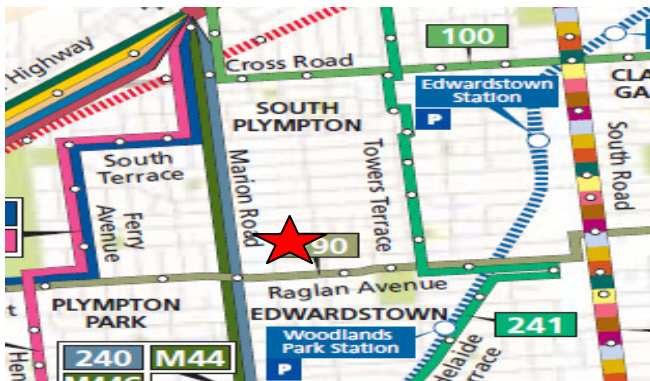
Children's Centres support children's development, health, learning and wellbeing. Forbes Children's Centre offers programs and services for families in partnership with a number of organisations and agencies identified through discussions with the community and families.


Forbes Children's Centre provides a caring, inclusive and welcoming environment where children can engage in their learning and families can access a range of services to meet their needs or participate in a variety of programs.

Forbes Children's Centre is Breastfeeding Friendly and is situated on the site of Forbes Primary School.

Forbes Primary School is a KidsMatter school. The KidsMatter framework provides proven methods, tools and support to help work with parents and carers, health services and the wider community, to nurture happy, balanced kids.

Forbes School and Children's Centre is diverse, drawing from a range of families who come from linguistic, socio-economic and cultural backgrounds. The community is justly proud of its diversity, it's commitment to meeting the current and future needs of students and to participatory decision-making where staff, students & parents work together to meet goals.



 Forbes Children's Centre and Primary School at 80 Thomas Street, South Plympton, SA. 5038 (Just off Marion Road. Turn at the lights nearest the Forbes Shopping Centre)

Forbes Children's Centre for Early Childhood Development and Parenting
Phone: 8293 9000 Fax: 8351 0470

Services and Partners:

Sessional Preschool for children, up to 15 hours per week, in the year prior to starting school. Sessions are Monday & Tuesday, or Thursday & Friday 8am – 4pm where vacancies permit.

Long Day Care Child Care Limited vacancies available. Please contact the Children's Centre for further information.

SA Health Services CaFHs Clinics and programs for mums, dads and carers of children.

Child Protection programs for eligible children and their families.

Learning Together At Home A family home visiting program for eligible families in the inner south west.

Develop Occupational Therapy Assessment and intervention by appointment

Aboriginal Family Support Services Strengthening Aboriginal families.

Anglicare Supporting the important role of parents

Governing Council Get involved in the decision making processes of the centre. Ask us how!

Volunteers welcome. Please contact the centre.

Tours: Scheduled tours of the centre are conducted regularly; please contact the centre for date and time details.

Public transport to Forbes Children's Centre and Primary School:

Marion Road: (from City or Marion Shopping Centre) Take Bus number **M44** and get off at **Stop 15 Marion Rd.** Walk to 80 Thomas Street

Glenelg or Unley: Bus number **190** get off at **Stop 15C Raglan Avenue.** Then walk for about 5 minutes to 80 Thomas Street

Current services and program timetable:

Please see inside and timetable on back page or visit: www.forbescc.sa.edu.au/ or www.forbes.sa.edu.au

Forbes Primary School

Phone: 8293 4343 Fax: 8297 0604



DAD FACTOR

Fathers have a unique role in the emotional, psychological, social and physical development of their children.

Dad Factor is a **seven week** course for fathers, grandfathers, uncles & other male carers that aims to emphasise the important role that Dads play in the lives of their children, and to assist participants in developing their own parenting style.

When: Wed 12th July – 23rd August Time: 6.00 to 8.00pm

Cost: Free. To book please call George on 8392 3100

Forbes Children's Centre is a **Let's Read and Little Big Book Club** community partner providing age-specific resources to families to support reading with their children.

Contact a staff member for more info or to access your free book pack

Afternoon Music Fun for Everyone

Singing and dancing fun for infants and young children under the guidance of an experienced facilitator. Bring your little one (or your grandchild) along for a lovely afternoon of singing, dancing, movement, rhyming and interactive fun!

Every Wednesday 1.30 – 2.30pm

Facilitated session from 1.30 – 2pm

Then 30 minutes of free play in the parent cafe)

Cost – Free. ALL WELCOME



CaFHS Clinic

A Child & Family Health Service clinic each Wednesday offering:

- feeding, settling, child development support
- parenting support and information to parents & carers
- up to date health information for parents and their children.

Please contact CaFHS for more information

Forbes Children's Centre appointments available Wednesday mornings

Appointments 1300 733 606

Parent Helpline: 1300 364 100

website: www.cyh.com



Music Fun for Everyone

Singing and dancing fun for infants and young children under the guidance of an experienced facilitator. Bring your little one (or your grandchild) along for a lovely morning filled with singing, dancing, movement, rhyming and interactive fun!

Every Wednesday from 10am – 11am

(Facilitated session from 10 to 10.30

Then 30 minutes of free play in the parent cafe)

Cost – Free. ALL WELCOME



Little Bookworms Storytime

Story and craft session for children under 3yrs. Each session is based on a theme with a story and craft activity to complement and encourage participation and further exploration of language

Every Thursday 9.30 – 10.30am

Cost: Free ALL WELCOME

How to Support Your Child's Emotions



With Madhavi Nawana Parker

What's normal, what's not with your child's emotional ups and downs?

Madhavi will share her approach to developing resilience and emotional wellbeing in children. Madhavi's simple and practical ways can help you to understand and support your child to problem solve, develop empathy, be calmer and more.

Wednesday 20th September

Tickets available from Forbes Children's Centre 11th Aug!

Cost: \$10 per person

Free crèche available (spaces limited)

Family Services Coordinator

Contact Tanieka, our new Family Services Coordinator, at the centre for confidential assistance in dealing with challenges affecting your family.

Free individual or family counselling by appointment
Call 8293 9000

Toilet Training Workshop

Why a workshop on toileting?

A chance to discover ideas to help your child learn to go to the toilet

Who's it for?

Anyone who wants to toilet train their child. This includes children with special needs

Presented by Develop OT

Monday 11th Sept

10am-12pm

Cost – Free

Free crèche (limited spaces –

Please book early) Bookings

Essential 8293 9000

ALL WELCOME

Baby & Toddler Introductory Massage Session

Please join us for this free introductory infant massage class and apply your learning to help soothe and calm your baby or toddler.

Infant massage has been proven to increase neurological development and aid in gas/digestion as well as improve sleep pattern.

Come and see for yourself just how much you and your little one will enjoy the gifts of massage!

When: Friday 25th August

Time: 10.30 – 11.30am

Cost: Free

Bookings Essential-please call the Centre on 8293 9000

Presented by Sally Hu, Qualified Infant Massage teacher

Food for families

Pushed for time?

Let us do the cooking for you!

Come in and purchase a delicious, nutritious meal for a very reasonable price!

Please ask our front desk staff today

Available fresh or frozen for your convenience

1 \$11.00 Meal feeds approximately

2 adults and 2 children

Prices subject to change please check with reception



Plympton South Peer Support Group

For Mums, Dads and Carers of children (up to 16yrs) with a chronic illness, disability or developmental delay.

Morning tea provided.

Tuesdays 9.30 – 11.30am.

Resumes Tuesday 1st August

Contact: Silvana on 0488 151 789

for more information

Free crèche available for children 0-5yrs

Bookings Essential Cost: Free

Circle of Security Playgroup

Join us for a playgroup to practice using the Circle of Security to help your child 'going out' and 'coming in' whilst meeting their needs around the circle.

The group will be supported by trained leaders experienced in practical use of Circle of Security tools.

This group will build on your understanding of the Circle of Security and how to apply it with your children.

Dates and Times To Be Advised

Cost: Free

Enquiries to Tanieka welcome: 82939000

(limited spaces available)

Developmental Play Sessions & School-age Play groups

Develop OT groups - Focussing on pretend play, socialising, being in a group and trying new tasks.

Crèche for siblings available.

Referral and Enquiries Welcome

Call Alison: 0403307019



Assessment & Intervention appointments and groups for children who show functional difficulties, incl. developmental delays, disorders & disabilities.

We provide assessment and intervention to children of all ages and their families from hospital inpatient, outpatient and community based services. **Bookings Essential**

Please call Sonya 0418 857 137

or Alison 0403 307 019 for a friendly chat about what we can offer or more information and fees



Join us on Facebook!

"Like" us to check out our happenings

www.facebook.com/forbeschildrenscentre

or check out our website:

www.forbescc.sa.edu.au

Sleep & your child

Sleep is essential for growth, development and well-being of both children and parents.

Explore and learn about typical sleep patterns, positive sleep practices, and some common sleep disorders.

Presented by Helen Chalklen, Occupational Therapist

Thursday 17th August 10-12midday

(with a follow up session on 7th Sept 10-12midday)

Bookings Essential 82939000

Cost - Free Plus free crèche available

(Limited spaces - Please book early)



Multicultural Women and Children Group

Our mums and grandmothers meet every **Wednesday from 10.45 to 12pm during school terms** to cook, play, have fun, practice English, learn new skills and chat!

Supported by CaFHs Universal Home Visiting Nurses and an Occupational Therapist from Develop OT

Cost: Free. No need to book -

just come along -

Fruit snack provided

Resumes 26th July

ALL WELCOME.

Join our Saturday Playgroup

Can't get to a usual weekday Playgroup?

Looking for somewhere for your toddler or pre-schooler to have fun on a Saturday morning?

Come to Playgroup to meet others, and let your child explore painting, cooking, play dough, puzzles, singing and stories.

9.30am -11.30am in the Toddler Room at the Children's Centre

Continues through the school holidays, but please call the centre or check Facebook for exceptions

Cost \$2.50 per family

Fruit provided.

ALL WELCOME

Asian Art Club for kids!

Children who attended last term's Art Classes are invited to attend this group to practice their newly learnt skills.

For ages 4-7yrs accompanied by their parent

Thursdays from 27th July 4-5pm

Cost: Free

Bookings Essential, please SMS

Vivienne on: 0425 395 509 for more information

FIRST AID FOR MUMS, DADS AND CARERS

3 Hours of practical

"what do I do when *!This!* happens"

Would you know what to do if your child needed CPR?; or if your child was choking; had a head injury; was bleeding; burnt themselves; had a convulsion; came into contact with, or swallowed poison; or fractured a bone?

If you answered "No" then this workshop is for you!!

Saturday 5th August 10am - 1pm

Cost: \$30 per person Bookings Essential: 8293 9000

Book in NOW!! All Welcome

Baby & Mum Groups

2 groups for mums who want to connect with others for a coffee and chat with their babies

We know it's not always easy to make it to a group every week so come along when you can

Speakers and special interest information sessions available on request

Mondays 11.30am - 1.30pm or Fridays 11am -2pm

Choose to go to one or both!

Cost: Free

Forbes Children's Centre Term 3 (July to September) 2017 Program at a glance

Forbes Children's Centre for Early Childhood Development and Parenting. 80 Thomas Street, South Plympton. SA 5038 Ph 8293 9000

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
<i>Long Day Care & Preschool</i>	<i>Long Day Care & Preschool</i>	<i>Long Day Care</i>	<i>Long Day Care & Preschool</i>	<i>Long Day Care & Preschool</i>	
TOILET TRAINING WORKSHOP 11 th Sept 10am – 12midday Ideas for Toilet Training your child. Suitable for all children, including special needs. Cost: Free Plus Free crèche Bookings Essential 8293 9000	MY TIME Resumes 1 st August 9.30am-11.30am For Mums, Dads and Carers of children (up to 16yrs with a chronic illness, disability or developmental delay). Morning tea provided. Free crèche for children 0-5yrs Contact Silvana 0488 151 789 Cost: Free. Bookings essential	MUSIC FUN FOR EVERYONE Continues school holidays 10am sharp – 11am ½ hour of singing and dancing fun for infants and young children then ½ hour of free play Cost – Free ALL WELCOME	LITTLE BOOKWORMS STORYTIME Continues school holidays 9.30-10.30am Story and craft fun for young children aged under 3 and their parent or carer Cost – Free ALL WELCOME	BABY & TODDLER MASSAGE WORKSHOP 25 th August 10.30 – 11.30pm Learn the basics and benefits of massage for your child. Cost: Free Bookings Essential ALL WELCOME	SATURDAY PLAYGROUP Every Saturday including school holidays! 9.30 – 11.30am Can't get to a usual weekday Playgroup? Looking for someone for your toddler or preschooler to have fun on a Saturday morning? Come to Playgroup to meet others & let your child explore painting, play dough, puzzles, singing & stories in the lovely Reeds (Toddler) room at the centre Cost \$2.50 per family Fruit snack provided ALL WELCOME
BABY & MUM CHAT GROUP 11.30am-1.30pm Continues school holidays Come and join this new group of mums and their young children (crawling or not yet mobile) for a chat Cost: Free ALL WELCOME	CIRCLE OF SECURITY PLAYGROUP Date and Time to be advised Join us for playgroup where you can practice using the Circle of Security tools. By referral Cost free Enquiries welcome: 8293 9000	MULTICULTURAL WOMEN & CHILDREN GROUP Resumes 26 th July 10.45 – 12pm For Mums and their young children from diverse cultures to meet, chat, cook, play and have fun! Cost: Free ALL WELCOME	SLEEP AND YOUR CHILD 17 th Aug (follow up session 7 th Sept) 10am – 12pm Explore and learn about typical sleep patterns, positive sleep practices & some common sleep disorders. Cost: Free Free Crèche available Bookings Essential 8293 9000	DEVELOP OCCUPATIONAL THERAPY GROUPS Chaos and Calm! Focussing on being in and part of a group, experiencing new activities and developing skills Sibling crèche available Enquiries Welcome Call Sonya 0418 857 137 or Alison 0403 307 091	
FOOD FOR FAMILIES TO PURCHASE \$11 for a ready to heat and eat meal that will serve approx. 2 adults and 2 young children. Pre order your meal or see what is available in our freezer for your family's dinner tonight!	DEVELOP OCCUPATIONAL THERAPY by appointment Assessment & Intervention for children who show functional difficulties Bookings Essential Sonya 0418857137/ Alison 0403307019	CaFHS CLINIC at FORBES 9am – 12.30pm Free Child and Family Health service for infants and children 0 to 5 years, with a 0-3yrs focus Please call 1300 733 606 to make an appointment	CHILDREN'S ASIAN ART CLUB Starts 27 th July 4- 5pm For children 4-7yrs who attended last term's Art Classes to practice skills learnt. Must be accompanied by a parent. Cost: Free Bookings Essential Please SMS Vivienne on 0425 395 509	EARLY PARENTING GROUP Starts 8 th Sept 1.30pm -3.30pm Free 6 week CaFHs courses for new parents & their bubs! Bookings Essential 1300 733 606 (Ask to attend the Forbes group)	FIRST AID WORKSHOP FOR PARENTS AND CARERS Saturday 5 th August 10am – 1pm 3 Hours of practical "what do I do when !This! happens" Cost: \$30 per person Bookings Essential: 8293 9000 ALL WELCOME
OCCUPATIONAL THERAPIST AND SPEECH PATHOLOGIST Based at Forbes Groups, opportunities for a chat about queries or concerns about your child & provide professional referral where needed. Please call Helen or Maria at the centre on 8293 9000 for a confidential chat or more information	FAMILY SERVICES COORDINATOR By appointment For free and confidential assistance in dealing with challenges affecting your family. Contact Tanieka on 8293 9000 For confidential chat or no cost appointment	MUSIC FUN FOR EVERYONE Continues school holidays 1.30pm sharp – 2.30pm ½ hour of singing and dancing fun for infants and young children then ½ hour of free play Cost – Free ALL WELCOME	FORBES FAMILY NIGHT Opening of our new Outdoor Learning Areas and screening of Project Wild Thing Opening of our Outdoor Learning Areas, Multicultural Pathway and screening of the acclaimed documentary Project Wild Thing Look for fliers in the centre for date and time	BABY & MUM CHAT GROUP 11am-2pm Continues school holidays Come and join this new group of mums and their young children (crawling or not yet mobile) for a chat Cost: Free ALL WELCOME	SCHOOL AGE SOCIAL PLAY GROUPS Develop Occupational Therapy groups – Focussing on being in & part of a group, experiencing new activities & developing skills Enquiries Welcome Alison: 0403307019
DEVELOPMENTAL PLAY SESSIONS (Dates & times TBA) Develop OT groups - pretend play, socialising, being in a group and trying new tasks Enquiries Welcome Alison: 0403307019	WE'RE ON FACEBOOK & ONLINE! "www.facebook.com ForbesChildrensCentre" or www.forbescs.sa.edu.au Find this program, any last minute program changes and more!	THE DAD FACTOR Starts 12 th July 6 - 8pm 7 week course exploring the important role of Dads Cost: Free – Bookings Essential: Call George on 8392 3100 ALL WELCOME		FORBES IS A LET'S READ & LITTLE BIG BOOK CLUB CENTRE! Speak to staff about how you can receive a free Let's Read and Little Big Book Club Book pack for you & your child to enjoy reading together	
		HOW TO SUPPORT YOUR CHILD'S EMOTIONS 20 th Sept 6.15 – 7.45pm With Madhavi Nawana Parker Come along to hear one of Adelaide's leading experts on children's emotional regulation! \$10 Tickets available from 11th August from Forbes Children's Centre front reception			

For more information about any program or event listed, or for copies of individual fliers please contact: Merridee Dangerfield, Community Development Coordinator. Phone: 8293 9006 or Mobile: 0400 263 567 Email: merridee.dangerfield@sa.gov.au