

A person is a person, no matter how small!
– Dr Seuss

Forbes Children's Centre

Term 1 Newsletter 2025

Diary Dates...

Governing Council Meeting: Wednesday 19th Feb

Preschool Pupil Free Day: Thursday 20th Feb

Ramadan Begins: Friday 28th Feb

Preschool Health Checks: Tuesday 4th March

Adelaide Cup Day: Monday 10th March

Harmony Day: Friday 21st March

Governing Council Meeting: Wed 26th March

River Learning Journey: Tuesday 8th April

Last day of Term 1: Friday 11th April

Good Friday: Friday 18th April

Easter Monday: Monday 21st April

Anzac Day: Friday 25th April

First day of Term 2: Monday 28th April

Welcome to 2025!

Firstly, we would like to extend a warm welcome to all our families, new and returning. We are so excited to embark on new adventures together.

Term 1 is our longest term of the year, with 11 weeks to fill with learning and fun things planned. We hope the first few weeks of the year, you have had an opportunity to settle into your rooms and get to know your educator teams. As a reminder, your child's primary caregivers are the key contacts for discussing your child's needs, and the team leader is also available to support you.

There are a number of exciting maintenance tasks happening this term – including the installation of rubber soft fall and additional shade to the 0-3 yard. During this time, the Piazza will be used by the rooms as an alternative to indoor-outdoor play space. Please be mindful of this when moving through and around the space, ensuring to close doors properly and checking each space for children before leaving.

This term, we are excited to welcome Ruha and Ann-Marie to the centre! They will be teaching in the preschool program in the River Room.

Ann-Marie will be working on Mondays and will be a primary carer for the Yellow Group, while Ruha will work on Thursdays and Fridays as a primary carer for the Green Group.

We hope you have a wonderful term, Regards, Ros, Amy and the Forbes team.

Primary Care Groups

Nest

Team Leader: Madi

Red Group: Rachna & Mara

Purple Group: Meighan & Saima

Orange Group: Lauren & Kiran

Reeds

Team Leader: Lizzy

Red Group: Samantha & Jayani

Purple Group: Thamasha & Jen

Orange Group: Veronika & Mark

River

Team Leaders: Georgia & Tori

Orange Group: Georgia & Kamal

Green Group: Anneliese, Julie & Ruha

Yellow Group: Tori, Ann-Marie & Angela



Literacy is not a gift given just to some lucky ones, it is a foundational human right that brings joy, economic independence, gender equity and a pathway out of poverty.

Join millions around the globe as we celebrate the power of reading aloud with **World Read Aloud Day**. This year marks the 15th anniversary of **WRAD**.

Kids in hot cars

Always check for your baby in the back. Leaving a child in a car, even for a few minutes, can cause life-long effects and can be fatal. The risk of heat exhaustion is higher for babies and children than adults. There is no safe amount of time to leave a baby or child in a car.

A 'quick' errand can be fatal. The body temperature of babies and young children rises three to five times faster than older children or adults, so running a 'quick' errand, a grocery shop, dropping-in to the office or doing school pick-up is too long to leave your little one in the car. Although taking babies and young children with you to run quick errands can take extra time, it can be lifesaving.

It may seem safe enough to leave children in the car for an errand as the engine and the air-conditioning has been on and the car seems cool. Once the engine is turned off, even a cool car rapidly heats up. Cars are not well insulated, and sunlight exposure will quickly heat the car temperature by up to 30 degrees higher than the outside temperature.

Within the first five minutes of closing your car doors, the temperature inside can increase by as much as 75 per cent. Leaving the windows down slightly has little effect on the inside car temperature with large cars heating up just as fast as smaller ones.

Always check the back seat before leaving the car.



BANANA CAKE

PREP 20 min | COOK 30 min | SERVES 16



INGREDIENTS

3 overripe bananas , <i>mashed</i> .	2 eggs
3/4 cup olive oil	1 cup Greek yoghurt
1/2 cup brown sugar	1/3 cup pure maple syrup
1 tbs vanilla bean paste	1 cup buckwheat flour
1 cup plain flour	1 1/2 tsp baking powder
1 tsp cinnamon , <i>ground</i>	1/2 tsp nutmeg , <i>ground</i>
1/4 tsp ginger , <i>ground</i>	pinch of salt

Whipped Ricotta Maple & Chocolate Frosting

2 cups fresh ricotta	1/2 cup pure maple syrup
2 tsp vanilla bean paste	1/2 cup cocoa powder

METHOD:

To make the banana cake:

1. **Preheat** oven to 180 C (350 F) and line a 20 cm x 20 cm brownie pan with baking paper. Set aside.
2. **Place** the mashed bananas, eggs, olive oil, yoghurt, sugar, syrup and vanilla and whisk to combine.
3. **Sift** the buckwheat flour, plain flour, baking powder, cinnamon, nutmeg, ginger and salt into the bowl and stir using a wooden spoon until just combined.
4. **Pour** the batter into the prepared tin.
5. **Bake** for 30-40 minutes or until a skewer inserted removes cleanly.
6. **Allow** the cake to cool completely. To speed up the cooling process, feel free to pop the cake into the freezer.

To make the whipped ricotta maple and chocolate frosting:

1. **Place** the ricotta into the bowl of a food processor and blitz for 1-2 minutes or until smooth.
2. **Add** the maple syrup, vanilla and cocoa powder and blitz for 2-3 minutes (scraping down the sides of the bowl) or until the frosting is smooth and luscious.
3. **Smother** the cooled cake with a thick layer of frosting.
4. **Cut** into 9 or 16 squares. Enjoy x

Recipe and image from mylovelittlelunchbox.com.

ALLIED HEALTH ROLES IN CHILDREN'S CENTRES

- Providing support for children, families and staff in various capacities.
- Meeting and supporting families individually, in groups
- Input around developmental screening and early intervention strategies
- Facilitating developmental workshops – toileting, feeding & mealtimes, sensory & emotional regulation, speech & communication, learning difficulties and sleep problems.
- Supporting parents around their own parental journeys through evidence-based research & philosophies
- Discuss if further assessment and support might be helpful for you and your child through public/private services



Meet Our Occupational Therapist – **HUONG NGUYEN**
Meet Our Speech Pathologist – **MARIA PARENTE**



We are always welcome to meeting new families and children at the centre.

Please feel free to approach us for a chat or we can be contacted at the centre on 8293 9000

THE HUMBLE NURSERY RHYME

Nursery rhymes are important for young children because they help develop an ear for our language. Both rhyme and rhythm help kids hear the sounds and syllables in words, which helps kids learn to read!

Nursery rhyme experiences, awareness, and knowledge were found to be positively related to accomplishment in early phonological and print-related skills. So, practise them in the car, on a walk or before bed. Sing them high, sing them low, say them using funny voices. It's fun to rhyme, and so good for your little one's early literacy skills.



Reminders

During the warmer days, we will be offering water play opportunities in the rooms and ask that families remember to pack lots of extra clothes for your child to change into. We also ask you ensure your children wear t-shirts/clothing that covers their shoulders, to align with our Sun Protection Policy.

Each child will have their own Forbes Children's Centre hat to wear during outside play. We ask that families support their child to apply sunscreen each morning using the stations at each room door before entering the rooms. The educators will reapply throughout the day as needed.

When arriving at and leaving the site, there are lots of other families with young children entering and exiting various rooms. Ensure you are closing doors behind you and no children are going through doors or gates unsupervised – it's very easy for children to get separated from their families and this can be quite dangerous with such a busy road nearby. The keypad for the foyer is for adult use only – if children know the code, they are able to leave the site themselves which poses a risk to their safety.

Please use the iPad at the front desk to sign our child in and out of care. Preschool sign in sheets can be found outside of the River room door.



NATURE WALK

Going on a nature walk and deliberately noticing things **encourages children to observe with all their senses**. Children can learn to focus their attention and take in the details of things around them. It can be a peaceful, reflective experience for you and your children.

All you need is somewhere to walk – You can simply venture out your front door, walk around your local area, a local park or nature reserve. You could also plan a longer excursion and head to a beach or national park.

Remove barriers – A nature walk can happen in all weather, just be prepared! Always wear appropriate shoes for your environment. If it's sunny remember hats, sun smart clothing, sunscreen and bug spray. If it's raining bring raincoats and chuck a towel in the car just in case there is puddle splashing along the way.

Don't over plan – Don't rush. Try to let your children lead you where it is safe to do so. Watch them discover and show you things.

Noticing nature walk - Encourage your child to pay attention to the environment with all their senses. You can do this by asking questions as you go. For example:

- **Seeing questions:** what can you see? Look all around you, up at the sky and down at the ground.
- **Smelling questions:** what can you smell? Can you describe the smell? Leafy? Like mud?
- **Hearing questions:** what can you hear? Birds? The wind? Other people?
- **Feeling and touching questions:** what can you feel? Is the sun warm? Is the ground rough or smooth?

Raisingchildrennetwork.com (2022). *Noticing nature walk: activity for children 3-6 years* Retrieved from <https://raisingchildren.net.au/guides/activity-guides/sensory-play/noticing-nature-walk-activity-for-children-3-6-years>

JOBS TOGETHER

Toddlers love to mimic those around them. They learn from watching others and doing what they are doing – most especially they love being like their parents. Give your little one a broom, or a mini-tool and get busy together. Spend some time sweeping the patio, or "fixing" the wooden blocks together. You will be surprised at how involved they become in these activities.

Try washing up:

Washing up is a fun activity to do together, there will be water everywhere and dishes may not actually get clean but there it will be fun.

Laundry:

Put the washing in the machine and let your child press the buttons and turn the machine on. When it comes to hanging it out why not do that together too. Using pegs is also a great fine motor skill too.

Gardening:

Rake the leaves, pull the weeds, hose the garden. There are so many gardening activities you can do with your child they may even invent some of their own.

Making the bed:

Yep, even the daily mundane activity of making the bed can be an activity your child will love being a part of. Pull up the sheets together, hide under the sheets, let your child lie under the sheet as you throw the sheet up and they watch it float down.

Preparing dinner:

Besides the huge range of benefits preparing meals together have it is also lots of fun.



Forbes Children's Centre Term 1 (January to April) 2025 Program

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	
<p>Long Day Care & Preschool</p> <p>LGBTQIA+ RAINBOW CONNECTION PLAYGROUP 10.30am - 12.30pm</p> <p>Do you identify with, or want to connect with, the LGBTQIA+ community through a term time weekday playgroup?</p> <p>Contact Katherine through "Pink Parents" on Facebook Messenger or on 0438 536 346 to book into this great playgroup or for more information.</p> <p>Cost - Free</p>	<p>Long Day Care & Preschool</p> <p>MY TIME 9.30am-11.30am</p> <p>Group for Mums, Dads and Carers of children up to 16yrs with a chronic illness, disability or developmental delay. Morning tea provided.</p> <p>Cost: Free + Free crèche. Contact Silvana on 0488 151 789 for start date Bookings Essential</p>	<p>Long Day Care & Preschool</p> <p>CaFHS CLINIC at FORBES By Appointment</p> <p>Free Child & Family Health Service for infants and children 0 to 5 years, with a 0-3yrs focus Call 1300 733 606 to make an appointment and ask to be booked in at Forbes</p>	<p>Long Day Care & Preschool</p> <p>LEARNING TOGETHER ALL AGES PLAYGROUP 9.30 - 11am</p> <p>Come and join us for this all ages playgroup! Your child will learn through play (and have lots of fun of course!) Cost free. For more info 8293 9000 ALL WELCOME</p>	<p>Long Day Care & Preschool</p> <p>LEARNING TOGETHER BABY PLAYGROUP 1pm - 2.30pm</p> <p>BABY playgroup provides opportunity to learn early socialisation, motor development & open-ended sensory activities for learning through play For more info - call 8293 9000 Cost - Free ALL WELCOME</p>	<p>Long Day Care & Preschool</p> <p>LEARNING TOGETHER BABY PLAYGROUP 1pm - 2.30pm</p> <p>BABY playgroup provides opportunity to learn early socialisation, motor development & open-ended sensory activities for learning through play For more info - call 8293 9000 Cost - Free ALL WELCOME</p>	<p>Long Day Care & Preschool</p> <p>LEARNING TOGETHER BABY PLAYGROUP 1pm - 2.30pm</p> <p>BABY playgroup provides opportunity to learn early socialisation, motor development & open-ended sensory activities for learning through play For more info - call 8293 9000 Cost - Free ALL WELCOME</p>	<p>Long Day Care & Preschool</p> <p>LEARNING TOGETHER BABY PLAYGROUP 1pm - 2.30pm</p> <p>BABY playgroup provides opportunity to learn early socialisation, motor development & open-ended sensory activities for learning through play For more info - call 8293 9000 Cost - Free ALL WELCOME</p>	<p>Long Day Care & Preschool</p> <p>LEARNING TOGETHER BABY PLAYGROUP 1pm - 2.30pm</p> <p>BABY playgroup provides opportunity to learn early socialisation, motor development & open-ended sensory activities for learning through play For more info - call 8293 9000 Cost - Free ALL WELCOME</p>	<p>Long Day Care & Preschool</p> <p>LEARNING TOGETHER BABY PLAYGROUP 1pm - 2.30pm</p> <p>BABY playgroup provides opportunity to learn early socialisation, motor development & open-ended sensory activities for learning through play For more info - call 8293 9000 Cost - Free ALL WELCOME</p>	<p>Long Day Care & Preschool</p> <p>LEARNING TOGETHER BABY PLAYGROUP 1pm - 2.30pm</p> <p>BABY playgroup provides opportunity to learn early socialisation, motor development & open-ended sensory activities for learning through play For more info - call 8293 9000 Cost - Free ALL WELCOME</p>	<p>Long Day Care & Preschool</p> <p>LEARNING TOGETHER BABY PLAYGROUP 1pm - 2.30pm</p> <p>BABY playgroup provides opportunity to learn early socialisation, motor development & open-ended sensory activities for learning through play For more info - call 8293 9000 Cost - Free ALL WELCOME</p>
<p>OCCUPATIONAL THERAPIST & SPEECH PATHOLOGIST</p> <p>Our OT and Speechie offer parent information groups, 1:1 appointments to chat about queries or child concerns & provide professional referral where needed for children.</p> <p>Please call the centre on 8293 9000 for a confidential chat with Huong (OT) or Maria (Speech Pathologist) or for more information</p>	<p>REBUILD YOUR CORE & PELVIC FLOOR AFTER PREGNANCY 1st April 10am - 11.30am</p> <p>In just 1.5hrs learn how you can get your core muscles back to strong, confident, pain and worry free "sneeze leaking" - through simple exercises at home! Babies & toddlers welcome (a play area will be set up in the room) Presented by Lara Jezeph - A Pre & Postpartum Corrective Exercise Specialist Cost - Free Bookings Essential 8293 9000</p>	<p>REBUILD YOUR CORE & PELVIC FLOOR AFTER PREGNANCY 19 Feb 7pm - 8.30pm</p> <p>In just 1.5hrs learn how you can get your core muscles back to strong, confident, pain and worry free "sneeze leaking" - through simple exercises at home! Babies & toddlers welcome (a play area will be set up in the room) Presented by Lara Jezeph - A Pre & Postpartum Corrective Exercise Specialist Cost - Free Bookings Essential 8293 9000</p>	<p>DADS MOVING TOWARDS RESPONSIBILITY 6.30-8.30pm</p> <p>This free 24 week program starts with understanding the many forms of abusive behaviour including physical, sexual, emotional, financial, & psychological actions or threats & has a focus on practical ways of helping dads choose to be respectful fathers & partners.</p> <p>Experienced counsellors help dads work on ways to improve relationships with their partner & children & keep them safe. Call Phil on 8186 8900 for more info or a confidential chat.</p>	<p>REBUILD YOUR CORE & PELVIC FLOOR AFTER PREGNANCY 19 Feb 7pm - 8.30pm</p> <p>In just 1.5hrs learn how you can get your core muscles back to strong, confident, pain and worry free "sneeze leaking" - through simple exercises at home! Babies & toddlers welcome (a play area will be set up in the room) Presented by Lara Jezeph - A Pre & Postpartum Corrective Exercise Specialist Cost - Free Bookings Essential 8293 9000</p>	<p>FORBES GOVERNING COUNCIL MEETING 19 Feb and 26 March 6.30pm - 7.30pm(ish)</p> <p>Join our Governing Council to help set & monitor the strategic direction of our centre. We meet approx. every 6 weeks to provide advice to the Director, discuss & approve relevant policies and more!</p>	<p>FORBES GOVERNING COUNCIL MEETING 19 Feb and 26 March 6.30pm - 7.30pm(ish)</p> <p>Join our Governing Council to help set & monitor the strategic direction of our centre. We meet approx. every 6 weeks to provide advice to the Director, discuss & approve relevant policies and more!</p>	<p>FORBES GOVERNING COUNCIL MEETING 19 Feb and 26 March 6.30pm - 7.30pm(ish)</p> <p>Join our Governing Council to help set & monitor the strategic direction of our centre. We meet approx. every 6 weeks to provide advice to the Director, discuss & approve relevant policies and more!</p>	<p>FORBES GOVERNING COUNCIL MEETING 19 Feb and 26 March 6.30pm - 7.30pm(ish)</p> <p>Join our Governing Council to help set & monitor the strategic direction of our centre. We meet approx. every 6 weeks to provide advice to the Director, discuss & approve relevant policies and more!</p>	<p>FORBES GOVERNING COUNCIL MEETING 19 Feb and 26 March 6.30pm - 7.30pm(ish)</p> <p>Join our Governing Council to help set & monitor the strategic direction of our centre. We meet approx. every 6 weeks to provide advice to the Director, discuss & approve relevant policies and more!</p>	<p>FORBES GOVERNING COUNCIL MEETING 19 Feb and 26 March 6.30pm - 7.30pm(ish)</p> <p>Join our Governing Council to help set & monitor the strategic direction of our centre. We meet approx. every 6 weeks to provide advice to the Director, discuss & approve relevant policies and more!</p>	<p>FORBES GOVERNING COUNCIL MEETING 19 Feb and 26 March 6.30pm - 7.30pm(ish)</p> <p>Join our Governing Council to help set & monitor the strategic direction of our centre. We meet approx. every 6 weeks to provide advice to the Director, discuss & approve relevant policies and more!</p>
<p>WE'RE ON FACEBOOK & ONLINE!</p> <p>www.facebook.com/ForbesChildrensCentre or www.forbescs.sa.edu.au</p> <p>Have you checked out Our Website or Facebook page yet? Find this program, last-minute program changes, updates, other community parenting courses, support & information as well as lots of helpful parenting hints, tips and links to parenting resources</p>	<p>REBUILD YOUR CORE & PELVIC FLOOR AFTER PREGNANCY 19 Feb 7pm - 8.30pm</p> <p>In just 1.5hrs learn how you can get your core muscles back to strong, confident, pain and worry free "sneeze leaking" - through simple exercises at home! 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<p>PLAYGROUP @ GLANDORE COMMUNITY CENTRE 9.30 - 11am during the term</p> <p>Come and join us for this partnership playgroup! Sessions include indoor/outdoor play, craft, story time, songs with a fenced & shaded outside area, large sandpit, play equipment & more. For more info: 7420 6400</p>	<p>HELPING YOUR CHILD BECOME A "LITTLE CHATTERBOX" 28th Feb and 7th March 10.30am-12pm</p> <p>An information session for parents of children aged from birth to 3yrs to help turn them into little chatterboxes! Cost: Free + Free crèche limited places available - please book early! Bookings Essential 8293 9000 ALL WELCOME</p>	<p>BABY CONNECTIONS Weekly during school term For babies 0 - 18mths 1.30-2.30pm</p> <p>Join this group of new parents & carers, to learn about, wonder & delight in your baby. For dads and mums & carers who want to connect but are not yet ready for playgroup. Facilitated by Forbes OT Bookings preferred 8293 9000 Cost: Free ALL WELCOME</p>	<p>LEN-LIVED Experience Network Meet Every 2nd Friday 10-12pm</p> <p>LEN System Advisors meet fortnightly to advise DHS on how to improve the Child and Family Support System. If you have experienced significant family stress, needed support services and want to become an advisor in this meeting - Contact Paula, LEN Coordinator, for more info & how to apply MI: 0435 366 394 Free crèche available</p>	<p>BABY CONNECTIONS Weekly during school term For babies 0 - 18mths 1.30-2.30pm</p> <p>Join this group of new parents & carers, to learn about, wonder & delight in your baby. For dads and mums & carers who want to connect but are not yet ready for playgroup. Facilitated by Forbes OT Bookings preferred 8293 9000 Cost: Free ALL WELCOME</p>	<p>LEN-LIVED Experience Network Meet Every 2nd Friday 10-12pm</p> <p>LEN System Advisors meet fortnightly to advise DHS on how to improve the Child and Family Support System. If you have experienced significant family stress, needed support services and want to become an advisor in this meeting - Contact Paula, LEN Coordinator, for more info & how to apply MI: 0435 366 394 Free crèche available</p>	<p>BABY CONNECTIONS Weekly during school term For babies 0 - 18mths 1.30-2.30pm</p> <p>Join this group of new parents & carers, to learn about, wonder & delight in your baby. For dads and mums & carers who want to connect but are not yet ready for playgroup. Facilitated by Forbes OT Bookings preferred 8293 9000 Cost: Free ALL WELCOME</p>	<p>LEN-LIVED Experience Network Meet Every 2nd Friday 10-12pm</p> <p>LEN System Advisors meet fortnightly to advise DHS on how to improve the Child and Family Support System. If you have experienced significant family stress, needed support services and want to become an advisor in this meeting - Contact Paula, LEN Coordinator, for more info & how to apply MI: 0435 366 394 Free crèche available</p>	<p>BABY CONNECTIONS Weekly during school term For babies 0 - 18mths 1.30-2.30pm</p> <p>Join this group of new parents & carers, to learn about, wonder & delight in your baby. For dads and mums & carers who want to connect but are not yet ready for playgroup. Facilitated by Forbes OT Bookings preferred 8293 9000 Cost: Free ALL WELCOME</p>	<p>LEN-LIVED Experience Network Meet Every 2nd Friday 10-12pm</p> <p>LEN System Advisors meet fortnightly to advise DHS on how to improve the Child and Family Support System. If you have experienced significant family stress, needed support services and want to become an advisor in this meeting - Contact Paula, LEN Coordinator, for more info & how to apply MI: 0435 366 394 Free crèche available</p>	<p>BABY CONNECTIONS Weekly during school term For babies 0 - 18mths 1.30-2.30pm</p> <p>Join this group of new parents & carers, to learn about, wonder & delight in your baby. For dads and mums & carers who want to connect but are not yet ready for playgroup. Facilitated by Forbes OT Bookings preferred 8293 9000 Cost: Free ALL WELCOME</p>	<p>LEN-LIVED Experience Network Meet Every 2nd Friday 10-12pm</p> <p>LEN System Advisors meet fortnightly to advise DHS on how to improve the Child and Family Support System. If you have experienced significant family stress, needed support services and want to become an advisor in this meeting - Contact Paula, LEN Coordinator, for more info & how to apply MI: 0435 366 394 Free crèche available</p>
<p>FIRST AID WORKSHOP FOR PARENTS, GRANDPARENTS and CARERS Sat 22 March 10am - 1pm</p> <p>3 Hours of practical "what do I do when !This! happens" Cost: \$30 per person Sorry no crèche available (pre-mobile/non walking babies are welcome to attend with you) For attendance certificates please see inside flier or call the centre Bookings Essential: 8293 9000 ALL WELCOME (Sorry, no refunds for non-attendance)</p>	<p>DADS & KIDS PIZZA LUNCH Saturday 5 April 11.30-1.30pm</p> <p>Dads and Kids connect with a pizza making workshop using the Glandore Community Garden's very own wood oven fire. Bring your favourite toppings along, we will supply the pizza base and tomato paste. Adults will be required to supervise children. Cost \$5 per person. Tickets available via Eventbrite: Dads and Kids Pizza Day Glandore Tickets. Sat. Aug 24. 2024 at 11:30 AM Eventbrite</p>	<p>REBUILD YOUR CORE & PELVIC FLOOR AFTER PREGNANCY Sat 22 March 10.30am - 12pm</p> <p>In just 1.5hrs learn how you can get your core muscles back to strong, confident, pain and worry free "sneeze leaking" - through simple exercises at home! Babies & toddlers welcome (a play area will be set up in the room) Presented by Lara Jezeph - A Pre & Postpartum Corrective Exercise Specialist Cost - Free Bookings Essential 8293 9000</p>	<p>REBUILD YOUR CORE & PELVIC FLOOR AFTER PREGNANCY Sat 22 March 10.30am - 12pm</p> <p>In just 1.5hrs learn how you can get your core muscles back to strong, confident, pain and worry free "sneeze leaking" - through simple exercises at home! Babies & toddlers welcome (a play area will be set up in the room) Presented by Lara Jezeph - A Pre & Postpartum Corrective Exercise Specialist Cost - Free Bookings Essential 8293 9000</p>	<p>REBUILD YOUR CORE & PELVIC FLOOR AFTER PREGNANCY Sat 22 March 10.30am - 12pm</p> <p>In just 1.5hrs learn how you can get your core muscles back to strong, confident, pain and worry free "sneeze leaking" - through simple exercises at home! Babies & toddlers welcome (a play area will be set up in the room) Presented by Lara Jezeph - A Pre & Postpartum Corrective Exercise Specialist Cost - Free Bookings Essential 8293 9000</p>	<p>REBUILD YOUR CORE & PELVIC FLOOR AFTER PREGNANCY Sat 22 March 10.30am - 12pm</p> <p>In just 1.5hrs learn how you can get your core muscles back to strong, confident, pain and worry free "sneeze leaking" - through simple exercises at home! Babies & toddlers welcome (a play area will be set up in the room) Presented by Lara Jezeph - A Pre & Postpartum Corrective Exercise Specialist Cost - Free Bookings Essential 8293 9000</p>	<p>REBUILD YOUR CORE & PELVIC FLOOR AFTER PREGNANCY Sat 22 March 10.30am - 12pm</p> <p>In just 1.5hrs learn how you can get your core muscles back to strong, confident, pain and worry free "sneeze leaking" - through simple exercises at home! Babies & toddlers welcome (a play area will be set up in the room) Presented by Lara Jezeph - A Pre & Postpartum Corrective Exercise Specialist Cost - Free Bookings Essential 8293 9000</p>	<p>REBUILD YOUR CORE & PELVIC FLOOR AFTER PREGNANCY Sat 22 March 10.30am - 12pm</p> <p>In just 1.5hrs learn how you can get your core muscles back to strong, confident, pain and worry free "sneeze leaking" - through simple exercises at home! Babies & toddlers welcome (a play area will be set up in the room) Presented by Lara Jezeph - A Pre & Postpartum Corrective Exercise Specialist Cost - Free Bookings Essential 8293 9000</p>	<p>REBUILD YOUR CORE & PELVIC FLOOR AFTER PREGNANCY Sat 22 March 10.30am - 12pm</p> <p>In just 1.5hrs learn how you can get your core muscles back to strong, confident, pain and worry free "sneeze leaking" - through simple exercises at home! Babies & toddlers welcome (a play area will be set up in the room) Presented by Lara Jezeph - A Pre & Postpartum Corrective Exercise Specialist Cost - Free Bookings Essential 8293 9000</p>	<p>REBUILD YOUR CORE & PELVIC FLOOR AFTER PREGNANCY Sat 22 March 10.30am - 12pm</p> <p>In just 1.5hrs learn how you can get your core muscles back to strong, confident, pain and worry free "sneeze leaking" - through simple exercises at home! Babies & toddlers welcome (a play area will be set up in the room) Presented by Lara Jezeph - A Pre & Postpartum Corrective Exercise Specialist Cost - Free Bookings Essential 8293 9000</p>	<p>REBUILD YOUR CORE & PELVIC FLOOR AFTER PREGNANCY Sat 22 March 10.30am - 12pm</p> <p>In just 1.5hrs learn how you can get your core muscles back to strong, confident, pain and worry free "sneeze leaking" - through simple exercises at home! Babies & toddlers welcome (a play area will be set up in the room) Presented by Lara Jezeph - A Pre & Postpartum Corrective Exercise Specialist Cost - Free Bookings Essential 8293 9000</p>	

For more information about any program or event listed, or for copies of more detailed individual fliers please see the inside of this program or contact: Merridee Dangerfield, Community Development Coordinator. Phone: 8293 9000 or Mobile: 0400 263 567 Email: merridee.dangerfield@sa.gov.au