

Supported Playgroups Term 1, 2019

For eligible families with children 0-5 years

- Weekly (school term)
- Free
- Have fun
- Parent tips
- Morning tea
- Make local connections
- One on one support available



Monday	Tuesday	Wednesday	Thursday	Friday
Crib Point Community House 10am – 12pm	Tyabb (outdoors) 10am -12pm	Mornington Community House 10am – 12pm	Seawinds Capel Sound 10am – 12pm	Mornington Community House 10am – 12pm
Rye Community House 1pm-3pm		Wallaroo Community House (Hastings) 1pm – 3pm	Somerville Community House 1pm – 3pm	Hastings Kindergarten 10am – 12pm

To make a referral, complete the simple online referral form or contact a Playgroup Facilitator:

mornpen.vic.gov.au/supportedplaygroups

playgroups@mornpen.vic.gov.au

5950 1099

Eligibility

If one of the following applies to a family member in the household:

- Health Care Card
- Pensioner Concession Card
- Department of Veteran's Affairs Card
- Humanitarian Visa
- Identifies as Aboriginal and/or Torres Strait Islander
- Looking after children in kinship care arrangements (out of home care)
- Referred from Child FIRST or Child Protection
- Referred from or receiving Enhanced Maternal and Child Health Service or Young Parents Program

Mornington Peninsula Shire acknowledges and pays respect to the Boon Wurrung/Bunurong people, the traditional custodians of these lands and waters.

Supported Playgroups are run by a qualified facilitator in a fun safe play environment and incorporates the 10-week parenting program *Small Talk* and in-home support. *Small Talk* is an evidence-based parenting program and has five key elements. Visit smalltalk.net.au.

It aims to increase:

- Quality and frequency of parents' interactions with their children
- Level of stimulation in the home environment
- Parental self-care (stress management and seeking support)
- Parenting confidence
- Parents' connection to their community and local services

Parent Research Centre findings from the Early Home Learning Study (2009-2012)

Parents reported that they:	We directly observed that
<ul style="list-style-type: none">• Were more responsive to their child• Were engaged in more activities with their child in the home• Engaged in higher quality parent-child interactions	<ul style="list-style-type: none">• Parents followed their child's lead more• Parents maintained their child's interest in activities• Parents engaged in higher quality parent interactions
Parents continued to report and showed improvements five months after <i>smalltalk</i> sessions	
Parents who received in-home support as well as attending a <i>smalltalk</i> group showed the biggest improvements	

What is in-home support?

- 5 one on one support visits in the home or suitable location
- Families see practical examples of *Small Talk* strategies and the opportunity to practice ideas with guidance from facilitator
- Supported playgroup and in-home support can be offered together for maximum reported benefits or on its own
- To make an in-home support referral go to: mornpen.vic.gov.au/supportedplaygroups