








What's on in Term 1, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Long Day Care 49 weeks of the year 7am – 6pm</p>	<p>Long Day Care 49 weeks of the year 7am – 6pm</p>	<p>Long Day Care 49 weeks of the year 7am – 6pm</p>	<p>Long Day Care 49 weeks of the year 7am – 6pm</p>	<p>Long Day Care 49 weeks of the year 7am – 6pm</p>
<p>Preschool for 4 yr. olds During school term Morning session: 8.30am – 11.30am</p>	<p>Preschool for 4 yr. olds During school term Morning session: 8.30am – 11.30am</p>	<p>Preschool for 4 yr. olds During school term Morning session: 8.30am – 11.30am</p>	<p>Preschool for 4 yr. olds During school term Morning session: 8.30am – 11.30am</p>	<p>Preschool for 4 yr. olds During school term Morning session: 8.30am – 11.30am</p>
<p>Preschool for 4 yr. olds During school term Afternoon session: 12.15pm – 3.15pm</p>	<p>Preschool for 4 yr. olds During school term Afternoon session: 12.15pm – 3.15pm</p>	<p>Preschool for 4 yr. olds During school term Afternoon session: 12.15pm – 3.15pm</p>	<p>Preschool for 4 yr. olds During school term Afternoon session: 12.15pm – 3.15pm</p>	<p>Preschool for 4 yr. olds During school term Afternoon session: 12.15pm – 3.15pm</p>

**If you would like to enquire about the Long Day Care or Preschool program,
 Or to make a time to view our Centre please call**

Anne Whittleston, Centre Director or Jenny Reid, Assistant Director on 8251 2700.

Monday	Tuesday	Wednesday	Thursday	<p>Keithcot Community Coffee & Chat</p> <p><i>Everyone is invited to join us each fortnight, Fridays, for a coffee and FREE afternoon tea.</i></p> <p><i>This is a great opportunity to visit the Children's centre, hear about other programs being offered and connect with new and old friends.</i></p> <p><i>Join us, let us entertain the children, while you put your feet up for an hour and take some 'me time'.</i></p> <p>EVERYONE WELCOME No need to book</p> <p>Fridays in Term 1: 1 & 15 Feb, 1, 15 & 29 March</p> <p>2pm- 3pm</p> 
<p>~Mums & Bubs Fitness~</p> <p><i>Provided by our qualified Personal Trainer</i></p> <p>Have you recently had a baby and looking to get back into a healthy, safe fitness program?</p> <p>This program is specifically designed for mums to attend with their babies</p> <p>Groups are 45 minute sessions \$5/ person with a max of 20 participants each group.</p> <p>Monday mornings weekly 4 Feb- 8 April 9:30am- 10:15am</p>	<p></p> <p>Please see Laura to receive your child's FREE Baby, Toddler or Preschool book pack.</p> <p></p>	<p>Positive Parenting Program</p> <p>A FREE 3 week program for parents who want to better understand their child's behaviour and development and not quite sure where to turn.</p> <p>This FREE program explores:</p> <ul style="list-style-type: none"> • Positive parenting • Raising confident & competent children • Raising resilient children <p>Delivered by Dept for Ed. SA Positive Parenting Team. *crèche & morning tea provided*</p> <p>Weds 13, 20 & 27 March 9:30am- 11:30am</p> <p>Bookings essential</p>	<p>~Baby Move & Groove~</p> <p>Facilitated by Sarah (Occupational Therapist) & Tamara (Speech Pathologist)</p> <p>Move and Groove is a fun, interactive music and movement program for children 'on the go' (from active crawlers to 2 years) & their parent/carer.</p> <p>This group will provide you with an opportunity to interact with your child through music, movement and play.</p> <p>Thursdays weekly from 7 Feb- 4 April 9:30am- 10:15am Free to attend, however bookings are essential. Please book with Laura</p> <p>OR</p> <p>~Baby Bop Music~</p> <p>Facilitated by Sarah (Occupational Therapist) & Tamara (Speech Pathologist)</p> <p>The Baby Bop group is a fun and vibrant music group designed for parents and their babies – from newborn to crawlers. This group encourages parents to interact and play with their babies through the use of music, songs and movement, whilst fostering positive relationships and supporting their babies' development.</p> <p>Thursdays weekly 7 Feb- 4 April 11am- 11:45am</p> <p>Please note this Bop session is currently booked out. Please contact us to register for possible second group.</p>	
<p>~Kids Cooking Club~</p> <p>A three week afternoon cooking program.</p> <p>This is a hands-on cooking experience where children are encouraged to prepare and cook a yummy meal/snack with their parent. Each week families will be provided with copies of the recipes so that they can replicate the meals at home.</p> <p>A great way to get your children cooking.. where we clean up the mess!</p> <p>\$5/ week per child paid to confirm booking. Mondays 11, 18 & 25 Feb 3:30pm- 5pm</p> <p>Bookings essential</p>	<p>~Raising Baby~</p> <p></p> <p>A FREE 6 week program for any parent and child (under 12 months of age). A great way for new families to connect with others, as we explore weekly topics including Sleep, Feeding (breast & bottle), Parenting Styles and transitioning back to work.</p> <p>Includes afternoon tea and time to connect with other new parents.</p> <p>New group starts Tuesday's 12 Feb- 19 March 1pm – 2:30pm.</p>	<p>~Watch, Wonder & Playgroup~</p> <p>A FREE play based group specifically designed for toddlers, from active crawlers - 3 years of age, and their parents/carers.</p> <p>This group provides fun, play based experiences for parents and toddlers to interact and explore together.</p> <p></p> <p>Wednesdays weekly at KFCC 6 Feb- 3 April 1:30pm- 2:30pm Bookings essential as places are limited</p>		

Preschool Health Checks

Health checks are provided by CaFHS for children aged 4 years & 3 months or older (who attend KFCC).

To be accompanied by an adult.

Monday 25 Feb appointments available from 9am- 3:15pm

To book an appointment please contact Laura



For more information on programs and activities?

Please contact:

Laura Francis -Community Development Coordinator
ph. 8251 2700

Laura.francis@sa.gov.au



Please LIKE us on Facebook 'Keithcot Farm Children's Centre' to stay up to date with any additional programs that are developed and booked throughout the term.

Tuesday

Chill, Connect & Create Hub 3 week program

A great place to hang after kindy or school. Connect with new friends and create with all our art & craft materials. Add some Yoga to the mix and we've got our Wellbeing on the way to sorted. You are free to move, make and chat in this session within your comfort zones.

Bring your imagination or follow our ideas, but this is a safe place to be and belong.

For children aged 4- 10 years
Tuesdays 5,12 & 19 March
3:30pm- 4:30pm



\$5/ child per week.
Bookings essential

Wednesday

~ What's the Buzz? ~

What's the Buzz? Is an internationally recognised social skills program. This **16 week program** is specifically delivered to children aged 7- 12 years, with a maximum group size of 8 students. It is designed to support children to develop the skills needed to engage in a social interactive world.



Wednesdays (2 groups)
3:45pm- 4:40pm (7- 9 yr olds)
4:45pm- 5:40pm (9- 12 yr olds)
Term 1- 13 Feb- 3 April &
Term 2- 8 May- 27 June

The cost for this program is \$40/ week.
To express interest please contact Laura.

Thursday

~Small group (adult) personal training sessions~

Sophie is a qualified personal training with extensive experience facilitating programs for the young to the much older age groups.

An evening circuit style session
Incorporates: boxing, tabata (interval training), strength and core work.

For men and women of all ages and fitness levels

EVERYONE WELCOME

Runs every Thursday evening throughout the school term.
7 Feb- 11 April. 6pm- 6:45pm

\$5/ person, bookings essential.
Please call Laura to book.

Nurture Nest



Facilitated by Melissa (Registered Midwife) & Laura (Community Development Coordinator)

Are you pregnant or have you recently had a baby?

We would like to invite you to join us for a morning of conversation and connection.

This will be a great opportunity to meet others, who are either expecting a baby or have recently given birth, to learn about programs that are available to you as a parent and to connect and ask questions of a qualified midwife.

Please join us for a FREE morning tea.

Friday mornings:
11 Jan- 5 April
10am- 11:30am

To register please contact Laura: 8251 2700

An evening with
Mark Le Messurier:

'A DIAGNOSIS OF ASD' (Autism) and its impact on your family

This session will provide a personal and contemporary insight into ASD, and how best to deal with the tricky emotion and behaviour that often accompany it.

This evening will appeal to parents, carers, grandparents, family friends

and anyone else who wants to better understand Autism. Educators, teachers and other professionals working with children and families are also welcome to attend.

WEDNESDAY 20 FEB 6:30- 8:30pm
Free to attend, includes crèche.
Booking essential

PJ Story time

All KFCC families are invited to a special Teddy Bears Picnic PJ Story time.



Children (and parents) are welcome to attend in their PJ's and to bring along a favourite teddy or soft toy. Hot chocolate & marshmallows will also be offered.

Thursday 28 Feb.
6:30pm- 7:30pm

Please book with Laura.
This activity is free to attend