



## What's on in Term 2, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Long Day Care</b>            49 weeks of the year            7am – 6pm</p>	<p><b>Long Day Care</b>            49 weeks of the year            7am – 6pm</p>	<p><b>Long Day Care</b>            49 weeks of the year            7am – 6pm</p>	<p><b>Long Day Care</b>            49 weeks of the year            7am – 6pm</p>	<p><b>Long Day Care</b>            49 weeks of the year            7am – 6pm</p>
<p><b>Preschool for 4 yr. olds</b>            During school term            Morning session:            8.30am – 11.30am</p>	<p><b>Preschool for 4 yr. olds</b>            During school term            Morning session:            8.30am – 11.30am</p>	<p><b>Preschool for 4 yr. olds</b>            During school term            Morning session:            8.30am – 11.30am</p>	<p><b>Preschool for 4 yr. olds</b>            During school term            Morning session:            8.30am – 11.30am</p>	<p><b>Preschool for 4 yr. olds</b>            During school term            Morning session:            8.30am – 11.30am</p>
<p><b>Preschool for 4 yr. olds</b>            During school term            Afternoon session:            12.15pm – 3.15pm</p>	<p><b>Preschool for 4 yr. olds</b>            During school term            Afternoon session:            12.15pm – 3.15pm</p>	<p><b>Preschool for 4 yr. olds</b>            During school term            Afternoon session:            12.15pm – 3.15pm</p>	<p><b>Preschool for 4 yr. olds</b>            During school term            Afternoon session:            12.15pm – 3.15pm</p>	<p><b>Preschool for 4 yr. olds</b>            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 style="text-align: center;"><b>Keithcot Community Coffee &amp; Chat</b></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 style="text-align: center;"><b>EVERYONE WELCOME No need to book</b></p> <p style="text-align: center;"><b>Fridays in Term 2:</b></p> <p style="text-align: center;"><b>3, 17, 31 May &amp; 14, 28 June</b></p> <p style="text-align: center;"><b>2pm- 3pm</b></p> 
<p style="text-align: center;"><b>~Mums &amp; Bubs Fitness~</b></p> <p style="text-align: center;"><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 <b>\$5/ person</b> with a max of 20 participants each group.</p> <p style="text-align: center;"><b>Monday mornings weekly 29 April- 1 July 9:30am- 10:15am</b></p>	<p style="text-align: center;"><b>~Being with Big Feelings~</b></p> <p>Being With Big Feelings is a series of 4 workshops for parents/carers with a focus on supporting them to better understand and respond to the emotional world of their children.</p> <p>A great program for any parent who feels they are in a sea of 'big feelings' and wanting to know what is really going on for their child.</p> <p>This program is FREE to attend and <b>facilitated by Sarah (Occupational Therapist).</b> <b>Tuesdays: 21 May, 4 &amp; 18 June, 2 July 9:30am- 11:30am</b></p> <p>A crèche will also be available, bookings are essential.</p>	<p style="text-align: center;"><b>~Post Natal Connect~</b></p> <p>A weekly group for anyone who is experiencing, or has had challenges in regard to the start of their parenting journey. Perhaps you have been diagnosed, or are experiencing Post Natal Depression or experienced trauma during your birth process? Or perhaps it hasn't been an 'ideal' birth/ post natal period with your bub and there have been challenges with your mental health and coping along the way.</p> <p>This program is free to attend and includes morning tea. <b>Bookings are essential.</b> <b>Wednesdays, 9:30am- 11am Weekly 1 May- 3 July.</b></p>	<p style="text-align: center;"><b>~Baby Move &amp; Groove~</b></p> <p><b>Facilitated by Sarah (Occupational Therapist) &amp; Tamara (Speech Pathologist)</b></p> <p>Move and Groove is a fun, interactive music and movement program for children 'on the go' (from active crawlers to 2 years) &amp; 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><b>Thursdays weekly 9 May- 27 June 2 groups- 9:30am- 10:15am OR 1:30pm- 2:15pm</b> <b>Free to attend, however bookings are essential. Please book with Laura</b></p>	
<p><b>Additional events planned for Term 2 (for adults) include:</b></p> <p><b>Dad's Group:</b> <i>Beer &amp; Burger night.</i></p> <p><b>Ladies Night out:</b> <i>Dessert Night</i></p> <p><i>More info and dates to come.</i></p> 	<p style="text-align: center;"><b>~Raising Baby~</b></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 &amp; bottle), Parenting Styles and transitioning back to work.</p> <p>Includes afternoon tea and time to connect with other new parents.</p> <p style="text-align: center;"><b>New group starts Tuesday's 14 May - 18 June 1pm – 2:30pm.</b></p>	<p style="text-align: center;"><b>~Watch, Wonder &amp; Playgroup~</b></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 style="text-align: center;"><b>Wednesdays weekly at KFCC 8 May- 26 June 1:30pm- 2:30pm Bookings essential as places are limited</b></p>	<p style="text-align: center;"><u>OR</u></p> <p style="text-align: center;"><b>~Baby Bop Music~</b></p> <p><b>Facilitated by Sarah (Occupational Therapist) &amp; Tamara (Speech Pathologist)</b></p> <p>The Baby Bop group is a fun and vibrant music group designed for parents and their babies – from newborn to crawlers.</p> <p>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 style="text-align: center;"><b>Thursdays weekly from 9 May- 27 June 11am- 11:45am</b></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.

**THURSDAY 13 JUNE**  
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](mailto: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 t

### Let's talk about mealtimes

Tuesday 14 May 6:30pm- 8:30pm

*As a parent are you challenged by mealtimes with your children? Are they 'fussy' with certain foods and you're left wondering if this is normal developmental behaviour? Have meal times become stressful for your family?*

*Join us to learn strategies for encouraging more positive mealtime experiences for you and your family.*

### Getting Ready for Reading + Writing

Tuesday 28 May 6:30pm- 8:30pm

*Have you ever wondered what you could do to help your child in getting ready to read and write?*

*This workshop will cover foundations for learning, emergent literacy skills, motor skills and activities we can all do to provide a solid foundation for children to learn to read and write.*

*Both seminars will be presented by Sarah (Occupational Therapist) & Tamara (Speech Pathologist), Are free to attend and include crèche. Bookings are 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 (existing group)  
4:45pm- 5:40pm (new group starting for Term 2 & 3)

The cost for new program is \$45/ week. To express interest please contact Laura.

## Thursday

### ~Small group (adult) personal training sessions~

Sophie is a qualified personal trainer 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.  
**2 May- 4 July. 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:  
3 May- 28 June  
10am- 11:30am**

To register please contact Laura: 8251 2700



**Please join us in celebrating the vital role that families play through National Families Week!**

*Our Children Centre Celebrations will include:*

**Special Person's Week-**  
Wednesday 15 May- Tuesday 21 May

**Gorge Wildlife Park Family 'Sunday' Event-**  
Sunday 19 May from 11am.

Adults \$14, Concession \$12, Children 3- 15 years \$8, Children under 3 free.  
Bookings & payment made in advance with Laura.

## PJ Story time

All KFCC families are invited to attend in celebration of this year's National Simultaneous Storytime.



Children (and parents) are welcome to attend in their PJ's and to stay for hot chocolate & marshmallows after our stories.

**Wednesday 22 May 6:30pm- 8:30pm**  
Please book with Laura.