



# Babies love playgroup too

*Make the most of this special time  
in their life and yours*



# What is Playgroup?

*A playgroup is a group of mums, dads, grandparents and caregivers who meet together each week with their babies, toddlers and preschoolers for interaction and fun.*

*Parents and caregivers work together to provide their babies and young children with opportunities to learn through play.*



## Why go to Playgroup?

*Changes happen very quickly as your baby grows and develops.*


Research indicates that your baby's first three years are really important for brain development and future health and well-being. Play is central to your child's learning and development.

Play gives your baby lots of different ways and times to learn and develop.

Playgroup offers babies a wide range of stimulating early experiences to build confidence and skills, whilst also bringing parents and caregivers together with babies to enjoy regular play experiences. Importantly playgroup offers the opportunity for parents to meet, share ideas and information, and to make sense of the joys and frustrations of parenthood together.

## Where do playgroups meet?

Playgroups are usually held once a week for a two hour session, and can be found in a variety of venues such as community and neighbourhood centres, council halls, schools and church halls.



*Why not move your Early Parenting Group into a playgroup and continue to meet and play together? Playgroup WA can help connect you with a playgroup in your local area or provide more information on starting your own playgroup.*



## At Playgroup

### *Your baby can:*

- ✓ Have fun playing
- ✓ Enjoy being with other babies and small children
- ✓ Explore and discover and learn from new and different experiences and people
- ✓ Learn and develop new skills including social and emotional skills
- ✓ Enjoy spending time with you

### *You can:*

- ✓ Meet new friends
- ✓ Discover new ideas for having fun at home
- ✓ Build support networks
- ✓ Get out and about
- ✓ Share experiences and ideas
- ✓ Delight in your child as you spend time and play together

# There's a playgroup for everyone

*Each playgroup is as diverse as the people in them.*

*Some playgroups have sessions especially for new parents and caregivers with babies.*

*Many playgroups have families with children 0-5 years and are a great opportunity for babies to interact with older children.*



# How do I become a Playgroup WA member?

To join an existing playgroup you can either:

- ✓ Visit “Find a Playgroup” on our website where you can search by area or playgroup type. You can contact each playgroup via the online form.
- ✓ Call our Hotline on 1800 171 882 or send us an email at [hotline@playgroupwa.com.au](mailto:hotline@playgroupwa.com.au)

If you wish to start a new playgroup, we can provide information and resources to guide you through the process.

## Get in touch

-  @PlaygroupWA
-  1800 171 882
-  [playgroupwa.com.au](http://playgroupwa.com.au)
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