



# Parents love playgroup too

*Sharing the parenting experience*



# What is Playgroup?

*A playgroup is a group of mums, dads, grandparents or other caregivers who meet each week with their children (0-5 years) at a local venue. Going to playgroup has so many benefits for both children and adults alike. Children learn through play and develop many important skills in a safe and stimulating environment. For parents and caregivers, it's a place to make friends, share stories and catch up.*

*Playgroup is a fun and playful experience to share with your child and with other families in your local community. Some playgroups have group sessions specifically for new parents and their babies.*





## The importance of friendship

*Playgroup is a place to go where both parents and children enjoy themselves and make friends.*

Families who attend playgroup have said that the best part about the experience has been the friendships they have made - for both the parents and children.

Playgroup gives parents the opportunity to take some time out and catch up with friends in a relaxed and safe environment.

*“Playgroup provided me with somewhere to go when I had my first baby. I was feeling very isolated and through playgroup I was able to meet a community of mums who are now great friends”*

# Finding your village

Becoming a new parent can be socially isolating and it is a big job looking after a little one during their early years of development.

Having other people to connect with who are at a similar stage in their lives, can make a difference, especially for those who are separated from family and close friends.

Getting out of the house and seeing some friendly faces at playgroup each week, to take a break and have a chat, can help new parents feel more connected and supported.

*“Our playgroup is our little village where we have made lifelong friends who are just like family now- they are there for everyone and it’s amazing to watch all our kids grow.”*



# Sharing experiences

Raising children raises questions. Having other parents with children to talk to and get support from helps to answer some of those questions. Children are all individuals and as they grow and develop, it helps to hear different ideas and experiences from other parents.

You can see what other babies and young children are doing and realise they are all going through similar things, in their own unique way. It helps to normalise parenting experiences.

*"I have been a member of our playgroup for 5 years now and both my boys have absolutely loved it. I have made some lifelong friends and found it as beneficial for me as it has been for my boys. I feel extremely grateful that I have been involved in such an amazing group"*



# How do I join a playgroup?

To join a playgroup you can either:

- ✓ Head over to the Playgroup WA website and click on “Find a Playgroup” where you can search by area to find a playgroup near you. You can contact each playgroup with the online form and ask to arrange a free trial to go visit the playgroup. You can even try a couple of playgroups to make sure you find the right fit for your family or group.
- ✓ Call or email the Playgroup WA Hotline on 1800 171 882 or [hotline@playgroupwa.com.au](mailto:hotline@playgroupwa.com.au) to ask for more information about specific playgroup types or how to start your own playgroup.

## Get in touch

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



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