



Creating a child-friendly community environment for children 0-5 years

It's exciting to see the results of many conversations with people living and working in Para Hills, Ingle Farm, Pooraka, Para Hills West and Salisbury East lead to some great new opportunities for families with young children. How many of us look forward to being able to take our toddlers to places where we know they will enjoy a great playtime with us and we can also have some stimulating conversations with other parents!

This newsletter highlights some of the things that are happening in our community you are encouraged to be part of through Salisbury Communities for Children. Communities for Children is an initiative of the Australian Federal Government happening in 45 groups of suburbs throughout Australia. There are 5 of these in South Australia.

We started with **First Steps Playtime** 3 days a week at The Salvation Army Ingle Farm, then got to work on the FamilyZone Hub at Ingle Farm Primary School where most of our team is based and most recently FamilyZone Para Hills at Para Hills Junior Primary on Wilkinson Rd opened in July . As well as these centres for young families we are working on a number of other very exciting initiatives for children in our community.

If you would like to be part of what is happening you are very welcome to come, have a look and become involved in making our community a better place for children.



A NOTE FROM KAZ

The Young mums program is in the process of creating a DVD and booklet that can be used in schools and to educate teenage parents about contraception, pregnancy and birth. Filming of the DVD has begun and the booklet is currently being 'spruced up' by a graphic designer. The DVD will be a documentary style that involves interviewing young girls who have become mothers at a very young age, and hearing their thoughts and feelings on what it was like for them. The booklet will be bright and colourful and will be aimed at "at risk" young girls. It will be distributed to high schools and local services in the area as a medium to help educate girls around their different contraception options, what being pregnant is really like, and also what to expect during birth and after. Both the DVD and booklet were created in conjunction with young people working in the program, so it is highly relevant, youth centred, attractive and accessible for young people.

Contact Kaz at Ingle Farm Hub on 8349 6099



The Child and Family Friendly Play Areas Project joins the City of Salisbury with local schools, businesses, agencies and the community together to make existing play areas more **accessible, attractive and child friendly so children can learn explore through play with their families.**

As part of the project there is a free music and movement program for children under five and their parents called **Move and Groove**. Move and Groove aims to build social skills and assist with physical and emotional development by using rhymes, counting songs, music and dance in a fun, animated environment. Music is used to stimulate, develop and nurture relationships.

Move and groove offers to:

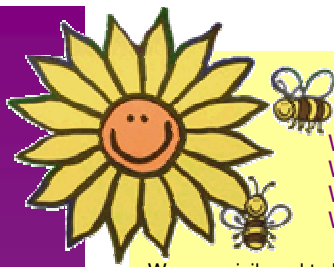
- Introduce young children and their parents to various songs and rhymes
- Allow children to play with a selection of bright musical instruments
- Help children to explore and learn through music and various movements
- Help children and parents make new friends
- Help children and parents to have positive interactions and strengthen family relationships
- Invite parents to give feedback on program
- Ask parents to participate in a fun casual advisory group

Move and Groove will run from outdoor play spaces in the local area during warmer months and allow families to take ownership of public spaces and increase usage.

Contact Tammie on 0412 526 153 or 8349 6009 for more info.

Connecting families with local services, agencies & community groups

August 2007
Newsletter No 2



First Steps Playtime

When: Mon, Wed & Thu, 9am-1pm
Who: All families with children 0-5yrs
What: Fun play equipment for children, great coffee for parents.
Where: The Salvation Army Ingle Farm, Ph: 8264 4166

Assisting parents in building family relationships

We are privileged to have a community member volunteer her time on Mondays to be present at First Steps Playtime. She is a mature woman and brings with her life experience and a desire to reach out to parents in the community. When chatting with Mary about First Steps Playtime she shared these observations and experiences.

On an average there are about 30 parents at First Steps Playtime on Mondays and half of those would attend every Monday. The parents that bring their children to enjoy the fun environment are from various cultures. I have spoken in depth with Sudanese women and most recently a woman from Bosnia. The Bosnian woman shared that her child didn't speak any English and that First Steps Playtime was the first community activity they had experienced.

I see one of my roles is to welcome and connect parents, especially those attending for the first time. Many parents meet up with each other at First Steps Playtime for coffee and conversation while their children play. On introducing new mums to these parents I have found them to be very inclusive. Many first time parents say that a friend had invited them and they are meeting them here. It's great that parents are inviting other parents in the community to experience First Steps Playtime. One lady has invited at least 12 other families!

I have also noticed that conflict between children is minimal. I put this down to fantastic equipment that really keeps children stimulated and free from boredom.

WHAT PARENTS LOVE ABOUT FIRST STEPS PLAYTIME is that kids enjoy the experience, parents can meet and chat (mostly child-focussed conversations), free good quality coffee is available and there is a welcoming environment.

OPENING OF FAMILYZONE PARA HILLS



An idea, a thought, a vision has become reality for Para Hills Junior Primary School. A vacant unused canteen has become FAMILYZONE PARA HILLS.

On Tuesday 24th July the FamilyZone at Para Hills Junior Primary School was opened. A team of playgroup mums with supportive staff and help from The Salvation Army Ingle Farm have transformed an unused canteen into a brightly decorated, fun place for families with 0-5 year old children. The space oozes atmosphere created by painted murals on walls, couches, a book corner, a baby feeding area, foam mats and great play equipment. The opening was a casual gathering of families, school staff, Communities for Children staff and DECS staff. For the present the playgroup will run from the venue on Tuesdays 9-11am. With plans for the FamilyZone to be open other days of the week for coffee, chat and play and also, once areas of need are established, offer creative, fun parent groups.

For further information contact Para Hills Junior Primary on 82643242.

NORTHERN PLAYGROUPS @ FamilyZone Hub Ingle Farm

Each week Fiona and Nadia run playgroups in the Salisbury Communities for Children site. On Mondays it's at Ingle Farm Kindergarten 9.30-11am. An African Playgroup operates at the FamilyZone Hub Ingle Farm 10.30am-12noon, followed by an African Women's Group which consists of lunch and a parent workshop. Fridays a group runs at the FamilyZone Hub Ingle Farm 9.30-11.30am and a group for Vietnamese families at Pooraka Primary School is at 9-10.30am. This group has support from Ngoat Vu who is a bilingual community health worker from Salisbury Community Health.

Each week we provide a fun and ever changing play environment for children birth to five years and their parents or caregiver. Each group includes a snack time where we provide a variety of healthy opinions. We end each group with a song and story time.

We also aim to support families in learning about services in the local community that may be of interest to them. **If you would like to know more please give Fiona or Nadia a call on 8349 6099 or just drop on by for playgroup.**

Contact details

Manager: Karl Brettig

Project Officer: Lisa Wynne

Ph: 08 8264 4166

Fax: 08 836 5170

Cnr Bridge & Maxwell Roads
Ingle Farm SA 5098

