

Navigating Parenthood



Parenting can be rewarding and challenging at the same time. Join us for a series of chats with those in the know about children’s development, play activities, healthy food and local programs available to families.

Where: Mooroopna Children and Family Centre (*entry from Park St*)

When: Every Wednesday during Term 1

Time: 9.15am to 10.30am (*includes a guest speaker for 30 – 45 minutes and then we will finish with a delicious morning tea*)

Cost: FREE – and no need to book a spot, just show up on the day. Children are welcome too.

Date	Topic	Speaker
8/2/23	<u>Maternal and Child Health service</u> Find out more about what this valuable service offers parents and children.	Jen Lovell MCH Nurse
15/2/23	<u>What’s on at the library?</u> Discover the many fantastic programs and services available for children and families.	Emma Kennedy GV Libraries
22/2/23	<u>Cyber Safety</u> Find out ways to help keep your child safe online.	Senior Constable Bull Victoria Police
1/3/23	<u>Get set for talking 1</u> How speaking and listening skills develop and how you can help at home.	Karen Speedy Speech Pathologist
8/3/23	<u>Healthy food and eating</u> Who loves broccoli? Find out how you can have fun preparing and eating healthy foods with your kids.	Katie Thorpe RDI Nutrition
15/3/23	<u>Let’s Get Active</u> Being active and outdoors is great fun! Learn some new activities you can do with your child.	Kim Merkel Start Outdoors
22/3/23	<u>Services Australia</u> Navigating and learning about services like MyGov, childcare subsidy and more.	Christian Santiana Services Australia
29/3/23	<u>Play at home activities</u> Learn about some easy and fun play activities you can do at home with everyday items.	Karen Mitchell Greater Shepparton City Council
5/4/23	<u>Get set for talking 2</u> How speech sounds develop and how you can help at home.	Sonia Priestly Speech Pathologist

For more information please contact Caroline James-Wilson at Our Place on 0413 842 543 or Belinda Whitelaw, Best Start Co-ordinator on 5832 9790.