

State of Play

OFFICIAL MAGAZINE OF PLAYGROUP SA

Issue One, March 2016



MORE THAN MUD

THE BENEFITS OF DIRTY PLAY

AGES, STAGES & PLAYGROUP

PLAYGROUPS & AGED CARE FILLING A COMMUNITY GAP

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- Wanting great play ideas?**

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PLAYGROUP SA
Playing, learning, supporting families



TA DA!

Welcome to the first edition of our brand new *State of Play* for 2016!

State of Play is now a 20-page standalone magazine dedicated to parents of children aged 0-5 in South Australia. The official magazine of Playgroup SA, *State of Play* is distributed twice a year to all Playgroup SA Members, Playgroups and children's services. We hope you enjoy our fresh new look and approach to sharing valuable information for families.

Playgroup SA would also like to extend a warm welcome to all families who are experiencing the great fun, learning and play that is Playgroup for the first time.

This new edition is jam packed (in usual Playgroup SA style) with great tips for Coordinators, information about the development of children, fantastic play ideas and a colourful look at the first 10 years of Playgroup SA.

We hear from HeartKids about how Playgroup is a valuable source of support for families on the HeartKids journey. We also outline the benefits of our exciting new Intergenerational Playgroups, which are springing up all over the state.

A big thank you must again go out to all volunteers who make Playgroup such a wonderfully vibrant movement across South Australia each week.

We look forward to sharing many more Playgroup moments with you through *State of Play*.



Carley Jones
Executive Officer
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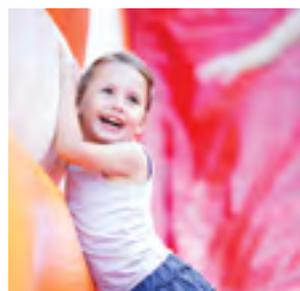
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*Playing
to **Learn** ·
Learning to
Play*

PLAYGROUP SA: THE FIRST 10 YEARS



1973

Jennie Fenton takes her three children Tim (4), Lauren (2) and Daniel (newborn) to an informal playgroup. Later that year a public meeting is held in Adelaide to discuss the growing playgroup movement in South Australia.



1974

A year later, Playgroup SA is officially formed and John Harley is elected first president. Jennie Fenton is elected vice-president.



1975

Gloria Palmer is employed as Playgroup SA support person for one day a week thanks to a small grant. They are based at the Ingle Farm Health Centre.



1976

John Harley steps down as president to focus on his legal career. Jennie Fenton becomes the second president of Playgroup SA.

A COLOURFUL BEGINNING

WORDS CINDIE SMART PHOTOGRAPHY SARAH BRION

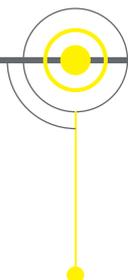
In 1973, when Jennie Fenton's son Tim was four, he could climb her five-foot fence in a single bound and escape to the local railway station. Jennie also had a lively two-year-old daughter, Lauren and a new baby, Daniel. A friend suggested a visit to playgroup might be a good idea. "I thought anything was worth a go to try to keep my sanity," Jennie says. Thinking playgroup would be a bit like kindy – she'd be able to drop off the kids and go – Jennie was dismayed to discover parents were expected to lead the play activities. "But my disappointment was short-lived," Jennie says. "I really enjoyed

it. I made friends, my children made friends, and I started looking forward to my weekly playgroup sessions." Later that year, a public meeting was held in Adelaide to discuss the growing playgroup movement in South Australia. A steering committee was set up to create a Playgroup Association, and Jennie found herself voted onto the committee.

"I remember those first meetings clearly," Jennie says. "The chairperson was a solicitor, the minute taker was the head of the Mothers and Babies Association and there were lots of early childhood professionals. And then a couple of us mums. I couldn't

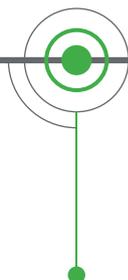
understand the language they used – they talked in acronyms like KU and APA and MBHA and DCW. I felt really inadequate at the time, but I was determined to stay and have my say."

Within a year, the Association had a constitution written and John Harley was elected the first president of Playgroup SA. Jennie was elected vice-president. They applied for a grant of \$55,000 and received \$5,000. "It was better than nothing, so we decided to employ an office person, Gloria Palmer, for one day a week and we were lent a room at the Ingle Farm Health Centre," Jennie says.



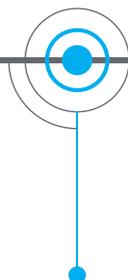
1977

This is a busy year for Playgroup SA. Many voluntary hours are spent establishing and supporting Playgroups throughout the state. A grant is won to employ four field officers, including Jennie. Playgroup SA moves to the Margaret Ives Children's Centre at Norwood. The team writes newsletters and booklets, makes silent super 8 movies and sets up play kits from recycled materials.



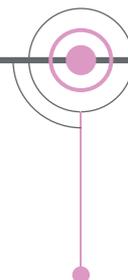
1978-1980

The first National Playgroup Conference is held in Adelaide. The theme is 'Let's Playgroup Together'. The first Membership booklet is produced. The first State Playgroup Activity Day is held in October 1978 at the Goodwood Orphanage.



1981-1982

Playgroup is developing rapidly at the national level. National Playgroup Days are officially launched in 1981.



1983

Jennie takes a year off to study community health nursing. She moves into a lecturing role at TAFE in the Children's Services Program, and becomes a life member of Playgroup SA. Playgroup SA continues to thrive under new leadership.

In 1976 John Harley stepped down as president. "I didn't tell anyone at the time, but I was so scared about the possibility of becoming president that I tried desperately to get pregnant before the AGM so that I would have an excuse to say no! It didn't work. I didn't become pregnant but I did become the second president of Playgroup SA," Jennie laughs.

The years between 1977 and 1983 were a busy time for the organisation. Hundreds of volunteer hours were spent establishing and supporting playgroups around South Australia, writing newsletters, organising



A COLOURFUL BEGINNING



insurance for playgroups, writing booklets to guide and support groups and scrounging for equipment and money. They successfully applied for a grant for field staff in 1977 and four part-time field liaison officers were employed. Jennie became one of the field officers. This was also the year that Playgroup SA moved into the Margaret Ives Children's Centre in Norwood.

"We visited as many playgroups as we could. We used our own cars for city visits and workshops. We often got rides to country visits in government cars with other early childhood advisors visiting kindies and schools," Jennie says.

"As there was no money for accommodation we stayed with local families. On one such visit when we were staying with the local chemist in Lameroo there was a mouse plague!"

The lack of money for resources also meant a strong focus on using recycled materials for play experiences and equipment, which remains a foundation of Playgroup SA.

The first National Playgroup Conference was held in 1978 with a theme of 'Let's Playgroup Together' and the first National Playgroup Day was held in 1981. Jennie eventually left Playgroup SA to follow a career in lecturing in the early childhood sector. She is now a life member of Playgroup SA and looks back on those early years with great satisfaction.

"We certainly got a lot done! My passion for providing appropriate support for families and their young children has remained unchanged. Some of the friendships I made during my involvement with Playgroup SA have continued today," she says.

"And a lot has happened at Playgroup SA since then, building on those strong foundations of the early years. It's been a wonderful adventure." •

"I REALLY ENJOYED IT. I MADE FRIENDS, MY CHILDREN MADE FRIENDS, AND I STARTED LOOKING FORWARD TO MY WEEKLY PLAYGROUP SESSIONS."



PLAYING FOR LIFE

Many people are unaware of the prevalence of Childhood Heart Disease (CHD) in Australia, where eight babies are born with a heart defect every day. Some remember the term 'Blue Baby' and 'Hole in the Heart Baby'. These are both CHD conditions but there are many more. The HeartKids organisation also includes children who acquire heart conditions such as Rheumatic Fever and Kawasaki's Disease.

Did you know that:

- Almost 3,000 babies are born with a heart defect in Australia every year; eight every day.
- Childhood heart disease is one of the biggest killers of children under the age of one.
- About half of children diagnosed with heart disease require surgery to correct the defect.
- Each week, more than four Australians pass away as a result of a congenital heart defect.
- Some children acquire heart conditions during childhood, e.g. cardiomyopathy, Kawasaki disease or as a result of rheumatic fever.

HeartKids SA/NT says Playgroup is a fantastic opportunity for heart children to come together and build friendships with other kids who have been through similar experiences.

"The same can be said for parents too!" says HeartKids SA Family Support coordinator Melissa McCormack.

"There are many stories to tell and support we can offer, but of course there are times when we also enjoy not talking about heart problems too and instead relaxing with a cuppa, comfortable in the knowledge that our children are playing together in a safe environment.

"Attending HeartKids Playgroup gives all of our families the opportunity to be in a safe, supportive environment where you don't have to explain anything to everybody else in the room, because they get it!"

Melissa says it's also important for parents to understand the need to keep colds and gastro bugs away from heart kids.

"We all know how hard it is to keep our children well, and in order to achieve this we have agreed that anyone with a contagious illness will stay away from Playgroup until they are well, therefore ensuring that our HeartKids have the opportunity to socialise and play without compromising their general health," she says.

"We look forward to meeting new families this term so come along for a play and a chat." •

HeartKids is striving to increase awareness of childhood heart disease through a range of campaigns and advocacy programs. For more information or to find out about HeartKids Playgroups, visit heartkidssa.org.au or phone 08 8269 3122.

COORDINATORS: TOP 20 TIPS!

Attention Coordinators! We've put together our top 20 tips to assist you with providing a welcoming, interactive, social and fun place for families. These tips will also make your role easier. We'd love to hear your best Coordinator tips too! Send them to info@playgroupsa.com.au

and the length of your sessions. Ask families what suits them.

important for the success of your Playgroup.



1 Enjoy yourself!

This role doesn't need to be formal or exhaustive. Don't forget to have fun with the families.

Help with the play

Take the time to join in with these weekly activities and encourage others to join in too.

Consider the safety and supervision, but allow children the freedom to play, imagine and create.



3 Create a fun environment

This helps set the tone and keeps a positive, welcoming vibe at playgroup.

Meet, greet and farewell families

Ensure you make time to welcome families and talk to them about what happens at your Playgroup. Also introduce new families to regulars. You may like to sing a goodbye song at the end of each session. Finish the session with 'See you next week!'.



5 Meet the needs of families

Plan activities and play spaces to suit the ages of children attending your Playgroup. Also consider the time of your session



6 Be prepared

Being well organised will help ensure your Playgroup runs smoothly. You can use the Playgroup SA Term Planner to assist

with your planning.

Encourage family involvement

Encourage families to assist at the Playgroup.

This is a great way to get to know each other and share the workload. Families, parents and carers may like to help by preparing fruit, assisting with craft activities and with set up and clean up. Playgroup really is a group effort!



8 Be confident

Even if you don't like speaking to large groups, it's important to address the Playgroup families

and tell them what's happening at Playgroup today and any upcoming events.

Keep it simple

Don't overcomplicate the sessions. There is no pressure to change things all the time.

Children love playing with all kinds of toys and activities and will not mind doing the same thing twice. It gives them a chance to practice their skills with that particular activity.



10 Consider Communication

Keep the communication lines open with families. This is extremely



11 Have a flexible routine

Routines are important for children and families as they ensure that maximum

benefits of Playgroup are achieved. Families may feel more comfortable with the predictability of routines and they can be vital for Playgroup success. However, the routine is not set in stone and should be flexible to follow the children's interests.

Allow time for creative free play

Children need time to enjoy and learn through playing without feeling rushed. Give children enough notice when free play time is coming to an end so they can finish their masterpieces and games before pack up time.



13 Organise events and outings

You may like to have your own 'special event

playgroup sessions' to celebrate Easter, Book Week and Christmas. Have a visit from the local fire brigade or hold a Playgroup session in a local park.

Set up a welcome space

Having a dedicated welcome space is a great way to keep everyone informed of what is happening at your Playgroup with term activities and upcoming events. The space



can include things like an attendance record, notices, events, name badges, fruit bowl and money tin.

Display the Playgroup Charter



- Welcoming and Friendly
- A Safe Place
- Co-operative and Caring
- A Team Effort
- Supportive and Respectful

Respect families as the first educators



Coordinators can provide many opportunities to learn through play, but keep in mind that every family is different and this need to be acknowledged.



Promote your Playgroup

If you have space available for more

families to attend, then promote your Playgroup by putting posters up in nearby businesses, the library, the church and community groups. You can use the local paper, create a Facebook Page and affiliate with Playgroup SA to assist in promotion.

Keep information safe



Keep Playgroup documents, financial records and other information up-to-date and store them securely for easy access.



Attend a Playgroup SA Coordinators Workshop

This is a great way

to find out all the information you need to assist in your role, as well as the opportunity to share ideas and network with other Coordinators.

Thank volunteers

This can be done briefly at the end of each session to encourage continued help and support.



Need help or support? Talk to Playgroup SA about affiliation. We are available by phone, email and face-to-face through visits to your Playgroup. Playgroup SA has lots of resources and workshops available and a dedicated Support & Development team to give Affiliated Playgroups and Members the best possible service. Find out more at playgroupsa.com.au



MORE THAN MUD

WORDS NATALIE FRANCIS



Kids love mud. And if the rise in popularity of ‘Tough Mudder’ style events is anything to go by, many adults love mud too.

But mud for kids is about much more than just good dirty fun. Mud play encourages creativity. It can be soothing and relaxing, providing an outlet for children to express their feelings through their senses and exploration.

In addition to this there are proven health benefits of exposure to the friendly bacteria in soil, which can release endorphins and lead to happier, healthier children.

It’s important that children have uninterrupted time to play with mud imaginatively outdoors and to experience nature. This facilitates opportunities for them to problem solve, create and explore ideas and exercise their minds.

Mud play is important for children to develop and practice their fine and gross motor skills, increase awareness of their senses, particularly touch, improve hand/eye coordination and develop their social and emotional skills, including taking turns and leading/following directions.

Through mud play, children develop a sense of self and belonging – a sense of their place in the world. They feel a connection with nature. And being in and around nature provides children with opportunities to explore, ground themselves and learn to care for the environment and the world around them.

Mud play is about learning to play and playing to learn, free from restrictions with maximum benefit. It is focused on the process, not the product, and this is what makes mud play so enjoyable for children.



Ideas for mud play at home

- Create a mud kitchen with old pots, pans, trays, mixing bowls, patty pans and any other items your child would enjoy.
- Make mud castles using buckets, spades, leaves, feathers and stones to decorate.
- Create mini mud bricks using ice trays to create structures, cubby houses, or whatever your child imagines.
- Try tray play: tray play is about using a big tub or container either on the ground or on a table to engage in various forms of play including water, sand, slime, spaghetti or in this case mud! Ideas for a mud tray play might include making a dinosaur swamp with muddy water and toys. Or you can make a construction site with trucks using a mixture of dry and wet mud. Your child might have some ideas for what mud tray play they would like to create.
- Get your hands into it with mud painting! Whether you use concrete, paper, canvas or other surfaces, encourage your children to get painting with mud. If your child is old enough you can encourage them to talk through their drawing or write a story to match their mud painting pictures.
- Make some mud sculptures. Use some firm mud to mould into people, creatures of whatever your child likes. Use leaves, sticks, pebbles, stones, flowers or bark to decorate your sculpture.



TOP TIPS

- Dress your children in old clothes suitable for mud play
- Join in with your child! Model that it is okay to get your hands dirty
- Keep water nearby for washing hands and cleaning up
- Provide props, equipment or toys that can enhance children's play experiences
- Encourage discussion, singing and experimentation
- Ensure that children are appropriately supervised



AGES, STAGES AND PLAYGROUP

It's not news that children love to play and that play is important for children's development. But how does Playgroup benefit children of different ages and stages? Read on.

WORDS NATALIE FRANCIS

The period between birth and seven is the most rapid stage of brain and skill development. Young children's minds are like sponges, ready and able to absorb more information that we give them credit for.

So what does Playgroup provide to babies, toddlers and pre-schoolers in terms of brain development? Clearly Playgroup provides a wide variety of early learning experiences that serve to enrich development. But what are the specifics?



Babies and Playgroup

From the moment a child is born, they are learning and absorbing everything

around them. Playgroup provides babies aged 0-1 years a wide variety of quality play experiences that enhance their development. Stimulating objects for babies include things to look at, music or sounds to listen to and objects that babies can touch and feel. See the lists below for specific ideas.

Young babies learn by watching others too. At Playgroup babies are given the opportunity to be around other babies, children and adults. They can learn social behaviours; explore a fun and safe environment and practice skills such as rolling, crawling and walking, with the benefit of learning by observation. There are particular things to consider when setting up play spaces for babies at Playgroup. A play area needs to include materials and toys that meet baby's sensory, physical and social developmental needs. This might include:

Visual stimulation such as:

- Mobiles with bright colours and different objects
- Picture books with bright colours or sparkling textures
- Rattles and toys with moving parts
- Mirrors (play peek-a-boo) and watch facial expressions
- Other children

Things to listen to:

- Talk to your baby as though they understand. This encourages language development and is socially and emotionally beneficial for their development
- Sing nursery rhymes and play music. It's a good idea to share a regular music time together
- Shakers are simply made by placing split peas or rice into a transparent small plastic bottle and permanently seal the lid

Objects to touch and feel:

- Textured fabrics or material could include satin, velvet, corduroy, fleece, touch and feel books with fur, bumpy, rough or smooth textures
- A variety of good quality baby toys
- Move different parts of your face or body for baby to copy, such as fluttering eyelids, open and closing mouth, poking out tongue and clapping hands
- Mobiles on a frame with dangling objects for baby to practice swiping and grabbing
- You can also play with their hands and feet
- Place objects just out of baby's reach on a rug on the floor to encourage them to move, this can

be using tummy time or while baby is on his/her back, or while baby is sitting up. A medium sized soft rubber ball that rolls away when baby touches encourages movement too

- Simple blocks. Babies like to knock things down! It also encourages them to learn coordination, develop their motor skills and begin to problem solve.



Toddlers and Playgroup

Toddlers are on the move! They are full of energy and ready to take on the world.

Providing quality play experiences for toddlers at Playgroup will equip them with that next level of learning and engagement with the world and those around them. Language and social development are key features of toddlerhood and Playgroup provides the perfect opportunity to practice these skills.

Toddlers have a strong desire to be independent and learn to do things for themselves. Playgroup gives them this opportunity to blossom and establish their identity, build confidence and form lifelong friendships. Playgroup also provides toddlers with routine and structure, something they benefit from and crave. Toddlers respond well to clear Playgroup guidelines and routines such as sitting when eating and the no hat, no outside play rule. Activities with a strong focus on movement and gross motor skills are important for toddlers too, as they are physically developing at a rapid rate and need play experiences that allow them to practice these skills.

Activities for toddlers can include:

- Pasting and sticking. Toddlers will glue pieces of paper or material on top of each other in layers and without structure. This is good for them. They need the practice of pasting things together to develop their motor skills and coordination
- Tearing paper and stuffing . This is good for developing toddlers' muscles. Toddlers can practice screwing up the pieces and stuffing them into a stocking or sock
- Finger painting. Toddlers love to finger paint. Set up an easel or table that toddlers can easily reach and encourage them to use their imaginations
- Messy play. Toddlers love to run their fingers through food, gloop and slime! They love exploring different textures and this is very important for development of their senses as well as motor skills and non-verbal expression
- Sand and water play. Toddlers enjoy exploring sand and water play. Provide materials and utensils for toddlers to play with. Toddlers can learn numeracy skills by measuring, counting and distributing sand and water into different sized containers
- Pretend play. Provide home corner toys and dress-ups. Toddlers can learn many social skills through imaginative play. This play also assists toddlers to develop self-help skills and begin learning to share and take turns
- Push and pull-along toys. Prams and trolley carts are excellent for promoting walking skills
- Outdoor play. Toddlers can learn to take risks outdoors as they are monitored by their parent/ caregiver. They are able to explore nature and develop skills through running, climbing, jumping, stepping stones and with music and movement activities
- Language and problem solving. This is especially important for developing speech and critical thinking. This can include storytelling, puppet play, singing, rhymes and puzzles



Preschoolers and Playgroup

Playgroup offers pre-schoolers quality play experiences that are targeted at their more advanced skill development. Pre-schoolers are more coordinated and skilled at running, climbing, throwing and catching. Pre-schoolers may also be able to use play tools, hold crayons with their fingers (not fists), and demonstrate improved hand-eye coordination and fine motor skills. Pre-schoolers need opportunities to practice all of these skills and Playgroup is a fantastic place for them to do this. You will notice that pre-schoolers transition from parallel play (toddlers generally play side by side with little interaction) to cooperative play; this often includes interactions of imitating, planning and executing a plan together, sharing and negotiating. At Playgroup you can provide activities to assist pre-schoolers in practicing all of their fast developmental advances.

Activities at Playgroup for pre-schoolers can include:

- Provide a making table with activities for make and play

- Introduce natural materials. Go on a Playgroup Nature Walk to collect items
- Play simple group games, such as follow the leader and Simon Says.
- Invite pre-schoolers to help set up and create stations for an obstacle course.
- Introduce more complex sorting, classifying, counting, estimating, weighing, predicting and evaluating activities
- Vary the colours or shades of the playdough. Teach pre-schoolers how to mix colours together to make different colours.
- Your discovery table can include an atlas/globe, magnifying glass and clocks, and egg timers
- Books with rhymes and rhythm. This can include music and movement activities
- Cubby houses for pretend play building skills like teamwork, negotiation, problem solving and language

Want to know more about early childhood development? Contact Playgroup SA on 1800 171 882.



PLAY FOR THE YOUNG AND YOUNG AT HEART



You may have heard about Intergenerational Playgroups which have been in the news recently. It's all about bringing the community together to benefit from the richness of the play experience.

WORDS CARLEY JONES

Playgroup SA's new Intergenerational Playgroup services, located in aged care facilities, are providing residents with a vital connection to the outside community through play.

The Intergenerational Playgroup is a unique Playgroup where the young and young at heart join together for a session of important social interaction. The Playgroup provides the opportunity for parents, children and residents to engage in childhood activities together, creates opportunities for children to further develop their skills and provides isolated residents vital social interaction.

The Intergenerational Playgroup program is seeing residents forming genuine friendships with families, filling the gap where residents are lonely or no longer have family around them. Playgroups are triggering positive memories for residents through watching children play and sharing these experiences with families at Playgroup.

There have been a number of studies done on Intergenerational Playgroups and the benefits for aged care residents and attending families. Research into participation benefits included the following outcomes for older residents:

- Increase in dignity, particularly with residents who have dementia
- Increase in longer lasting joy and happiness
- Higher levels of self-esteem
- More active participation in the community

Research suggests that intergenerational playgroups improve outcomes and quality of life for older people, particularly those experiencing:

- Isolation/loneliness
- Dementia
- Disengagement from community

The added benefits for families attending is the opportunity to build relationships with older generations. Modern families are highly mobile, which means that for many of us, there are no grandparents close by or no great aunts and uncles to build intergenerational relationships with.

Intergenerational Playgroup aims to bridge the gap between generations and foster understanding and respect. They provide seniors and families with young children the opportunity to interact through play.

"It's so lovely to see babies and toddlers interact with the elderly. The joy that the kids bring to the residents is amazing and it is the highlight of their day," says Leonie, the Coordinator of the Kapara Intergenerational Playgroup.

"The biggest reward of being a Coordinator of this playgroup is that it allows me to witness the relationships forming between the children, parents and residents. It is so nice to bridge the gap between the generations. We all had to laugh when resident story reader Brian didn't have his glasses and he made up a funny story about the book instead. The kids didn't seem to mind!"

Want to find out more about International Playgroups? Phone Playgroup SA on 1800 171 882.

FREE THE PLAY!

WORDS CARLEY JONES

We've become a little driven by ensuring children's days are filled with structured activities from sun up to sun down. Parents and carers are berated through the media by experts and academics about the importance of languages, sports and tutors to get the best academic results. Our systems for children are full of checklists and milestones for each age and stage.

Here at Playgroup SA we receive requests from parents and families on the hunt for Playgroups that are structured. However, there are two words we celebrate here at Playgroup SA and they are Free Play. These two words can sometimes strike fear into the hearts of parents and families. Here at Playgroup SA, we embrace unstructured or free play during our Playgroup routine and here's why we think it is magical... and necessary.

Unstructured free play is just that, it's free. It's not planned. It is children engaging in play that is of interest to them with no right or wrong way to play. It can be performed alone, by two children or as a group.

Exploration Skills

Allowing time for free play is giving children a license to become an explorer. An explorer of not only their environment, but also of their interests. Sit back and watch the back corner of the garden become the 'fairy house' or the secret cave of spies in a land far, far away; just discovered this afternoon by Master 4. It is watching the cardboard box turn into a space ship that children can blast off in and describe what they are exploring in space. It's experiencing the joy in watching

your child's imagination and sense of wonder develop, as they explore the world around them at any age.

Social Skills

Giving children free time to roam and play, gives them a chance to develop vital social skills through developing relationships with other children in the play space. They can join in with likeminded children with the same interests, such as dress ups, and develop play together. Children develop skills through negotiating the minefield of sharing resources, taking turns and sorting out who's the mum and who's the crying baby in the home corner. This also fosters language and communication skill development. Children communicate with each other in many ways, not just through the spoken word.

Physical Skills

Children have an inbuilt risk management system. While this sometimes goes on holiday, allowing children the time and space to explore their boundaries helps to develop their sense of risk and learn what they are capable of. Physical skill development is a benefit of allowing children the time and space to participate in free play. The freedom to crawl, climb, hop, skip, and jump. They lift and pull and push items into place to build upon their play. It's allowing free time for catching, rolling, throwing and kicking objects in an unplanned manner.

We could go on, but these are just a few of the reasons why here at Playgroup SA we think including free play into your Playgroup routine, or home for that matter, is such a great idea. •



EVENTS, WORKSHOPS, FUN AND LEARNING

Don't miss the the next
Playgroup Coordinators
Workshop on Friday 8
April 2016. These are
popular workshops so
book your spot today.

Playgroup SA provides dozens of events, workshops, resources and small come and try Playgroup events every year, from the fun Playgroup @ The Zoo to accredited training courses. EVERY Playgroup SA member receives discounted entry into major Playgroup SA events including Playgroup @ the Zoo and free entry to special event such as our Easter, Christmas and Book Week Playgroups. Members also receive free tickets to the Pregnancy, Baby & Children's Expo. EVERY Playgroup member receives discounted entry to Playgroup SA workshops including, Messy Play, Make & Play, Pre-schoolers Workshop, Christmas Craft and more. You also receive discounted prices on Accredited Training Courses including Child Safe Environments (Mandatory Reporting). Plus Playgroup SA members can attend as many affiliated Playgroups as they like!

Find out more about Playgroup SA events, workshops, training and courses at
www.playgroupsa.com.au.



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