



# What's on Around the Mount

Birth to 5 years

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## Discover activities, events and information for children from birth to 5 years and their families in Berrin / Mount Gambier.

This resource has been developed by the Department of Human Services (DHS) Community Development Program.



### **Find a Community Development Coordinator**

@ DHSSaferFamilySevicesFamilySupportServices@sa.gov.au

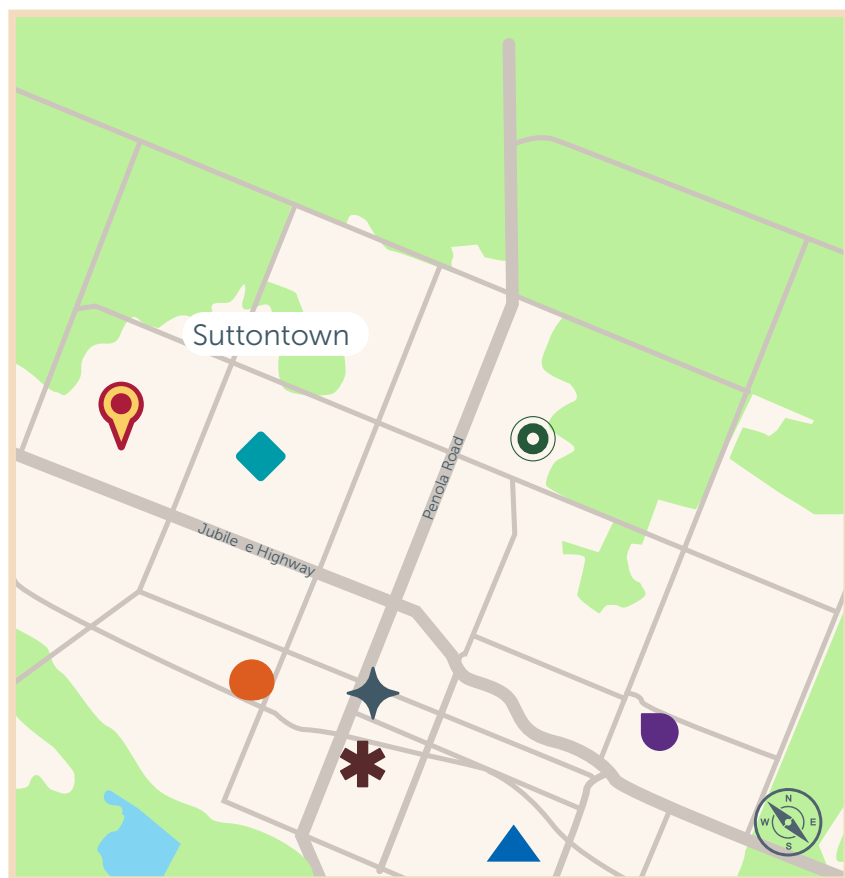
## **Acknowledgement of Country**

We acknowledge the Boandik people as the traditional owners of the land on which we live, work and play in the Berrin/Mount Gambier area. We recognise and respect their cultural heritage, beliefs and relationships with the land. We acknowledge that they are of continuing importance to the Boandik people living today. We pay our respects to Elders past and present, as well as emerging leaders who walk together in partnership on this journey.

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## Around the Mount



 Mount Gambier  
Children's Centre

 Mount Gambier Library

 St Martins Kindergarten

 Akuna Kindergarten

 Melaleuca Park Kindergarten

 Child and Family Health  
Service (CaFHS)

 Gladigau Park Kindergarten

 Acacia Street Kindergarten

# Preschools in Mount Gambier



Acacia Street  
Kindergarten  
21 Wimmera Street  
(08) 8725 7373

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Akuna  
Kindergarten  
10 Ramsay Avenue  
(08) 8725 9146

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Gladigau Park  
Kindergarten  
3 Gladigau Road  
(08) 8725 9689

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Melaleuca Park  
Kindergarten  
Boandik Terrace  
(08) 8723 5513

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Mount Gambier  
Children's Centre  
Mulga Street  
(08) 8723 4989

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Saint Martin's  
Kindergarten  
Edward Street  
(08) 8725 5702

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## Legend



Playgroup



Preschool



Occasional care

## What Children's Centres offer

Children's centres for early childhood development and parenting (Children's Centres) bring together education, care, health, community development activities and family services for families and their young children. All centres focus on children's learning and development within the context of their family and community.

Mount Gambier Children's Centre offers a range of services, including preschool, occasional care, playgroups, parenting programs, family support and other health services.



**Find a children's centre<sup>1</sup>**



# | Preschool

## **What is a preschool?**

Government preschools support your child's learning and development to give them a great start in life.

Through play-based learning, exploration and experimentation, your child is building important social, emotional and thinking skills to help them thrive.

## **Who can access preschool?**

Children can access universal 3-year-old preschool from 3 years of age if their local catchment preschool offers a 3-year-old preschool program. This is different to the preschool programs that all children can attend in the year before they start school (sometimes called year-before-school preschool or 4-year-old preschool).



**Find a  
preschool**<sup>2</sup>

Children are entitled to access 4 terms (1 year) of government preschool in the year before they start school.

## **Children who turn 4 years old:**

- before 1 May are eligible to start preschool at the beginning of the year
- on 1 May to 31 October can commence preschool through mid-year intake at the start of Term 3 of that year.

Please contact your local preschool for full eligibility and criteria.

## **Where is a preschool located?**

To find your local preschool and check your catchment area, phone (08) 8226 1000 or free call 1800 088 158.



## **| Playgroups**

### **What is playgroup?**

Playgroups are for children under 5 and their families. Playgroups are a place to play, learn with other children and make friends.

Playgroup helps children:

- develop play skills
- socialise
- develop independence
- try new things
- have fun.

Playgroup helps adults:

- meet other adults
- play with your child
- share ideas, skills and help each other.

### **How do I find a playgroup?**

You can contact your local Community Development Coordinator at Mount Gambier Children's Centre to find out what playgroups are active in your local area.





# | Occasional care

## **What is occasional care?**

Occasional care is a low-cost sessional occasional childcare service.

## **Who can access occasional care?**

Babies over 3 months, toddlers and children under school age who are not accessing alternative early childhood education and care programs, including preschool and childcare or family day care. Ages of children accommodated in occasional care spaces vary along with session days and times.



**Occasional  
Care<sup>3</sup>**

## **Where is occasional care located?**

Occasional care is offered at some government preschools and Children's Centres in rural and metropolitan areas throughout South Australia.

## **| Inklings – face to face support**

Inklings is a new program to support babies aged 6 to 18 months who are showing early differences in their social interaction and communication.

The program helps families and caregivers feel more confident in understanding and responding to their baby's cues, and offers 6 to 10 sessions with a supportive, trained Inklings practitioner. The sessions can be delivered in a variety of locations, including Community Centres, health clinics, at home or by telehealth.

Inklings is free for eligible families in South Australia.  
Phone: 1300 030 655  
or visit:



**Inklings**<sup>4</sup>

# | Family day care

## **What is family day Care**

Family day care is a high quality home-based early education and care service that gives you the peace of mind and flexibility your family needs.

Qualified early childhood educators support your child in their own family home, providing a safe and nurturing space to learn, play and grow. Your educator will work with you and your child to build a strong relationship, understand their individual needs and enable tailored learning to be developed for each child.

Operated by the Department for Education, family day care services provide an individual learning option for families and children.

With small groups and flexible hours, including before and after school, during work hours, school holidays, overnight and weekends, family day care invites your family to be part of ours.

## **Who can access family day care**

Children from birth to preschool age and, including school age children. Acceptance may vary depending on each family day care service.

## **Where is family day care located**

To find a family day care educator in your area phone (08) 8343 6533 or free call 1300 551 890 or visit:



**Find care  
and register**

# | Long day care

## **What is long day care?**

Long day care is a centre-based service (sometimes called childcare) that provides education and care for children aged from birth to age 6. Charges may vary for this service. Contact the centre directly for more information. Families may be eligible for a Child Care Subsidy. Contact the centre directly or see the QR code for more information.

## **Who can access long day care?**

Children from birth to age 6, ages of acceptance may vary depending on each site.

## **Where is long day care located?**

Visit [StartingBlocks.gov.au](https://StartingBlocks.gov.au) to find your nearest long day care centre.



**Find a long  
day care  
centre**



## Libraries

Local libraries are a great communal space and offer a range of programs for children and families.

These programs are usually free and include a range of activities, including stories, rhymes, dance and play. Sessions are usually aimed at a certain age group such as Baby Time, Toddler Time and Story Time.

Mount Gambier Library is a great community space that offers a range of programs for children and families. Within the library, families love to explore the unique Children's Cave/Yulangu Kanapinan.

Regular under 5 programs are free and include a range of activities suited to specific age groups, such as Baby Bounce, Storytime, and Connect and Play.



**Mount**  
**Gambier**  
**Library**

### **Words Grow Minds (Raising Literacy Australia)**

Words Grow Minds helps parents and caregivers support their babies and young children to develop and thrive. They have produced free resource packs for families, which can be requested from your local Community Development Coordinator.

Designed to encourage and support all families to talk, play, read and sing with their children every day, there are currently three packs available; one for babies, one for pre-schoolers and one for community families.



**Words**  
**Grow**  
**Minds**<sup>5</sup>



**Find a**  
**library**





# | Child health

## **Child and Family Health Service (CaFHS)**

CaFHS provides free health and development checks for South Australian children at key developmental ages between birth and 5 years.

These include:

- | **1 to 4 weeks**
- | **8 weeks**
- | **6 to 9 months**
- | **12 months**
- | **18 to 24 months**
- | **3 years**
- | **4 to 5 years**



**Child and Family Health Service**<sup>6</sup>

They can offer support with:

- feeding
- settling
- sleeping
- health and development
- being a parent
- understanding your child's needs
- your emotional wellbeing
- adjustment to parenting and child safety.

## **Appointments**

To make an appointment at any CaFHS centre, phone 1300 733 606, Monday to Friday, 9am to 4.30pm.







## Parent Helpline

Call the Parent Helpline on 1300 364 100 for support and advice on health or development concerns about your child.

## Immunisations

Immunisation starts at birth and are due at 6 weeks of age and at 4, 6, 12 and 18 months of age with a booster due at 4 years of age.

All refugees and humanitarian entrants can receive free catch-up vaccinations via the New Arrival Refugee Immunisation (NARI) program. This can include appointments for individual and family groups and access to interpreting services at the clinics.



**Scan for  
immunisation  
information**





# Parent supports and workshops

## Parenting SA

Parenting SA is a program supported by the Government of South Australia.

They provide:

- FREE Parent Easy Guides that cover a wide range of topics about raising babies, toddlers, children and young people from birth to 18 years
- guides specially developed for Aboriginal and multicultural families
- a range of parenting videos and webinars.

Many education, health and community services across South Australia have the guides on display.

For online access to these resources, visit the Parenting SA website.



**Parenting**  
**SA**<sup>7</sup>



## **Families Growing Together**

The Families Growing Together team offers parents and caregivers a range of parenting workshops and resources. Workshops are delivered through Children's Centres, preschools, schools, libraries and community spaces.

Check workshops available near you by scanning the QR code or contact DHS Families Growing Together on 1300 016 008.



**Families Growing Together**

## **Other parent supports and information**



**Adults Supporting Kids (ASK)**



**Raising Children Network**



**MyTime**



**Early Years SA app**

### **Early Years SA app**

A go-to for trusted information about health, learning, development and wellbeing from birth to 5 years.

## Community Programs

There are lots of ways to connect with your community where you can meet other families and learn about helpful ways to raise your children.

We have staff located across South Australia who coordinate family and parenting programs, workshops, events, groups and services for children and their families in your local community.

You can get involved in any of the programs and services in your area. These may include:

- being part of family and parenting programs to support your children's wellbeing and development
- connecting with other parents and caregivers to share your parenting journey
- attending community events, workshops and seminars
- joining in community projects accessing parenting resources.

If you would like further information about programs and services in your local community, you can contact your local Community Development Coordinator (CDC) based at Mount Gambier Children's Centre.



**Connect**  
**with us**

@ DHSSaferFamilySevicesFamilySupportServices@sa.gov.au



## **| References**

- 1      [education.sa.gov.au](http://education.sa.gov.au)
- 2      [education.sa.gov.au](http://education.sa.gov.au)
- 3      [education.sa.gov.au](http://education.sa.gov.au)
- 4      [inklings.org.au](http://inklings.org.au)
- 5      [raisingliteracy.org.au](http://raisingliteracy.org.au)
- 6      [cafhs.sa.gov.au](http://cafhs.sa.gov.au)
- 7      [parenting.sa.gov.au](http://parenting.sa.gov.au)





Government  
of South Australia



human  
services



[dhs.sa.gov.au](https://dhs.sa.gov.au)