



What's on in the West

Birth to 5 years



Discover activities, events and information for children from birth to 5 years and their families in the local community.

This resource has been developed by the Department of Human Services (DHS) Community Development Coordinators (CDCs) in the Western region of Adelaide.



**Find a Community
Development Coordinator
located at a Children's
Centre in the West**

@ DHSSaferFamilySevicesFamilySupportServices@sa.gov.au

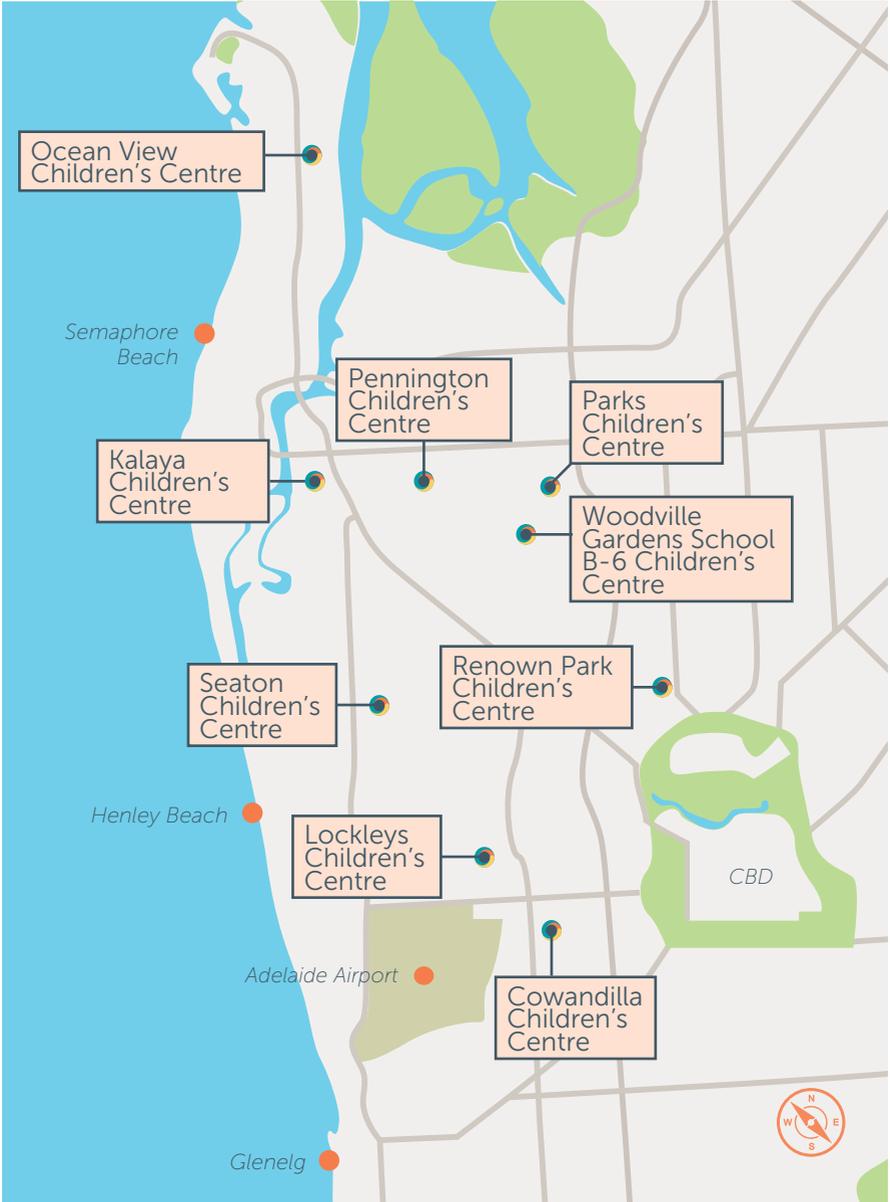
Acknowledgement of Country

We acknowledge the Kurna people as the traditional owners of the land on which we live, work and play in the Western Adelaide area. We recognise and respect their cultural heritage, beliefs and relationships with the land. We acknowledge that they are of continuing importance to the Kurna 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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Out West



Children's Centres in the Western suburbs



Cowandilla
Children's Centre
(08) 8352 5346



Kalaya Children's
Centre
(08) 8447 6519



Lockleys Children's
Centre
(08) 8443 5758



Ocean View
College Children's
Centre (Taperoo)
(08) 8248 3670



Parks Children's
Centre (Angle
Park)
(08) 8243 5599



Pennington
Children's Centre
(08) 8268 1200



Renown Park
Children's Centre
(08) 8346 4306



Seaton Children's
Centre
(08) 8268 1200



Woodville Gardens
School B-6
Children's Centre
(08) 8414 8688

Children's Centre Legend



Playgroup



Long day care



Occasional care



Preschool



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.

Each centre offers a different range of services including preschool, occasional care, long day care, playgroups, parenting programs, family support and other health services.



Find a children's centre¹



| 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 your nearest Children's Centre to find out what playgroups are active in your local area. See page 2 for a list of Children's Centres in the West.



**Find a
playgroup²**

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.

Where is occasional care located?

Occasional care is offered at some government preschools and Children's Centres.



Occasional Care³

Family Day Care

What is Family Day Care

Family day care is a high quality home-based early education and care service with qualified early childhood educators supporting your child in their own family home.

The service offers flexible hours, including before and after school, during work hours, school holidays, overnight and weekends.

Who can access Family Day Care?

The service can accommodate a small group of children, with educators caring for up to 7 children in total, with a no more than 4 children under school age.

Where is Family Day Care located?



Find care and register⁴

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 to find your nearest long day care centre.



[Find a long day care centre](#)⁵



| 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:



Inklings⁶



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?

All children are entitled to access 4 terms (1 year) of government preschool in the year before they start school. Some children can access universal 3-year-old preschool from 3 years of age if their local catchment preschool offers a 3-year-old preschool Flying Start Program.



**Find a
Flying Start
partner**⁷

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.



**Find a
preschool**⁸



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

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.



Child and Family Health Service⁹

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**¹⁰





| 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.



**Find a
library**

Community libraries



City of West Torrens

Local branch

- West Torrens Library
-



City of Port Adelaide Enfield

Local branches

- Parks Library
 - Port Adelaide Public Library
 - Semaphore Library
-



City of Charles Sturt

Local branches

- Findon Library
- Civic (Woodville) Library
- Ngutungka West Lakes
- Henley Beach Library
- Hindmarsh 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 Minds¹¹

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.

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

For access to these resources, visit the Parenting SA website or contact Parenting SA on (08) 8303 1660.



Parenting
SA¹²



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



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 a Community Development Coordinator (CDC) based at your local Children's Centre.



Connect
with us

@ DHSSaferFamilySevicesFamilySupportServices@sa.gov.au



References

- 1 [education.sa.gov.au](https://www.education.sa.gov.au)
- 2 [education.sa.gov.au](https://www.education.sa.gov.au)
- 3 [education.sa.gov.au](https://www.education.sa.gov.au)
- 4 [education.sa.gov.au](https://www.education.sa.gov.au)
- 5 startingblocks.gov.au/find-child-care
- 6 [inklings.org.au](https://www.inklings.org.au)
- 7 [earlychildhood.sa.gov.au](https://www.earlychildhood.sa.gov.au)
- 8 [education.sa.gov.au](https://www.education.sa.gov.au)
- 9 [cafhs.sa.gov.au](https://www.cafhs.sa.gov.au)
- 10 [sahealth.sa.gov.au](https://www.sahealth.sa.gov.au)
- 11 [wordsgrowminds.org.au](https://www.wordsgrowminds.org.au)
- 12 [education.sa.gov.au](https://www.education.sa.gov.au)



Government
of South Australia



human
services

dhs.sa.gov.au