

Playgroup Newsletter



January and February 2026

Welcome back to Playgroup for 2026 😊

Pop Up Playgroups.

Parents, caregivers, and grandparents are welcome to join us for Pop up Playgroup Session. You will also have the chance to speak to the team about finding a local Playgroup, Supported Playgroup and Kindergarten Registration.

<https://www.frankston.vic.gov.au/Our-Community/Family-Services/Playgroups/Pop-up-Playgroup>.

Pop up Playgroup Term 1 locations



Pop up Playgroup

Parents, caregivers and grandparents are welcome to join us for a Pop-up Playgroup session, explore a range of fun activities with your child. You will also have the chance to speak to the team about finding a local Community Playgroup, Supported Playgroup Program and Kindergarten Registration.

Pop up Playgroup is a free outdoor event please remember your hats, water bottles and snacks.

Playgroup will be cancelled if inclement weather. Please check the website (Pop up Playgroup).

No Booking Required.



For more information
Playgroups@frankston.vic.gov.au
or call us on (03) 9293 7156

Location
Kananook Reserve, Kirkwood Ave. 9.30am - 11.30am Tuesday 3 February Tuesday 10 February Tuesday 17 February Tuesday 24 February
Sandfield Reserve, Carrum Downs. 9.30am - 11.30am Thursday 5 March Thursday 12 March
National Playgroup Week Celebration Lady Emily Reserve, Skye. 9.30am - 11.30am Thursday 19 March
McClelland Sculpture Park, Langwarrin. 10.00am - 12.00pm Nature Walk and Explore Thursday 2 April





Pop up Baby Playgroup

For Babies under 12 months

Parents, caregivers, and grandparents are welcome to join us for Pop up Baby Playgroup Session. You will also have the chance to speak to the team about finding a local Community Playgroups, Supported Playgroup and Kindergarten Registration.

Day and Dates

Wednesday's 1.00pm-2.30pm

February 4, 11, 18 and 25
March 4, 11 and 18
(No session on 25 March)
April 1

Benefits of coming to playgroup

- Meet other families
- Supportive environment
- Share ideas and information
- Have fun, relax and build friendships
- Introduce your baby to new surroundings
- Play and explore

Please book in via QR code or Link
<https://www.trybooking.com/DIMKM>

Any enquiries please email or call
Elaine.Turner@frankston.vic.gov.au or 03 9293 7156



Term 1 Programs



Home Based Care Playgroup

Are you a Foster Carer, Kinship Carer, Permanent Carer or Adoptive Parent? Come and connect with other local carers and support each other and build some new friendships long the way.

Playgroup has a wide variety of toys and space for your children to explore 🧸

Please register via email and reach out if you have any questions.
Elaine.Turner@frankston.vic.gov.au

Date and Time
Mondays 10am - 12pm
2 and 16 February
2, 16 and 30 March

Location
Lakewood Child and Family Centre
107 Raphael Crescent, Frankston

Are you a foster Carer, Kinship Carer, Permanent Carer or adoptive parent please feel free to join us at our Home-Based Care Playgroup.

Come and chat to other Carers while the children play and explore.



Anglicare Programs




Surviving Separation
Are you in conflict with the other parent?

Would you like to:

- Manage your parenting arrangements with less conflict?
- Learn how to best support your children through separation?
- Learn better ways to deal with your emotions and theirs?
- Build communication skills for the future, for yourself and your children?

When: Tuesdays - February 10th - March 31st (eight evening sessions)
Time: 7:00pm - 9:00pm
Where: Online via Zoom
Who: Separated Parents
Cost: Free (**Bookings required**)
Bookings: [Click here to register](#)
Questions: Julia on 0400 866 495
julia.russell@anglicarevic.org.au



Come along, learn some skills to resolve conflict and connect with other parents about the best ways to co-parent, always putting your child's needs first.

PARENTZONE



Circle of Security Parenting Online

An 8 week program for parents and carers of children aged 0-6 years

Circle of Security Parenting™ is an evidence-based program that helps parents and caregivers better understand their child's emotional needs, develop relationships based on secure attachment and build lifelong resilience in young children.

- In this program, you will learn how to:
- Understand your child's needs through the lens of connection and security.
 - Recognise your child's emotional needs, even when they are expressed through challenging behaviour.
 - Strengthen your ability to respond with warmth, empathy, and clear boundaries.
 - Build your child's self-esteem and sense of security for the future.

Dates: Monday 2 Feb to 30 March 2026
(No session on Labour Day - 9 March)
Time: 10:00 am to 12:00 noon
Venue: Online, via Zoom
Cost: Free of charge
Bookings: [Click here](#), or QR code below
Questions:
deborah.trengove@anglicarevic.org.au



PARENTZONE



WHAT ARE THE BENEFITS OF PLAYGROUP?

There is significant evidence about the benefits of playgroup, and it continues to build. Vital development occurs in the first five years of life, and the first year is especially critical. The neurons in the brain are connecting, laying the foundations for the year to come. The social, emotional, physical and intellectual development that occurs through the play and interaction at playgroup is great for the mind and body. Knowledge builds and skills are refined. Children learn social skills and language skills. It readies children for the next step into kinder and prep.



PLAYGROUP IS NOT JUST ABOUT THE CHILDREN – PARENTS AND CARERS, IT IS FOR YOU!

Your job is one of the best in the world, but raising children is not always easy. Playgroup is here to lighten the load. You can connect with other people in the same stage of life as you. At playgroup you can share, have a coffee, relax in a safe environment. Playgroup is designed to be a comfortable space where you can be yourself. It helps to reduce isolation you may feel and discuss things of interest to you. Playgroup also provides you will access to local services you may need.

<https://www.playgroup.org.au/for-families/all->

[aboutplaygroup/](#) for further information about Playgroups.

EXPRESSTION OF INTEREST

Are you interested in facilitating a Community Playgroup? Perhaps there isn't a playgroup running in your area and you would like to start one? Playgroups are a great social activity for you and your child. Facilitating a playgroup is also a way of building new skills that can lead to future opportunities. Training can be provided as well as ongoing support.

FINDING A LOCAL PLAYGROUP?

Please see below link to explore the different playgroups that are available to you feel free to reach out if you have any questions

<https://www.frankston.vic.gov.au/Community-and-Health/Health-and-support-services/Child-and-family-services/Playgroups/Community-playgroups>

For all playgroup inquiries you can contact the Playgroup Development Officer on 9293 7156 or email playgroups@frankston.vic.gov.au



Playdough Recipe



You will need

- 2 cups of flour (any is fine)
- 1 cup of Salt (table salt is better)
- 2 tbs cream of Tatar
- 2 tbs vegetable oil
- Food colouring or herb (optional)
- 2 cups of boiling hot water (Adult to do this)

Mix all the dry ingredients, add oil mix well. Add food colouring to the water and then add to the dry mixture. Combine altogether with a spoon as soon as its cool enough to touch start kneading until it's nice and smooth. Once it's cooled enough children can play with it.

Benefits of Playdough

- Improves hand and eye coordination and builds muscles in their whole body.
- Fine motor skills – children squeeze, pinch and pull apart the dough
- Helps with prewriting skills – pincher grip
- Social and language skills – children talk about what they are creating.
- Its calming – it's a great way to sit down, relax and unwind.
- Problem solving – mixing different colour together, making shapes, rolling balls

Activity ideas you can do at home.

Water Play Water Safety Message –
Water Safety Video

<https://youtu.be/DfjO2Dcg7mY>

You will need –

Items you can use from round the house

- Washing up bowl or tray that can hold water but not too deep
- Food colouring, flowers, dolls or cars.
- A variety of spoons – teaspoons, large mixing spoons, measuring spoons and cups
- Jugs and Laundry caps



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