



PODCASTS NOW AVAILABLE

The new Ngala podcasts provide practical and evidence-based information on topics that keep parents awake at night, delivered by our team of professionals.

View episodes online
www.ngala.com.au/resources

CHILD AND PARENT CENTRE EAST WAIKIKI

Cnr Murchison Rd & Carnegie Loop
Cooloongup
9367 0967
cpceastwaikiki@ngala.com.au

PARKING

A friendly reminder that if the parking out the front of the Child and Parent Centre is full, there is parking available in the big carpark across the road, a short 2 min walk



Join our
Facebook Group

Child and Parent Centre - East Waikiki
for all the latest updates on workshops and programs.



NGALA PARENTING LINE 9368 9368

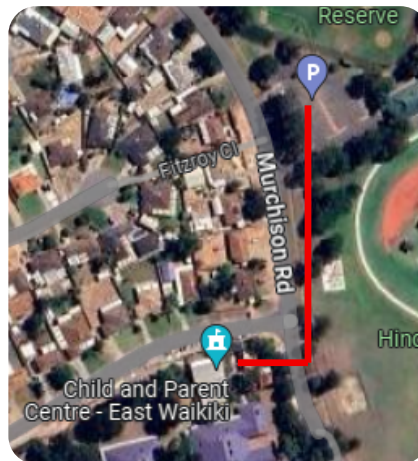
Get parenting support, referrals and up-to-date child development information from qualified health professionals.
For an urgent response call Crisis Care on 9223 1111

ForWhen HELPLINE

Mental health support service for expectant and new parents with children from conception up to 12 months of age.
Monday to Friday 9am - 4.30pm
Phone 1300 242 322

MOTHER-BABY NURTURE

A 10-week group designed to support you and your infant (0-6 months) through the early days of parenting as you get to know each other.
Phone 9368 9368



Child and Parent Centre
East Waikiki



Term 4 Program
12 October to 18 December 2026

In partnership with ngala.

MONDAYS

MY TIME 12pm - 2pm - 19 October to 7 December

A support group for parents of children with complex needs. MyTime is a place where you can relax and unwind and share ideas and experiences with other parents who understand. The facilitator and guest speakers provide information on relevant topics and local support services. Play activities are provided for your children during this session.

TUESDAYS 20 October to 15 December

LITTLE EXPLORERS (0-4 years)

9.30am to 11.00am

Come along to our Curiosity Club to dive into activities that encourage your child to ask questions, explore materials and make their own discoveries!

BABY & ME (0-18mths)

1.00pm - 2.00pm

A warm nurturing playgroup to support your baby's early development. Come along and enjoy precious moments together as they wiggle, giggle and grow

WEDNESDAYS

PLAYCONNECT+ (0-5 years)

Playgroup WA offer this weekly group for children with developmental concerns and disabilities. Connect with other families, share ideas and have fun!

9.30am - 11.30am during school term

BOOKINGS ESSENTIAL

Call 1800 171 882 to book your place.

EARLY PARENTING GROUP (0-3mths)

Delivered by your local Child Health Nurses for families with newborn babies. Meet other new parents in your local area.

1.00pm - 3.00pm

Phone 1300 749 869 or book online at www.healthywa.wa.gov.au

FRIDAYS 9.30am to 11.00am - 23 October to 18 December

FRIDAY FUN DAY (0-4 years)

Enjoy connecting with other parents and help your child learn through joyful, hands-on play. Join us for lively activities that spark curiosity, boost creativity and bring our playgroup to life.

TRANSITION TO SCHOOL

FREE 6-week program covering a variety of themes to support children's development. This program is not only a great way to ease your child into the school routine but also a wonderful opportunity to connect with other families and the school community.

Wednesdays 8.45am to 10.15am from 14 October at Cooeloongup Primary School

Thursdays 8.45am to 10.15am from 15 October at East Waikiki Primary School

BOOKINGS ESSENTIAL

Phone 9367 0967 or email cpceastwaikiki@ngala.com.au

BOOKINGS ARE ESSENTIAL FOR MOST PROGRAMS & WORKSHOPS

Bookings can only be confirmed by phoning 9367 0967

or by emailing cpceastwaikiki@ngala.com.au

All Child and Parent Centre programs, services and workshops are FREE

WORKSHOPS

ONLINE PARENTING WORKSHOPS

supported by



Starting School Successfully

(for children going into their first year of school)

Friday 16 October, 9.30am - 10.30am

Repeat Session - Friday 20 November, 1pm - 2pm

Learning to Use the Toilet *(toddlers & pre-schoolers)*

Friday 20 November, 9.30am - 10.30am

Repeat Session - Friday 4 December, 9.30am - 10.30am

Stepping Stones, Triple P: Helping Your Child Reach Their Full Potential

(for children under 12 yrs)

Thursday 3 December, 9.30am - 11.30am

Triple P: Developing Bedtime Routines *(toddlers)*

Thursday 10 December, 1pm - 2pm



Scan the QR code
for more information and to book your place

CHILD HEALTH & DEVELOPMENT

CHILD HEALTH NURSE PURPLE BOOK APPOINTMENTS

**Make an appointment for your child's developmental checks
at 8 weeks, 4, 12 & 24 months**

Contact your Child Health team on 1300 749 869 to book an appointment.

2-YEAR-OLD CHECKS

**Did you know the 2-year-old check is the last health check before starting school?
It's a great time to talk about growth and development, speech or any concerns
you may have as your child becomes more independent.**

Contact your Child Health Team on 1300 749 869
to book an appointment.

SPEECH & LANGUAGE CHATS

Book in for a **FREE 30-minute casual consultation** with
Speech Pathologist Calanthe to discuss your child's language development.

Wednesday 21 October, 12.30pm - 3.00pm

Tuesday 17 November, 12.30pm - 3.00pm

Monday 14 December, 9.00am - 11.30am

For more information or to book an appointment phone 0437 196 098.