



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

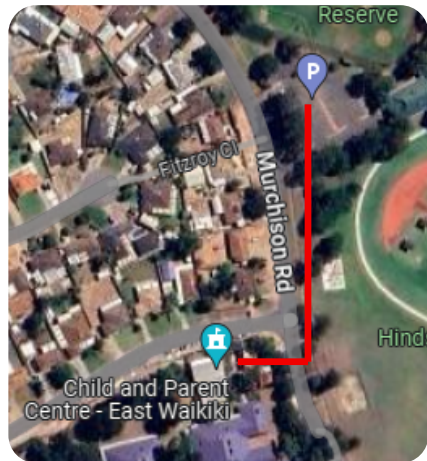


Join our **Facebook Group**
Child and Parent Centre - East Waikiki
for all the latest updates on workshops and programs.

**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



**Term 2 Program
20 April to 3 July 2026**

In partnership with ngala.

MONDAYS

SENSORY SEEKERS (2 yrs - 4 yrs. Non-mobile babies welcome)

Created for curious little explorers who love to move, touch, splash, squish, and discover. This is a space for **you and your child to explore together**. Jump in, get messy, meet other families, and watch your child's sense of wonder come alive through shared play.

9.30am - 10.30pm - 4 May to 22 June - BOOKINGS ESSENTIAL

MY TIME

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.

11.30am - 1.30pm - 27 April to 22 June (8 weeks)

TUESDAYS

LITTLE EXPLORERS (0-4 years)

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

9.30am to 11.00am - 5 May to 23 June (8 weeks)

WEDNESDAYS

PLAYCONNECT+ (0-5 years)

Playgroup WA offers this weekly group for children with developmental concerns and disabilities. Facilitator and play leader will support you and your child during activities.

Connect with other families, share ideas and have fun! **9.30am - 11.30am**

BOOKINGS ESSENTIAL - Call Playgroup WA on 1800 171 882 to book your place.

EARLY PARENTING GROUP (0-3mths)

Delivered by your local Child Health Nurses for families with newborn babies.

Wednesdays 1.00pm - 3.00pm

Phone 1300 749 869 or book online at

www.healthywa.wa.gov.au

FRIDAYS

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.

9.30am to 11.00am - 1 May to 26 June (8 weeks)

BOOKINGS ESSENTIAL - (NOTE: No playgroup 22 May due to a community event)

THURSDAYS

BABY & ME (0-18mths)

A fun opportunity to meet other parents and engage in your child's growth through playful activities. **BOOKINGS ESSENTIAL (8 weeks)**

9.30am to 10.30am - 7 May to 25 June



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



- **Triple P: Positive Parenting for Children with a Disability**
Monday 11 May, 8pm - 10pm
- **Triple P: Fear-Less Supporting Children with Anxiety (6-14 years)**
Tuesday 12 May, 7.30pm - 9pm
- **Independent Eating**
Lunch & Learn: Friday 22 May, 12pm - 1pm
- **Helping Children Develop Healthy Screentime Habits**
Monday 25 May, 8pm - 10pm
- **Making & Keeping Friends (10-16 years)**
Tuesday 26 May 7pm - 9pm
- **Developing Good Bedtime Routines for Toddlers**
Lunch & Learn, Friday 5 June, 12pm - 1pm
- **Raising Confident Competent Children**
Monday 8 June, 8pm-10pm
- **Power of Positive Parenting (<12 years)**
Tuesday 23 June 7pm - 9pm



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.

Tuesday 28 April - 1.00pm to 3.30pm

Monday 25 May - 9.00am - 11.30am

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