



# What's on in the West

Birth to 5 years

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

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



**Find a Community  
Development  
Coordinator**

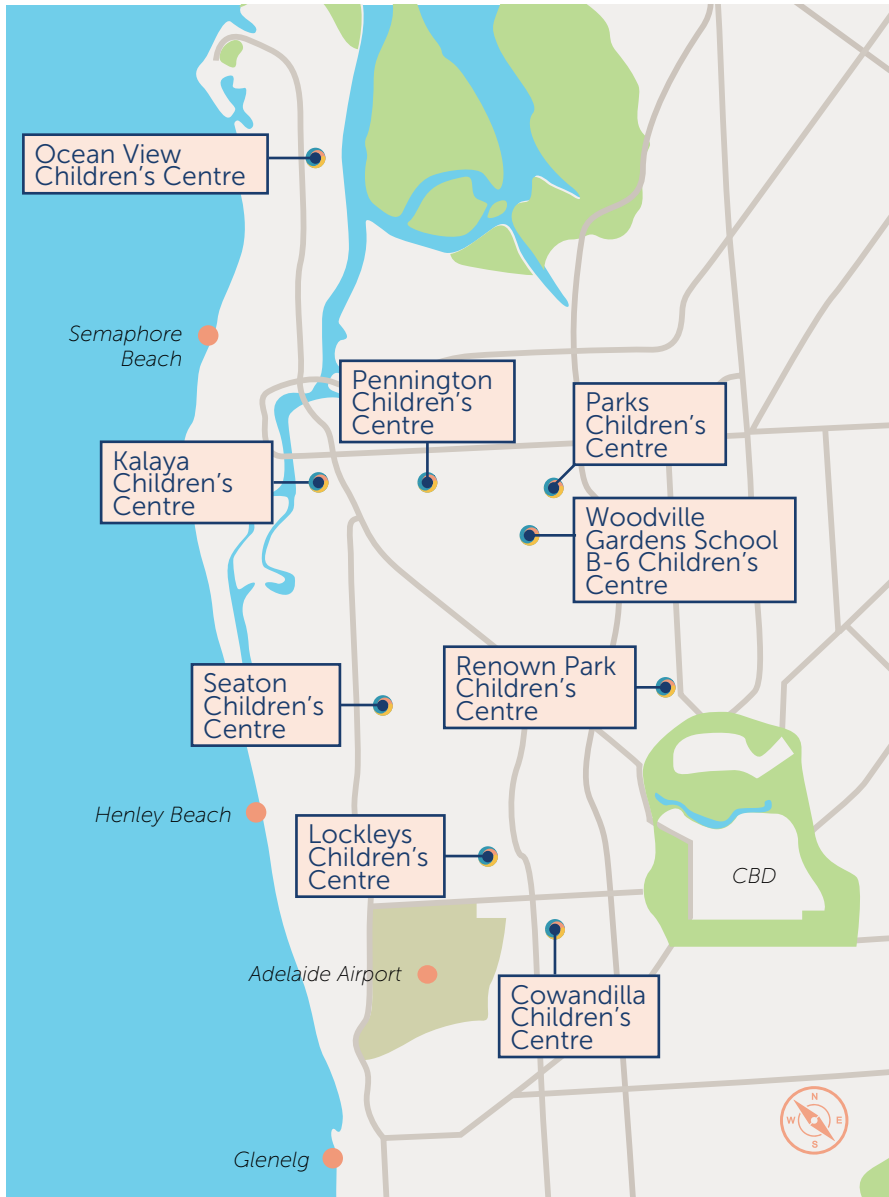
## **Acknowledgement of Country**

We acknowledge the Kaurna 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 Kaurna 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  
Centre**

Reference: [education.sa.gov.au](https://education.sa.gov.au)








## **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 3 for a list of Children's Centres in the West.



**Find a  
playgroup**

# 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 in rural and metropolitan areas throughout South Australia. See contact list on page 3 for your nearest Children's Centre location for more information.

Reference:  
[education.sa.gov.au](http://education.sa.gov.au)



# | 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 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**



# | 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 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.

Aboriginal children and children in care can access preschool from 3 years of age.

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 8226 1000 or free call 1800 088 158.



**Find a  
preschool**

Reference: [education.sa.gov.au](http://education.sa.gov.au)







## | 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:

- Hamra Centre 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

## Little Big Book Club (Raising Literacy Australia)

Is a book gifting program designed to encourage families to read, sing, talk and play with their children.

Two packs are currently available, one for babies and one for preschoolers.

The baby packs are given to families by a Child and Family Health nurse as part of a home visit. Every South Australian baby is eligible to receive this pack.

The preschool pack is available to children participating in registered preschool programs, and is distributed via the local preschool or Children's Centre.



**Little  
Big Book  
Club**

Reference: [raisingliteracy.org.au](http://raisingliteracy.org.au)

# Child Health

## Child and Family Health Service (CaFHS)

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

These include:

| 1-4 weeks

| 8 weeks

| 6 - 9 months

| 18 - 24 months

| 3 years

| 4 - 5 years.



**Child and  
Family Health  
Service**

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.



**Scan for  
immunisation  
information**

Reference: [cafhs.sa.gov.au](http://cafhs.sa.gov.au)




# Parent Supports and Workshops

## Parenting SA

Parenting SA is a program supported by the South Australian Government.

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  
SA**





## **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, schools, kindergartens, libraries and community spaces.

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



**Families Growing Together**

## **Other parent supports and information**



**ASK website**



**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 Development Coordinator (CDC) Program

Based in the Department for Education Children's Centres across South Australia, Community Development Coordinators (CDCs) are a friendly and welcoming face for families to connect with. CDCs are passionate about building child, parent, caregiver and community capacity by strengthening their skills, abilities and knowledge. CDCs work together with local families and community groups to identify and strengthen protective factors within a community, creating a sense of belonging and identity for families within their local and broader community.

This resource was developed by CDCs in the West. If you would like further information about programs and services in your local community, you can contact your local CDC through your nearest Children's Centre.





[www.dhs.sa.gov.au](http://www.dhs.sa.gov.au)