



phone 1800 171 882 website [www.playgroup.org.au](http://www.playgroup.org.au)

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# WHAT IS PLAYGROUP ?



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## Why Playgroup?

As your baby grows, it is a natural transition to move into a playgroup. Your first-time parent group may become a playgroup, or there are many existing playgroups you can join. Playgroup is for parents, carers, family members and children aged 0-5 years. Why not start your own!

## Where do we meet?

Groups usually meet once a week for a couple of hours in a venue that suits your group - this could be at a maternal and child health centre, kindergarden, hall, community centre, school, private homes, parks, or even a café. It can be as casual or formal as you like!

## Benefits of Playgroup:

Playgroup is an enjoyable experience for the whole family, and a great way to build connections within your local community.

Play and interaction assists your child to develop physically, emotionally, intellectually and socially - all while having fun.

Parents and carers report that playgroup is a wonderful outlet, a place they love and want to return to as much as their child.

Playgroup is a nurturing space - a space parents and carers can relax, share, seek advice, make friends and have quality time.

As the parent or carer you are your child's primary educator. Playgroup provides the perfect opportunity for you to learn and grow together. When children play, they refine their skills. They use their imagination, develop language, explore, experiment, express ideas and delight in the joy of childhood.