

Information about our **smalltalk** Playgroup

The **smalltalk** Playgroup at Fitzroy Primary School runs every Friday during school terms from 9.00am-10.30am in Napier Hall. It is run by friendly and qualified staff from Family and Children's Services at the City of Yarra with the invaluable support of Fitzroy Primary School Teacher, Linda Cooke.

Our Playgroup welcomes parents of children with siblings attending the school as well as families from the local community.

The contact person is Shantra Roach who has qualifications in Early Childhood Education as well as training in the **smalltalk** supported playgroup program designed by the Parenting Research Centre. As a Supported Playgroup Officer, Shantra's role is to prepare a parenting topic for each session and to intentionally support, encourage, and model parent-child interactions associated with this topic.

**The Five Quality Everyday Interactions parenting strategies are:**

Warm & Gentle

Tuning In

Following Your Child's Need

Listening & Talking More

Teachable Moments

In-home sessions for families who may benefit from extra ideas and support can also be offered.

At Playgroup we set up a variety of fun and engaging experiences based on the individual needs and interests of the children in the group and in line with the weekly parenting strategy we are discussing. There is time for play, exploration & interaction, group stories and songs and a progressive morning tea where children are able to share fruit with other children and families as they would like to during the morning.

The school kindly provides coffee and tea for families from 9am-9.30am as part of the Parent Hub initiative. Playgroup is a safe, warm and welcoming space for learning, play, connecting and belonging.

**What is *smalltalk*?**

**smalltalk** is a set of evidence-based strategies that introduce parents to a small number of parenting essentials that lead to optimal child outcomes and enhance the home learning environment for their children from birth up to school age.

Our **smalltalk** playgroup has been funded by the Victorian Department of Education and Training to improve the learning outcomes of children living in families that can benefit from additional support and families are required to meet the eligibility criteria which is most commonly satisfied by the possession of a Health Care Card.

**smalltalk** has five key elements. It aims to increase:

1. Quality and frequency of parents' interactions with their children
2. Level of stimulation in the home environment
3. Parental self-care (stress management and seeking support)
4. Parenting confidence
5. Parents' connection to their community and local services.

If you would like more information about Yarra Playgroups or **smalltalk** please see the following links or contact Shantra directly on 0427 249 147.

<https://www.yarracity.vic.gov.au/services/family-and-children/playgroups>

<https://www.smalltalk.net.au/>