

# Diary Dates for November

## Munchkins Playgroup

4th November @ Early Years Info Service, 120 Fulham Rd 10:30-12:30

11th, 18<sup>th</sup> & 25th November @ TWCC 10:30-12:30

## Parent's Group in the Park

3rd November @ 10.30am  
Rock Pool, The Strand

10th November @ 10.30am  
Dan Gleeson Park, Thuringowa Drive

17th November @ 10.30am  
Rossiter Park, Kimball St Aitkenvale

24th November @ 10.30am  
Palmetum Park, Nathan Street Annandale

## We love Kool Kids!

Thank you Ron for coming to playgroup and making balloon animals for us. Kool Kids can also be found in the mall on Sunday mornings



## Save a tree- get your Newsletter by email

Simply send Ruth and email at [ruth.martin@qldyouthservices.org.au](mailto:ruth.martin@qldyouthservices.org.au) and let her know you'd like to be added to the list. Save the trees and also keeps your timetable handy for those who have a habit of misplacing them. You can also forward it on to friends who might like to know what we're up to. You do not need to be a member to receive our newsletter and Timetable. Just let us know.

# TWCC

Munchkins playgroup, and some of our workshops and courses, are located at the Townsville West Community Centre, 15 Lonerganne St. Garbutt,



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& Munchkins Playgroup Online

# Young Parents Newsletter November '09



Young parents (25 and under) meeting weekly. All activities are free. Catering is provided. If you need a lift let QYS know by 8:30am 47713648 or 0418721464 Places on the bus are limited so book early!

**Munchkins Playgroup:**  
Wednesdays 10:30am-12:30pm

**Young Parents Group:**  
See timetable for various dates and times

# Baby's First Food

## Around 6mths

Your baby may show signs that he/she is ready for Offer food between or after a milk feed. Start by using a firm plastic spoon with small shallow bowl.

Suitable foods:- baby rice cereal, pureed vegetable & fruit pumpkin, potato ,carrot and zucchini.

Start with one or two teaspoons of solids. Try one new food at a time and introduce a new food every 2-4 days adding onto their existing diet.

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## Around 7-8 months

The food should be minced or mashed (lumpy) foods

Well cooked meat, chicken, and fish

Cooked eggs, baked beans

Wheat based cereals , spaghetti, couscous bread/toast

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## Around 9 -10 months

Amount of milk feeds should be decreasing as more solids are introduced.

Start to offer solids before milk feeds

Small pieces of cheese, chicken, meat or ham

Bread and rusks, pasta, and custard that made on Cow's milk

Small pieces of cooked fruit and vegetable.

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## Around 12 months

Child sizes portion of your family meal is now suitable

# Happy Birthday to you

Katrina	3rd	Sophie	22nd
Corryn	9th	Jamie	22nd
Ryan	9th	Connor	24th
Shayne	14th	Raydelle	26th
Kyle	20 <sup>th</sup>		



# PG in the Park

Parent's Group will be meeting in various parks around Townsville for the remainder of the year. This group will be open to expecting parents as well as parents with kids of all ages. We will also be having guest visitors joining us from time to time to share handy tips on topics such as getting your bond back when moving house, free stuff going on in the community etc.. Suggestions are welcome. Check the timetable for details of where we will be, or give us a call.

# Featured Service

**Us:** Are you having difficulty finding child care places for your kids? Let us know and maybe we can help.

**Them: The Early Years Information Service.** This free service provides info and advice on just about anything you need to know about parenting kids. They have a Messy Play Program, a Birth Buddies group and Child Health Nurse visits. They can tell you about parks, playgroups, child care centres and provide tips on feeding, sleeping or activities. They are located at 1/120 Fulham Rd Gulliver, ph 47250129.

The Early Years Info services will be hosting our playgroup on the 4<sup>th</sup> November. Come along and check them out.

# Smart Kids

## Literacy

Describing things and grouping them develops the language of classifying.

Mum: Which leaves look the same?

Maria: There are big ones and some with really curly edges.

Jodie: And lots of skinny ones too.

We ask children to describe objects and them to look for similarities and differences. We help children to develop the language to classify, sort and group things

They need language for classifying in literacy and numeracy later

## Numeracy

Numbers are about "how long", 'how many'

Mum: We are supposed to put in 300ml of milk.

Children will hear and see numbers being used to describe 'how much', 'how many' or 'how long'.

Knowing that numbers can be used in different ways is important for later learning in mathematics.



# November 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Activities:</b> <b>Munchkins-</b> Playgroup <b>PG-</b> Parents Group will be in various parks until the end of the year. <i>Items in italics-</i> Events and activities that are not official Young Parents Programs activities.						1
<b>2 Immunisation Clinic</b> 10:30am QLD Health, Kirwan (Call us by 9:30am to book your lift)	<i>3 Melbourne Cup Day</i> <i>Happy Birthday Katrina</i> <b>PG in the Park</b> Rock Pool, The Strand @ 10:30-12:30 Bring togs, towel & hats	<b>4 Munchkins Out n About</b> Playgroup hosted by <b>Early Years Info Service</b> 10:30-12:30 120 Fulham Rd Bring a <b>photo</b> for craft	5	<i>6 Strand Night markets</i>	7	8
<i>9 Happy Birthday Corryn &amp; Ryan</i>	<b>10 PG in the Park</b> Dan Gleeson Park Thuringowa Dr (near Thuringowa Library) 10:30-12:30	<i>11 Remembrance Day</i> <b>Munchkins Little hands &amp; little feet</b> Plaster cast 10:30-12:30 @ TWCC	12	13	<i>14 Happy Birthday Shayne</i>	15
<i>16 International Day of Tolerance</i>	<b>17 PG in the Park</b> Rossiter Pk Kimball St Aitkenvale 10:30-12:30	<b>18 Munchkins Clay Play</b> Wind chimes 10:30-12:30 @ TWCC	19	<i>20 Happy Birthday Kyle</i>	21	<i>22 Happy Birthday Sophie and Jamie</i>
23	<i>24 Happy Birthday Conner</i> <b>PG in the Park</b> Palmetum Pk Nathan St Annandale 10:30-12:30	<b>25 Munchkins Puppet pets</b> Sock and finger puppets 10:30-12:30 @ TWCC	26	27	28	29
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