

# Diary Dates for October

## Munchkins Playgroup

7<sup>th</sup>- Munchkins @ Riverway 10:30-12:30

14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> Munchkins @ TWCC 10:30-12:30

## Family Fit and Fun

2<sup>1st</sup> – Last day to **RSVP** for bubs and tots swimming lessons

8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup>- **Swimming lessons** @ Tobruk pool  
10:15 am sharp. Bring togs and towel. Lessons are Free.

Cancelations cost \$5

## Parent's Group Workshops

6<sup>th</sup>- Effective Communication workshop 10-12 @ TWCC

13<sup>th</sup>- How and when to talk to kids about sex 10-12 @ TWCC

20<sup>th</sup> The Virtues- Self talk 10-12 @ TWCC

27<sup>th</sup> Christmas Budgeting 10-12 @ TWCC

## Other

5<sup>th</sup> – **Immunisation clinic**. First Monday of every month .

Book by 9am for your lift @ Child and Youth Health

## 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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FaceBook: [munchkins@qldyouthservices.org.au](https://www.facebook.com/munchkins@qldyouthservices.org.au)  
& Munchkins Playgroup Online

# Young Parents Newsletter October '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

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

## Only a phone call away

**Dial 112 for Police, Fire and Ambulance from a mobile phone.** It will automatically prioritise the call through the first available network. It can also be used on phones with no credit, no sim and those that are locked.

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Q. "We've taken some little pink pills at a party. Is it normal for my heart to be racing like this?"

**Drug and alcohol info line 1800 177 833** (freecall) Provides 24hr confidential and anonymous info on recreational and illicit drugs and alcohol.

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Q. "I've already had some Codral but my head still hurts. Can I take some Nurofen as well?"

**Medicines line: 1300 888 763**, Monday to Friday, 9am to 6pm EST. This free and confidential telephone service provides information about medications, including prescription medicines, over-the-counter medicines and complementary/herbal medicines.

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Q. "He said it's just a cold, but now she's got this strange rash on her chest. Should I take her back to the doctors?"

**Queensland Health line : 13 HEALTH (13 43 25 84)** You can phone 24 hours a day 7 days a week for the cost of a local call. Qualified staff will give you advice on who to talk to and how quickly you should do it. The advice is confidential, qualified and supportive. Always call 000 if it is an emergency.

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Q. "It's driving me crazy. How can I get him to sleep in his own bed?"

**Parentline 1300 30 1300** is a confidential telephone service providing professional counseling and information for parents and care-givers. It is available 8am to 10pm, seven days a week.

## Happy Birthday to you

3<sup>rd</sup> Braydn

19<sup>th</sup> Karina

20<sup>th</sup> Riley



If your birthday is not listed, please let us know so we can update our birthday list

## Even cheaper busses

The **Pensioner Transport Subsidy Scheme**, funded by the Townsville City Council, gives pension card holders even further discounts on their bus fares. The recipients of the PTSS Card are eligible for a 30% discount on local bus fares. This is in addition to their 50% pensioner discount, bringing the total **discount to 80%**.

Eligible residents can apply for PTSS Cards from the Community and Cultural Services Department of the Council located on Level 1 Northtown, Flinders Mall, Townsville, from the Customer Service Centres on Walker St or Thuringowa Drive or the Early Years Information Service on Fulham Road.

## Featured Service

**Us:** The YPP phone is on 24/7. If you are experiencing a crisis, a friendly ear is only a phone call away. Calls to say "Hi" from Bullwinkle's at 3am are not appreciated though and of course, in an emergency dial 000 or 112 (from a mobile) for police, fire or ambulance.

**Them: FEAT-** Family Emergency Accommodation Townsville provides housing and housing related support services to families who are homeless or at risk of homelessness. Ph 4772 1450

## Smart Kids

### Literacy

**Playing with rhymes helps children practice sounds**

What we do and what it means:

Sebastian and his mum like to say favourite rhymes "Round and round the garden..."



We sing rhymes and jingles with children so that they learn to hear and match words that sound the same. Later, children will begin to match sounds to alphabet letters on the page. This will be very important in learning to read, write and spell.

### Numeracy

**1, 2, 3, 4, 5 is about learning number names**

What we do and what it means:


Mum: 1, 2, 3, 4, 5, toes! (Tickling each toe as she counts) You have 5 toes.



There are patterns in the way we say numbers and they help children to remember their order. Children need to learn the order of the early number names by saying number rhymes and imitating the order they hear.

When the numbers begin to be repeated (21, 22, 23, 24 etc) children notice the pattern of the numbers so they can work out what number comes next. When using number order to count objects children need to learn that the last number tells them how many.

# October 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Activities:</b> <b>Munchkins</b> - Playgroup <b>PG</b> - Parents Group <b>FFF</b> - Family Fit & Fun. <i>Items in italics- Suggested events and activities that are not official Young Parents Programs activities.</i>			1 <b>RSVP for swimming lessons by today!</b> <b>47713648</b> 	2 <i>Strand Night Markets</i>	3 <i>Happy Birthday Braydn</i>	4 <i>Full Moon Drumming Circle</i>
5 <b>Immunisation Clinic</b> 10:30am QLD Health, Kirwan Call us by 9:30am to book your lift	6 <b>PG</b> Effective Communication 10-12 TWCC	7 <b>Munchkins Out and about- Riverway.</b> Meeting at playground. Bring togs and towel 10:30-12:30	8 <b>FFF Swimming Lessons</b> Bubs and Tots 10:15am Tobruk Pool (must be booked)	9	10	11 <i>Walk To Remember</i>
12	13 <b>PG</b> How and when to talk to your kids about sex 10-12 TWCC	14 <b>Munchkins Balloons, Bubbles, Balls</b> 10:30-12:30 TWCC	15 <b>FFF Swimming Lessons</b> Bubs and Tots 10:15am Tobruk Pool (must be booked)	16	17	18
19 <i>Happy Birthday Karina</i>	20 <i>Happy Birthday Riley</i> <b>PG</b> The Virtues 10-12 TWCC	21 <b>Munchkins VIP Visit + Wet Play</b> Bring togs and towel for the kids 10:30-12:30 TWCC	22 <b>FFF Swimming Lessons</b> Bubs and Tots 10:15am Tobruk Pool (must be booked)	23	24 <i>United Nations Day</i>	25
26 <i>Pink Ribbon Day</i>	27 <b>PG</b> Christmas Budgeting 10-12 TWCC	28 <b>Munchkins Touch and feel</b> 10:30-12:30 TWCC	29 <b>FFF Swimming Lessons</b> Bubs and Tots 10:15am Tobruk Pool (must be booked)	30	31	