



Peppercorn Children & Families offers you practical support through

- Supported playgroups
- Meet and Greet groups
- Parenting Programs
- Infant Massage
- Breast pump hire
- Child car seat installation
- Parent resource library

Peppercorn Children & Families

Baby Programs

Mums Dads Grandparents Carers

4577 9804

Peppercorn Children & Families

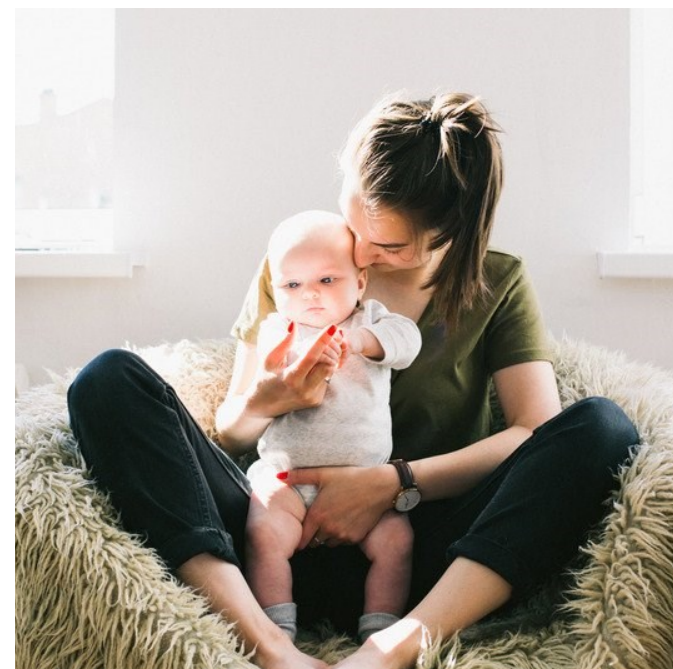
4577 9804

South Windsor Family Centre

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Peppercorn
BRINGING THE HAWRESBURY TOGETHER

Tiny Tots Playgroup

Tiny Tots playgroups are for mums and dads, grandparents or carers of children 0-3 years. Tiny Tots gives babies and their carers the opportunity to:



Wednesdays

10:00am - 11.30am

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- Explore new environments, different toys and discover texture and shapes
- Interact and become familiar with social situations
- Be involved in group activities, singing with actions, story telling, music and movement
- A structured program lead by trained facilitators

Infant Massage



2 hour program
over 5 weeks

Please call if interested

Learn positive touch techniques in a safe and friendly environment. The many benefits of infant massage include:

- Fostering your connection and communication with baby
- Relaxation, brain stimulation, muscle strengthening and much more

We also offer these services

- Free car seat installation by an authorised installer
- Hospital grade breast pump hire
- Transport to and from our groups
- Weekly weight and height check ups
- Access to up to date advice and support
- Family Support & LINCS volunteer home support

Bubs Groups



Tuesdays

1:00pm - 3:00pm

&

Thursdays

11:00am - 1:00pm

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Benefits of attending bubs groups:

- An instant support network
- Ability to learn from each other (very useful for first time parents or carers)
- A break from home life and avoidance of isolation
- Opportunity to find new friends for you and your child (especially if you are new to the area)
- Ability to gain exposure to different ways of parenting



We're here to support you and your family

For more information contact the team at

Peppercorn Children & Families on **4577 9804**