



Bored? Kids having Tantrums? Want to go out and meet other parents? Look what we found to do in Kwinana! Check out www.kwinanakids.com for more fun as it happens!

Whats On This Month in Kwinana?

No excuses now! Grab your bag, nappies oh and children and have some fun...

This Month at Koorliny Arts Centre...

MUMS & BUBS MOVIE SCREENINGS

In the Indoor Theatre
Monday mornings @ 10am
Come along early and enjoy a free coffee before the screening!

UPCOMING MOVIES:

Monday 8th February - The Invention of Lying

Monday 15th February - Where The Wild Things Are

Monday 22nd February - Planet 51

Monday 1st March - Alvin & The Chipmunks

MOVIE AND A COFFEE FOR JUST \$6 AND KIDS ARE WELCOME!

These movies are also screening in our outdoor cinema -check

www.koorliny.com.au for session times

The Fantabulous Family Summertime Jam and Dance-O-Rama OUTDOOR

CONCERT SERIES Presented by Act-Belong-Commit In the Federation

Amphitheatre (Gates open at 6.30pm for a 7.30pm show)

SATURDAY 6TH FEBRUARY -HIT FACTORY

The Hit Factory play just about everything from the 70s, 80s and today (as seen at last year's Kwinana Festival)

SATURDAY 13TH FEBRUARY - SWING SHIFT BAND

The Big Swing Shift Band performs traditional big band and jazz material, carefully selected for entertainment value.

SATURDAY 22ND FEBRUARY - GLAM ROCK

Step back into the past with some timeless classics, when Boy George and Blondie take the stage and sing some of their greatest hits.

TICKETS: Adults - \$12, Concession - \$10, Children - \$5, Family - \$30

For more information about Koorliny Arts Centre programs, please check the website, www.koorliny.com.au or call us on 9439 0290.

Baby Parenting and Play Time

For Dads & Mums, and extended family, with babies (antenatal to about 1 year)

Meet Ngala staff and other parents with babies

Facilitated discussions about all aspects of early parenting

Explore how babies learn through sensory play

Where

Frank Konecny Family Centre (Garden Room)

Cnr Skottowe Parkway and Parmelia Avenue, Parmelia

When

Mondays 10.00am to 11:30am

Morning tea, laughs and good conversation guaranteed

Ngala's Parenting & Play Time for families with toddlers and preschoolers is held at the same location Tuesdays 9:30am to 11:30am

Enquiries to Maggie Tait or Tina Dean on 9439 6863

Ngala on Tuesday:

Parenting and Play Time

For Dads & Mums, bubs, toddlers, preschoolers, aunts and uncles, and grandparents

Come along and meet Ngala staff, meet other families, learn about the importance of the early years, and share your parenting ideas and challenges in a relaxed and playful setting.

Where

Frank Konecny Family Centre

Cnr Skottowe Parkway and Parmelia Avenue, Parmelia

When Tuesdays 9:30am to 11:30am

Morning tea, laughs and good conversation guaranteed

Enquiries to Maggie Tait or Tina Dean on 9439 6863

Ngala
Parenting with Confidence



everyone's family

This Month at Kwinana Recquatic

Kindygyim
Tuesday, Wednesday and Thursday commences 2nd Feb 2010

9.00am-9.45am 1-2yrs
9.45am-10.30am 3-5yrs

Funtime Dance 4 Kids
commences 3rd feb 2010

Wednesday
3.30pm-4.15pm 3-5yrs
4.15pm-5pm 3-5yrs

Kwinana Active Parenting Commences again Feb 10th 2010
Wednesdays 11am - 1.30pm
bookings essential

Under 5s Family Fun Day
Coming 25th march 2010.
More information will be provided closer to date.

Multisports 3-5yrs
commences 3rd feb 2010
Wednesday
9.00-9.45am

Swimming Lessons
commences 1st feb 2010
6mths to Adult
Monday to Saturday
Bookings essential

For more info or to book into any of the above courses

PH: 9439 0227

This Month... Neuroplasticity

by Benz Chiropractic

Neuroplasticity has been a concept in science for over fifty years but is recently becoming more relevant in clinical practice. From birth to 3-6 years of age is called the 'critical period', because it is the period that neural connectivity is made. After this period the brain's hardwiring is set. If your child has movement or functional impairments during this time, their brain and nervous system will not develop to its optimum level. This can lead to negative consequences later in life which ultimately began as pediatric problems. During this period of development it is important to ensure your child's spine and nervous system is free from interference. Have your child's spine and nervous system checked by our Chiropractors Gordon, Leanne or Jarrad to assess whether your child is experiencing this interference.

Phone Amy, Natalie, Julia or Elena at Benz Chiropractic to book your complimentary spinal check for your infant or child during the month of February.

We look forwards to serving you and your family towards health & vitality.



35 Meares Avenue Parmelia, 6167

Ph: 9439 1444

admin@benzchiropractic.com.au

www.benzchiropractic.com.au



Expressions of Interest

Improve School Readiness

Parents with their children are invited to attend a FREE school based playgroup for 3 year olds at

Bertram Primary School, Leda Primary School, North Parmelia Primary School or Orelia Primary School in 2010.

Kwinana Early Years Services has been conducting Transition to School Playgroups in Kwinana since 2006.

Playgroups are designed to:-

Enhance child development

Increase school readiness

Break down barriers to attending school

Enhance self esteem

Develop social networks

Affirm parents as their child's first educators

Come and share positive experiences with your child whilst meeting other parents in a family friendly environment.

To register your interest and find out more, please speak to your school or contact KEYS on 9439 1838. Places are limited

My first day at Kindy Inky Feet Giveaway!

CONGRATULATIONS to Matthew de Beer and his daughter Jordan who will be attending Kindy in 2010...they won an INKY FEET clock to commemorate this special time.



Have your kids been inked?

Call Nicola on 0413 584 977 to make an appointment.
nicola.mdean@inkyfeet.com.au
www.inkyfeet.com.au



NEW THIS YEAR in Kwinana

"MESS 'N' ABOUT"

Term 1 starting in February. Providing fun messy art and craft classes for toddlers and their parents. (all forms of painting, play dough, pasting, etc..)

Sessions will be Wednesday at Secret Harbour and **Thursday mornings at Parmelia**

in the Frank Konecny Community Centre

It costs \$165 a term.

Thurs 4th Feb- 1st April.

Class times are:9.10-9.50 10..10-10.50 11.10-11.50

More info and other term dates are available from Kristy 0424241552 and Sue 0417924292 .

Little Possums Dads Playgroup

Open Day

Saturday 6th February

from 9am to 12 midday.

Families welcome to come along and see the facilities available for Dads to spend some special time with their children.

Sausage Sizzle and Drinks provided.

Frank Konecny Community Centre

Cnr. Parmelia Ave/Skottowe Parkway

Parmelia WA 6167

Tel: 9439 2470 Fax: 9439 5594