

National PLAYGROUP Week

17th - 23rd March 2025

Belong, Share, Grow

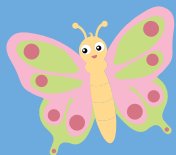
All the Little Things



This National Playgroup Week, we want to focus on the little discoveries, adventures and connections we make at playgroup. We believe these little things come together to form significant things- among them a sense of belonging, shared enriching experiences and the support needed to grow.

Through their natural devotion to the play world, children invite us not only glance, but to look closely and pay attention to the wonder all around. Children often find the 'awe' in each day.

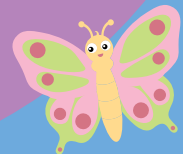
In the busyness of the modern world, playgroup sessions can be a reprieve, helping us to tune back into the important little things which nurture wellbeing, development, contentment, goodness and joy.





“Play is central to how I connect with my children and how I make sense of the world as a dad. For me, play is more than just fun; it’s about building relationships, fostering creativity and supporting emotional regulation. It is also a way for me to unwind and be fully present with my kids. Play has the power to strengthen bonds and create lasting memories and I see it as a crucial part of my role as a father.”

- Gabriel Carazo,
R.A.D Dads Playgroup



“We are able to spend time with them in these years and these are the most important years, they set the foundation for life and you want to be able to be part of that.”

- Carlota, Jack and Jill
Spanish Playgroup



Finding Joy Through Play

“I have taken Pacific Island Playgroup to my favourite local park, Woodlands Historic Park, and I have some upcoming bird-watching school holiday programs and a bush storytime launching soon.”

- Kat Fox, Pacific Island Playgroup

Among our friends and communities, children, family and facilitators, we often talk about our endeavour to be present and mindful. Kids so often lead the way, showing us the beauty in the minutiae of life: a snail passing, a pattern in the clouds, the humour in a story, the energy in a song, the promise of a new day.

Learning through this type of play and exploration is powerful. It not only connects children to the wider world, but it also prompts them with new ideas, development and bonding. This type of play further connects us, adults, to the child, to their perspective- and they to ours.

Time together at playgroup creates strong bonds and from that source, trust, safety and a sense of belonging establishes.



The Right Playgroup for You

“She just gave me something to look forward to every week, I loved going to her playgroup.” - Dee, PlayConnect+ Playgroup

Playgroup can be creative, calm, gentle, chaotic, arty, messy, noisy, musical, energetic and FUN. That’s the best thing about playgroup- it can be whatever your local group wants and needs it to be.

There are different language playgroups, bush playgroups, grandparents playgroups, supported playgroups, different cultural playgroups, community playgroups and many more types, that includes casual and relaxed groups who meet in the park.

We are here to help guide and inspire you along the way! **Find and connect with a local playgroup [here](#).**



These Moments We Share

“How good that the sheer coincidence of having a baby in a place at a similar time to other people in the same place could lead to such lifelong friendships, and so much more!” - Felicity Dunn

Read more about [Felicity’s playgroup story here](#)

Think about bringing in a favourite storybook or song you enjoy with your family to share at playgroup, or perhaps you can make cookies together or go on an excursion. Sharing stories and experiences in a variety of ways helps to bring playgroups together- and helps each playgroup member to feel like they belong.

Explore our [monthly 2025 theme calendar](#) and login to the Playgroup Portal to download the collection of activity booklets that connect with each theme. These booklets, in conjunction with hundreds of play sheets, are a springboard for your playgroup, so that you can jump into each session with fresh ideas and inspiration.

If you are eager to start your own group, or reenergise your existing group, check out our [Playgroup Starter Guide](#).



Community Support Navigating the Early Years Together

“I am a full-time mum at home. Playgroup means a lot because you meet a lot of friends, you can share some experiences, share some problems we have with the children, especially for a first-time mum. I used the playgroups when I had my first daughter and met another mum who had more experience than me- I get a lot of knowledge from them and friendship.” - Silvana, Jack and Jill Spanish Playgroup

At playgroup, there are opportunities to traverse the changes with others going through similar changes and transitions. There are others who are sleep deprived, who experience the joy of their child's firsts and are eager to share that with others who understand. There are playgroup helpers who can guide attendees to other services and keep parents and carers in-the-loop with upcoming opportunities for families. 'A problem shared is a problem halved' is a sentiment that rings true at playgroup. As parents and carers navigate the early years of their child/ren from birth to five years of age, the playgroup space welcomes authenticity.

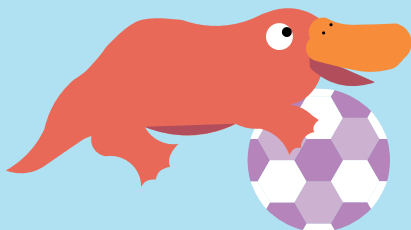




National Playgroup Week

Inspiration for Playgroups

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- Host a welcome day at your playgroup
 - Invite a guest to your playgroup session: perhaps a musician, a storyteller or an artist
 - Host a local playgroup event and invite your community
 - Invite your entire playgroup to enjoy Playgroup Victoria's event at Kryal Castle!
 - Choose a playgroup activity to enjoy together from Playgroup Victoria's theme calendar
 - Enjoy a picnic or morning tea with your group
 - Encourage families to bring their favourite books to share with the group
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Join Playgroup and Start Making Memories Today

Explore our [Playgroup Registration benefits here](#)

Become a [FREE Family Member today](#)

Find out more [about National Playgroup Week here](#)

