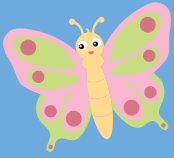
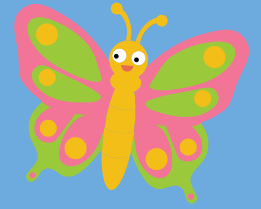


National PLAYGROUP Week



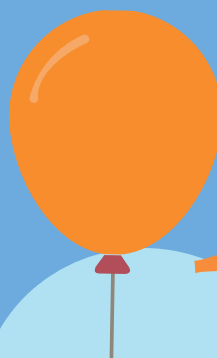
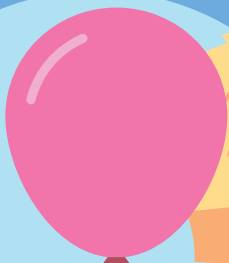
16th - 22nd March 2026

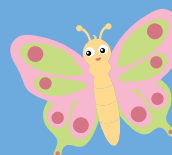
Playgroup Activates Possibility

Activating possibility at playgroup! So much of what life presents us with opens new pathways and opportunities. It is in such spaces that we can be surprised by the possibilities that come our way. Playgroup is one of these places, creating room for self-expression, friendship, creativity and a sense of belonging.

Playgroup is unique in the way that it can mould to the preferences and interests of different families, facilitators and attendees. It can be a conduit, connecting commonalities and cultures, while also offering new experiences and a chance at sharing something of importance in our lives.

This National Playgroup Week we seek to be open minded to new possibilities and connections - sometimes that means just showing up at your local playgroup and trying out a new group activity. Or, venturing out to enjoy a nature playgroup or a playgroup with older residents brightening their day and creating an extended village for you and your family.





“Across Australia, countless playgroup families have stories like mine- stories of transformation, connection, growth and resilience. I have heard more of them than I could ever recount and I hold each one very close as a continued reminder of why I’m so passionate about playgroup.”

- Naomi, Playgroup Facilitator
and Training Coordinator



“There are so many benefits, for your child but also you. Building relationships is really important. It’s less isolating and I think playgroups are a great, usually, cost effective way of doing that.”

- Emily, Enjoy Music and
Play Playgroup

“Playgroups are here to encourage parents to look outside the box and to interact with different people from different cultures, backgrounds and make friends - especially if they are a new parent and coming to this environment that he or she aren’t used to. Playgroup makes you feel wanted and involved in the community.”

- Gwen, Balla Balla
Neighbourhood House
Playgroup



Finding a Place to Relax and Belong

“There are mothers and families needing connection desperately, so this is just such a great platform to give them that connection. You can see that the vibe in here is very warm and friendly.”

- Roxanne, Little Treasures Playgroup, Lara

At playgroup, we truly believe that the little incidental moments of connection are the things that make us. One of the characteristics of these ordinary things in disguise is how they provide us with a sense of comfort and belonging. Whether it is a cheery hello on a quiet day when you haven't spoken to another adult, an unexpected compliment or someone offering a genuine, "I know the feeling." These small offerings contribute to a heightened sense of wellbeing. We are social creatures after all.

At playgroup, the possibilities to extend and enrich our lives are helped along by the children. With that one crucial thing in common, it can be easier to share more about what it is that unite us- the things that we love and our interests. At playgroup, this is held in the spirit of play, with the kids leading the way!



**Take the Leap
and Try Out
Playgroup!**

Discover the Right Playgroup for You

“I often say to parents who are enquiring about our group: ‘Pop in to meet myself and colleague, come along for a session to get a sense for what the group is all about and see if it feels like a good fit for you and your family’.”

- Helen Puntton, PlayConnect+ Playgroup Facilitator

We understand that making the first step to attend a new group can be daunting. There is a degree of the unknown and it can feel even more unsettling to front a new group of people when you may be sleep deprived and plain old exhausted, caring for young children. We encourage you to give it a go- playgroup by its nature is not judgemental as all families are in a similar situation. What you will be met with is possibilities- to break through the uncertainty and acquire meaningful connections with others, all while your children play. The relaxed nature of the playgroup setting means that it is less intimidating, as there is always something to do - and always a cuppa to be shared.



Building Your Village

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](#)

“It’s hard because it’s not built in anymore and if you’re a bit shy, you might not be able to make a village and so you have to reach out if someone looks at you at the playground, someone looks a bit shy but hesitant. Go over and sit beside them and chat to them. They might turn out to be a lifelong friend, or at least you’ve improved their day.” - Steve Biddulph, Author and Psychologist



Didn't Have a
Good Playgroup
Experience the First
Time Around?
Try a Different Type
of Playgroup

Activity Inspiration

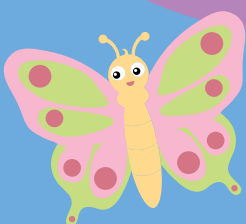
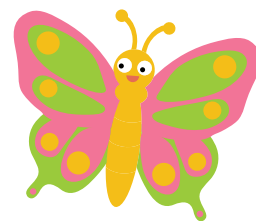
What brings you happiness? What has helped your child to develop and grow? What activities do you wish you could enjoy more of? Think about incorporating this into your playgroup session. Bring in a favourite storybook or song you enjoy with your family to share with your playgroup, or perhaps you can 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 [2026 theme calendar](#). Playgroup Victoria members can login to the Playgroup Portal to download a 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](#).

“Our members’ toolkit is a whole library of resources. Everything from tips sheets on how to get things started to activity ideas with instructions and equipment lists.”

- Jonathan, Content and Resource Officer



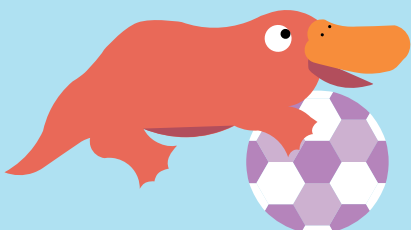


National Playgroup Week

Inspiration for Playgroups



1. Host a welcome day at your playgroup
2. Invite a guest to your playgroup session: perhaps a musician, a storyteller or an artist
3. Host a local playgroup event and invite your community
4. Choose a playgroup activity to enjoy together from Playgroup Victoria's theme calendar
5. Enjoy a picnic or morning tea with your group
6. Encourage families to bring their favourite books to share with the group



Join the Playgroup Community and Start Making Memories Today

Explore the Benefits of [Playgroup Registration here](#)

Become a [FREE Family Member today](#)

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

