

*Connecting Generations*

# Intergenerational Playgroup Training and Support Options

Bringing together children, parents/carers,  
and older adults in meaningful play-based  
interactions to foster connection, wellbeing,  
shared learning and joy!





“Playgroup brings us so much happiness and joy. We have so much fun and laughter with everyone in here. We just love coming, it’s excellent and it’s good all round for every one of us- old, middle and young.”

*- Older playgroup participant*

## What is Playgroup?

Playgroup is an informal gathering where parents, carers and children aged zero to five years come together in a relaxed and friendly environment to connect, play and learn. Playgroup is an important step between birth and kinder, a vital developmental period where the foundations are laid for the years to come. With a focus on play, playgroup aims to enrich the early years, supporting all areas of development- physically, socially, emotionally and cognitively- in a nurturing and stimulating environment where their primary educators, their primary carers, are close by. Playgroup is also an important social connect for caregivers and families, providing a sense of belonging and support.

## About Playgroup Victoria

Playgroup Victoria is a peak body, not-for-profit, incorporated association committed to helping all Victorian families discover the benefits of playgroup. We advocate for playgroup to be recognised as integral to learning, development, and well-being during early childhood. We support the empowerment of families to create community and nurture their children, through relationships and play.

Since 1974, Playgroup Victoria has promoted, resourced, supported and encouraged families to connect and establish playgroups. Today, over 6,000 families attend more than 2,500 playgroup sessions each week in Victoria. Our objective is to continue to strengthen the playgroup experience and engage communities through local partnerships and relationships to improve and enable playgroup access.



## What are Intergenerational Playgroups?

Intergenerational playgroups are social gatherings that connect pre-school children (aged 0 to 5), their parent or carer, and older adults.

Intergenerational playgroups bring together young children and their parents/carers and older people (three generations), for enjoyable and creative activities to mutually engage with. Intergenerational playgroups provide socialisation and can be a means of interpersonal, cognitive and physical stimulation. Aged care facilities hosting intergenerational playgroups can make the opportunity accessible for residents, and potentially decelerate the physical, cognitive and mental consequences of ageing.

Ageing adults deserve the opportunity to maintain, or regain, their sense of joy in life and their ability to live a fulfilling and rewarding life. Tiny hands may be the helping hand to do so.

## Starting an Intergenerational Playgroup

Playgroup Victoria has worked with staff in community-based services and the age care sector who are well-informed about older people's needs, interests and wants. We assembled dynamic and creative working groups to ensure the intergenerational playgroup will be successful for all.

Through collaborative efforts with like-minded services, we have developed intergenerational opportunities for older people in their communities. We are in a unique position, equipped to acquire knowledge and build understanding about the success factors, including: design, planning and the ability to deliver sustainable intergenerational playgroups. This has enabled us to develop program documentation to assist and support interested parties in establishing thriving and meaningful intergenerational playgroups.

**If you have an interest in establishing an intergenerational playgroup, Playgroup Victoria offers a selection of services to support you. Read on to learn more.**





## Testimonial

“Playgroup Victoria’s Intergenerational Playgroup resources have been an invaluable tool for our playgroup community. The resources are thoughtfully designed, practical, and engaging, making it easy to create meaningful connections across generations.

What makes these resources even more impactful is the collaborative approach taken during their development. Playgroup Victoria staff worked closely with playgroup facilitators, actively listening to feedback and incorporating our ideas to ensure the resources truly met the needs of both participants and facilitators. Playgroup Victoria took into consideration the ability and mobility of participants. As one of the groups had very limited mobility, the focus of resources was on music and instruments to be more inclusive.

This collaborative effort has resulted in resources that are not only user-friendly but also deeply aligned with the values and goals of intergenerational playgroups. We’re incredibly grateful for their dedication and the positive impact these resources continue to have on our playgroups.”

*- Rachel Manning Coordinator Early Years (Health and Wellbeing) Leanne Michaud Team Leader Playgroup*

# How can Playgroup Victoria Support You?



# Intergenerational Playgroup Toolkit

Gain access to our Intergenerational Playgroup Toolkit, containing useful resources, forms, templates and guides such as:

- *Editable Welcome Book for Families*
- *Venue Checklist and Risk Assessment Templates*
- *Enrolment, Attendance and Incident/Injury Forms*
- *Session Evaluation Guides*
- *Tip Sheets for Games, Activities, Songs and Books*
- *Yearly Playgroup Session Planner*
- *Respectful Relationships Guide*
- *Infection Prevention Fact Sheet*
- *Sanitation and Cleaning Guides*
- *Posters and Other Promotional Tools*



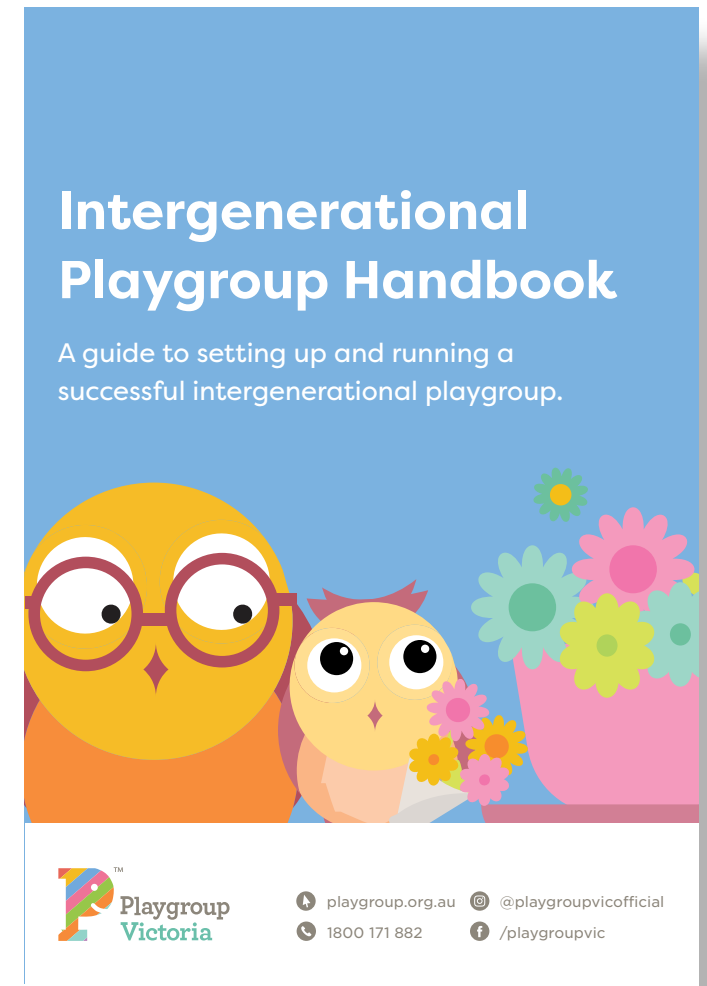
# Intergenerational Playgroup Handbook

A digital handbook written and designed by Playgroup Victoria. The 46 page handbook is your essential guide to building and maintaining a vibrant and engaging intergenerational playgroup.

## What's included in the handbook:

- Introduction and Benefits of Intergenerational Playgroups
- Planning Your Playgroup
- Promotion and Community Engagement
- Running and Facilitating Playgroup Sessions
- Creating Safe, Welcoming and Respectful Environments
- Activities and Practical Considerations
- Resources List and Appendix

Packed with downloadable tools and expert advice, the handbook has everything you need to create a welcoming, successful playgroup!



# Promotional Templates

Access a range of customisable flyer and poster templates, available as ready-to-use designs in Canva. Simply edit them with your own details to suit your group's needs.

Our digital templates are fully editable, allowing you to personalise your messaging and branding. Share them via email, social media, or with local organisations such as community centres, councils, doctors, and schools. You can also print them for display on notice boards to help build local awareness, strengthen community connections, and attract new members.



# Playgroup Registration

12-month registration with Playgroup Victoria to kick off your first year. Playgroup Registration comes with a range of benefits to support your playgroup, including:

- Public Liability and Property Insurance for Community Playgroups. Public Liability insurance is your playgroup's protection if your playgroup is found to be legally responsible for personal injury to a third party or damage to their property
- The option to advertise your playgroup on our *Find a Playgroup* page, the most searched page on our website
- The option to have your playgroup showcased across our social media platforms
- Playgroup welcome pack, containing digital and printable resources for your playgroup, such as posters, postcards, information sheets and templates
- Access to our play ideas library, with over 100 downloadable activity sheets
- Access to the Playgroup Toolkit - home to stacks of playgroup tools and resources
- Downloadable activity booklets with themes including Music, Community, Messy Play and more
- Access to the Playgroup Learning Portal, containing two hours of workshop videos
- Monthly e-newsletters filled with the latest playgroup news and updates
- Exclusive offers and event opportunities with our partners



# Training Options

## Online Self-Paced Training (delivered via Moodle)

- Complete at your own pace
- Flexible, accessible for individuals or teams

## OR

## In-Person Training (Victoria only)

- Interactive group-based learning
- Practical strategies and discussion
- Presentation tailored to your organisational context

## Training Modules include:

1. Introduction to Intergenerational Playgroups
2. Playgroup Venue and Safety
3. The Playgroup People
4. Promoting Your Playgroup
5. Planning your Playgroup
6. Running your Playgroup
7. Playgroup Feedback and Evaluation



# Other Support Options

## Site Visit

- On-site support for planning your environment set up

## Meet and greet with the Intergenerational Team

- Introductory discussion on goals, context, and practical considerations

## Post-Training Debrief and Q&A Session

- Reflect on learning
- Ask questions
- Discuss early experiences implementing your program

## Ongoing Support Online



# Services and Pricing Overview



## Training and support packages can be tailored to suit your organisation's requirements, location and budget.

*\*All prices are exclusive of GST*

COMPONENT	DESCRIPTION	CHARGE
<b>Resources, Promotion and Membership Package</b>	<p><b>Playgroup Resources</b> Access to the Intergenerational Playgroup Toolkit and Handbook. This includes access to over 20 different downloadable resources, including templates, program plans and guides.</p> <p><b>Promotional Templates</b> Access to customisable promotional flyer/poster templates. This pack includes ready-to-use Canva templates, with various template designs you can edit with your own details. These can be used as digital files or printed out.</p> <p><b>Playgroup Registration</b> 12-month registration with Playgroup Victoria to kick off your first year. Playgroup Registration comes with a huge range of benefits to support your playgroup to flourish.</p>	<b>\$150*</b>
<b>Training Options</b>	<p><b>Option 1: Online Self-Paced Training - delivered via Moodle</b></p> <ul style="list-style-type: none"> <li>• Complete at your own pace</li> <li>• Flexible, accessible for individuals or teams</li> </ul> <p><b>Option 2: In-Person Training - available in Victoria only</b></p> <ul style="list-style-type: none"> <li>• Interactive group-based learning</li> <li>• Practical strategies and discussion</li> <li>• Presentation tailored to your organisational context</li> </ul>	<b>POA</b>
<b>Other Options</b>	<p><b>Site Visit:</b> On-site support for planning your environment set up</p> <p><b>Meet an greet with the Intergenerational Team:</b> Introductory discussion on goals, context, and practical considerations</p> <p><b>Post-Training Debrief and Q&amp;A Session:</b></p> <ul style="list-style-type: none"> <li>• Reflect on learning</li> <li>• Ask questions</li> <li>• Discuss early experiences implementing your program</li> </ul> <p><b>Ongoing Support Online</b></p>	<b>POA</b>



**For more information or to discuss options that best suit your needs, please contact:**

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*Playgroup Victoria acknowledges the traditional owners of country throughout Australia and their continuing connection to land, sea and community and we pay our respect to them, their cultures and to the elders past and present.*