## CHILDREN'S WEEK **ACTIVE PLAY SESSION**



the place to live



Join us for a fun and active morning! Children's Week (21-27 October) is a national celebration that recognises the talents, skills, achievements and rights of children.

The theme for Children's Week 2024 is "Children have the right to a clean and safe environment".

City of Darebin is hosting a free Active Play session for Darebin families with children aged 0-5 years. This session will include a range of play experiences to stimulate gross motor physical development and hand-eye coordination. Activities will include sporting activities such as basketball, football, soccer, beanbag tossing and many more. Active play has many benefits for children's development including:

- Improving co-ordination, balance and flexibility
- Strengthening bones and muscles
- Increasing self-esteem and confidence

- Testing abilities in more challenging and risky play
- Experiencing advanced social interactions such as sharing and turn taking

The session is designed for families to enjoy active play together. Children cannot be left unattended and must be actively supervised by accompanying parents/caregivers.

## Date & Time:

Thursday 24th October 2024 10am - 12pm

## Location:

Reservoir East Family Centre - 15 Gisborne Crescent, Reservoir

## **Bookings are essential:**

To register your interest, please complete the Early Parenting Programs Booking Form at www.darebin.vic.gov.au/support-forparents or use the QR code below.

The Early Parenting Program service aims to be an accessible, equitable, inclusive, safe and respectful service that actively welcomes and supports the inclusion of all children and their families. We value and celebrate the diversity of families who use our service.









For further information please contact us at early.years@darebin.vic.gov.au

**CITY OF DAREBIN** 

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**National Relay Service** relayservice.gov.au

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