# Playsteps program

## What is PlaySteps?

An 8-week therapeutic playgroup to build parenting skills with the emphasis on learning through play. We use a strengths-based approach to assist and support your blossoming parent-child relationship.

## What is included?

Actively participate in play sessions with your child – notice how they communicate with you and how you respond to them.

Watch video footage of play sessions with your child and receive feedback and guidance.

Our team will provide one-to-one coaching to support you as you try out new skills.

Discuss information about child development in a group education.

## Who is PlaySteps for?

The program is designed for families:

- with children under 24 months old
- who want to strengthen their relationships with their child/children
- who want to work together to build on their child's social and emotional development
- where other factors (e.g. prematurity, illness, limited family support) are affecting the quality of parenting

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# Our team

Our team is committed to partnering with families to achieve the best outcomes for children.

We come from a range of early parenting backgrounds with extensive experience in child development, parenting education and support.

## Program frequency

Groups are held weekly for 8 weeks. Sessions go for 2 hours with tea and coffee provided

## Referral process

Your family can be referred to the PlaySteps program through your:
- Maternal and Child Health Nurse
- General Practitioner
- Social Worker
- Family Support Worker
- QEC clinician who has worked with you in other QEC programs.

# Here's what other families are saying...

We asked families who have participated in our PlaySteps program before, **What was most helpful?**

"The program was fantastic, I felt heard, learnt a lot about different ways to engage, play and stimulate learning."

"Being able to connect with my baby more through play and seeing them play with other children."

"Being able to ask questions and get reassurance as a parent."

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