Useful information about the My Time program

Clothing:
Children will need to wear clothing that is comfortable and allows freedom of movement for gross motor activities. Many of our activities that promote fine motor development involve “messy” play, and although we provide aprons it is advisable to dress your child in clothes that you don’t mind getting dirty.

Absences:
If you are unable to attend a session it would be appreciated if you could phone prior to the commencement of the session. If the facilitator is ill and a relief teacher is unavailable the session may be cancelled and you will be notified as soon as possible.

Please ensure your contact details are kept current.

Siblings:
Infant siblings are welcome to attend My Time with their parents. We recommend finding alternative care arrangements for older siblings so that you may spend quality time with your child without distractions. If this is not possible, please speak to the group facilitator who will arrange for the play helper to assist you.

Toileting:
Nappy change facilities are available. As children get nearer to kindergarten age, toileting and hand washing will be integrated into the program.
What is My Time?

My Time groups are for parents and carers of children with a disability, developmental delay or chronic medical condition. Parents/carers must be eligible for the carer’s allowance to attend.

My Time provides you with opportunities to socialize and share ideas with other parents, carers and professionals in a relaxed atmosphere. It also gives you quality time to engage with your child in a stimulating and fun environment and promote independence, and self-esteem in your child.

What happens at My Time?

Floor Time:
Children are encouraged to play with a variety of toys, which encourage turn-taking, sharing and communication. Pre-Kindy children use this time to practice puzzle and pre-reading skills.

![Image of children playing]

Circle Time:
During circle time there is lots of repetition in songs, rhymes, and stories and within routines, which enhances the development of communication, social skills, cognitive and physical development. Sitting on the mat appropriately and raising their hands are objectives that are developed during this time. Each term new songs and rhymes stimulate the development of listening, attending, and imitation, language and group participation skills. The use of Key Word Signing is also encouraged.

Activity Time:
Children have the opportunity to engage in a range of activities that will reinforce and extend their development. These activities may include sensory play, fine motor tasks, and painting, and pretend play and early math and reading skills.

Gross Motor Skills:
Each session, activities are planned to promote locomotion, balance, ball skills and co-ordination. These skills may be encouraged through incidental or structured activities.

Drink/Snack Time:
Snack time provides children with the opportunity to practice appropriate table manners, develop independent feeding skills and interact with their peers. It is also an opportunity for parents to ask for advice or discuss topics from the My Time wheel. Your group facilitator may also use this time to share with you current information from the Parenting Research Centre.