



Who can access the program?

smalltalk is for families that meet at least one of the following criteria:

- Hold a current Health Care Card or equivalent.
- Have children aged between 0-5 years.
- Are from a diverse background.
- Have less than 10 books in the home.
- Parents are aged 25 years or less.
- Is a single parent family.



Parents are children's first and most enduring teachers, and BCHS recognises that parents are the experts on their children.

For more information on our smalltalk program contact Supported Playgroup Facilitator Tiffany Holschier

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Supported playgroup & in-home coaching

What is smalltalk?

smalltalk is a set of evidence-based strategies that parents can use to enhance the home learning environment for their children from birth up to school age. smalltalk is delivered by a qualified facilitator in a supported playgroup setting. The program can also be offered to individual families in their home.

Our aim

Smalltalk aims to increase:

1. Quality and frequency of parents' interactions with their children.
2. Level of stimulation in the home environment.
3. Parental self-care (stress management and seeking support).
4. Parenting confidence.
5. Parents' connection to their community and local services.



Supported playgroups

Our smalltalk playgroups run for two hours a week during school terms in various locations across the Bendigo region.

Each session focuses on a different parenting strategy to promote children's learning and development.

Our strategies

Our playgroups focus on:

- Being warm and gentle.
- Tuning in.
- Following your child's lead.
- Listening and talking more.
- Teachable moments.
- Reading and sharing books.
- Demonstrating that words are everywhere.

Benefits of a supported playgroup



- Supports child development and learning.
- Facilitates social interactions with other families.
- Builds positive relationships.
- Strengthens relationships between parents and children.
- Provides access to support and information.
- Fosters a safe and creative learning environment.
- Provides an opportunity to meet new people.