

Mothering changes everything. That's why MOPS (Mothers of Preschoolers) wants to help you be the best parent possible. A MOPS group is a special place you can come, just as you are, to be refreshed and inspired. You'll make new friends and discover smart approaches to tackling the challenges of motherhood, while your child/ren is cared for in the adjacent hall.

When?: 1st and 3rd Mondays 10:00am- 12:00 noon during school terms

Where?: St Andrew's Hall, 19-21 St Andrew's Street, Brighton
(car park in New Street and walk around the back of the church to the hall)

Cost?: \$8 per family per session.



Date	Topic	Speaker	Discussion/ Craft
1 Feb	Life on Planet Mum You bring who you are with you when you arrive on planet Mum and become a new type of person – Mum-me!	DVD	Discussion
15 Feb	Kid Sense Sensory processing and behavioural problems – how can you help?	Julie Byrne Paediatric OT	TBA
1 March	My family tree is suddenly a forest! The mother-in-law & grandparent dance	Joan Gordon MOPS Australia president	Discussion
15 March	The great lunch box debate Nutritious, delicious kinder lunches and snacks	Janet Little Maternal Child Health Nurse	Snacks to make and take (TBC)

Can you help?? We are always on the lookout for carers and helpers in the Moppetts (kids room). If you are able to help set up toys in the Hall from around 9:30-10am or cuddle a baby, read to a toddler or play with a pre-schooler from 10am-12 noon please speak with Lisa Barnett, Robyn Greenhalgh, Wilma Warren or Libby Newman (9503 0413).