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| Supported Playgroups |
| Video transcript - professionals  OFFICIAL |

[Title of Video] Supported Playgroups – professionals

[Female Narrator speaks] Supported Playgroups are a great opportunity to support children's wellbeing and development from birth by supporting parents to develop their skills and confidence as parents. And because research tells us that those early years are crucial for setting up that solid foundation for social, emotional, mental, and physical health, we need to start early. Supported Playgroups are staffed by qualified facilitators who introduce parents to evidence-based strategies, but simple strategies, to encourage healthy and happy parent and child interactions. It starts with *smalltalk*, some simple practical strategies that encourage parents to listen and talk with their child more often; to interact in a warm and gentle way; to show an interest in what their child shows an interest in and follow their lead; to use those teachable moments when they arise; and to share the experience of reading. There's even an opportunity for parents to learn these practical parenting strategies in their own home with one-on-one support with a coach.

Parents learn how to create a positive home learning environment that makes a real difference. Because parents' needs are important too, Supported Playgroups give parents the opportunity to meet other parents and build their own local community network, as well as learning about local services that could assist them, their child, or other members of their family. *smalltalk* was trialled and tested in a randomised controlled trial which showed that enhancing the role of parents and improving the quality of the parent-child interactions would improve children's development, wellbeing and learning. So we know that the program really works.

[Julie McKenzie speaks] Supported Playgroups are a place where parents are acknowledged respectfully for being the most important and influential educator in their child's life.

[Asha Afogi speaks] They understand their kids better, so what I'm telling them, if like I can see, get a small thing they're doing it right.

[Amanda Bedford speaks] The ideal focus for us as nurses would be to refer both the parent and the child to the playgroup. In this specific program, they also get the opportunity to have their parent zero in on some skills themselves.

[Julie McKenzie speaks] The benefits for Supported Playgroup parents, they're able to develop skills to help their own child's development.

[Asha Afogi speaks] I have a mum, a teenage mum, and she said to me, "In the last visit, I feel like I enjoy my daughter more now than before."

[Female Narrator speaks] Supported Playgroups are a targeted service, but if a family member holds a healthcare card, then a family is eligible. Or families can be referred from their Enhanced Maternal and Child Health nurse, and referrals are simple. Support is literally a phone call away. There's more information available on our website.

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