

MAKING SOCIAL CONNECTIONS

Raising children is important and can be both rewarding and challenging. Speaking with people that are going through similar experiences can help. Build a support network of people you can talk to and connect with as you navigate raising your child.



For
Parents/
Carers

There are many ways to connect with others, including in-person, via organised groups, or online. Many organised activities are offered free of charge or may incur a small cost.

Where to meet other parents

Parent groups or playgroups - Playgroups welcome everyone, but some are tailored for specific communities like mums, dads, grandparents, cultural groups, or children with medical needs. Find a playgroup that's right for you via:

- [Parent groups and playgroups | NSW Government](#)
- [Playgroup Australia](#)
- Ask your Child & Family Health Service or Community Neighbourhood Centre for any existing parent groups you could join

Public library - Most libraries run free programs. Find your local library here:

- [NSW Public Library Directory](#)



Australian Breastfeeding Association (ABA) Groups - These groups are run by a qualified educator. They provide education on a range of parenting topics and offer an opportunity for parents to meet & socialise. Find your local group or check for other events happening near you:

- [Connect with your local ABA group](#)

Local parks and playgrounds - When heading out to a local park, try chatting with other parents. You can find a playground near you here:

- [Playground Finder](#)



Baby classes - Search the internet for local activities run in your area such as baby swimming classes, parent & baby exercise/yoga classes, baby music classes, etc.



Local Facebook groups - There may be groups that are set up for parents within your local area or for communities with similar interests.

Local activity groups - Find a group that interests you, such as a local sports team, walking group, art class, or book club.

Gym - Organised exercise classes can be a great way to meet new people. Most gym creches are happy to look after babies from 6 weeks old.



Childcare - Talk to other parents at your child's daycare and attend any events that the centre may organise. It's a great way to meet other parents who might want to connect with you.



If you have any concerns about your child, contact your local [Child and Family Health Service](#), [Aboriginal Maternal and Infant Health Service \(AMIHS\)](#), or GP.



We acknowledge the traditional custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past, present and emerging.



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