

Children's Activities

Dance * Martial Arts * Music * Sport * Swimming * Yoga
Bike track * Netball Courts * Skatepark * Pine Forest * Playgrounds (see map p12)

+ Drop in to the Armidale Visitors Information Centre for ideas +

www.todokids.com.au

"Storytime" at the Library: 6770 3638 Tue 10.30

Craft at the Library: 6770 3638

Armidale Toy Library: 6772 8838 Armidale Railway Station

Armidale & Regional Aboriginal Cultural Centre & Keeping Place:

6771 3606 128 Kentucky St www.acckp.com.au Open 9-4

New England Regional Art Museum: 6772 5255 Tue-Fri 10-5 & Sat-Sun 10-4

Armidale Folk Museum: 6771 4398 Cnr Faulkner & Rusden Sts Open 1-4

Mini Minstrels: 6773 6419

Police Citizens Youth Club: 6772 1023

"Kidzworld" @ Armidale Sport & Rec: 6772 8099

UNE Sport & Recreation: 6773 3856

Little Athletics: 0410 066 405 www.armidalelac.org.au

Monckton Aquatic Centre (Town Pool): 6772 8341 Every day Oct-Mar

Kindergym: 6771 1350

Wayward Jerseys Farm Visits & Children's Parties: www.waywardjerseys.com.au

Green Valley Farm: New Valley Rd via Tingha www.greenvalleyfarm.com.au



Busy Mothers' Guides by Local Author & Storyteller Are you a busy mother, grandparent or carer? The e-book series of **Busy Mothers' Guides** by Helen Evans are just what you need. Help your baby, toddler and preschooler develop skills through fun activities. Go to www.amazon.com/author/helenevans. Helen's monthly online newsletter at www.help4everyparent.com is also a mine of information, and her hand-made story books and story-telling are legendary amongst Armidale pre-schoolers.



"Kids go where there is excitement. They stay where there is love." Zig Ziglar

How to Preserve Children

To preserve children take:

- 1 large grassy field
- 1/2 dozen children
- 2 or 3 small dogs
- a pinch of brook
- some pebbles

Mix the children and the dogs well together.

Put them in the field, stirring constantly.

Pour the brook over the pebbles. Sprinkle

the field with some flowers. Spread over all

a deep blue sky. Bake in a hot sun. When

thoroughly browned, remove and set to cool

in a bathtub!

But don't forget ...



Looking for quality child care?

Then talk to

Armidale & District Family Day Care

Providing quality child care in a registered home environment

Ph: 6772 5300

afdcoptusnet.com.au

www.armidaleanddistrictfamilydaycare.com



Australian Breastfeeding Association

Breastfeeding Helpline 1800 686 268

For details of your local group please check the website breastfeeding.asn.au/contacts/groups

The National Breastfeeding Helpline receives funding from the Australian Government

"Children are like wet cement. Whatever falls on them makes an impression." Dr Hiam Ginnot