



Photography by Benjamin Earwicker

VICTORIA'S LEADING CHILDCARE PROVIDER HAS ARRIVED IN MELBOURNE'S CBD

PENGUIN CHILDCARE IS NOW OPEN

We are very pleased to announce the opening of a fabulous new childcare centre in Melbourne's CBD. Penguin Childcare is Melbourne's only ground floor childcare centre, which is located in Collins St close to Docklands and Southern Cross Station. The centre offers a fully funded kinder program and developmentally age appropriate programs for children aged 0-5years

Penguin Childcare recognises the importance of the early years and bases their programs on children's individual needs so that each child can develop to their fullest potential. The experienced qualified staff at Penguin Childcare

provide every child with the opportunity to feel safe, secure and loved in their parent's absence. The centre has an in-house chef that prepares nutritious meals for those hungry little tummys, these meals keep the children energised for a busy day of fun, exploration, adventure and learning.

Penguin Childcare is open from 6.30am to 6.30pm Monday to Friday. The centre is now taking enrolments so please drop in at anytime to visit or to obtain a tour of this beautiful new centre.

Phone 9600 3456
melbourne@penguinchildcare.com.au
www.penguinchildcare.com.au

PREPARING FOR WHEN BABY MAKES THREE



Tahlia Mandie
 Psychotherapist
 & Family Counsellor

Bringing a baby into the world is one of the most exciting experiences any couple can look forward to. It can also be one of the most nerveing and challenging times. These are just some of the emotions I am currently experiencing as my husband and I prepare to welcome our first child in six weeks time.

My husband and I have talked, discussed and debated about the many possible situations, joys and challenges we may soon experience. When family and close friends tell us that the first year of the child's life is one of the toughest, we sit back and take a deep breath. Friends tell me, "sleep now" and "make the most of your Saturday nights" as our lives will change when baby makes three.

In what will shortly become a routine of sleeping, crying, feeding and pooing, we

have to remember that supporting each other is going to be a crucial element. With all the seemingly new challenges that will soon embark upon us, we have to keep reminding ourselves to take each day as it comes, not to sweat on the small stuff and give each other a little slack where previously we may not have.

Mistakes will be made and we will not be perfect.

With such a demanding new experience, we know it will be important for us each to have our own individual time as well as devote 'date nights' when we can. Supporting each other and continuing to laugh in tough times will be one of the keys for a smooth transition from two to three. I guess we will soon discover much more.

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Penguin Childcare
 Early Learning Centres

BETTER BEGINNINGS - BETTER FUTURES

Penguin Childcare - Collins St, Melbourne

Victoria's leading childcare provider, in the heart of Docklands and Melbourne's cbd is now open. Kindergarten program provided.

Spaces limited so book now to avoid disappointment.

www.penguinchildcare.com.au

Levels 1 & 2, Ground Floor, 750 Collins Street, Melbourne (Entry via Village St) P 9600 3456 E melbourne@penguinchildcare.com.au

