HEARTS @ PLAY

Play with a Purpose

in support of

Centre for FATHERING

mums for Life

DADs for Life

"Dads are ordinary men
turned by love into heroes,
adventurers, story-tellers, and
singers of song..."
- Pam Brown

Every child's first male role model is their father and Hearts at Play believes in fostering strong, healthy relationships between a Dad and his offspring.

During the month of June, there will be an array of father & child bonding activities!

DANCING DADDIES

BABYWEARING DANCE CLASS FOR DADS

Dancing with your baby in a carrier increases yours and your baby's oxytocin levels, helping to promote your 'feel-good' hormone levels. It's a great way to bond with your little one, connect with other dads and have fun!

DURATION: 1 HOUR

PRICE: $38 FOR DAD AND BABY

No dance experience required!

***Babies must be at least 6 weeks old**
***Dads must have access to an approved baby carrier**
***Appropriate footwear must be worn while dancing**

MUFFINS & MUNCHKINS

FATHER & CHILD BAKING WORKSHOP

Baking with kids can be a messy adventure but there are so many benefits of baking alongside your child, as well as creating some unforgettable memories together!

DURATION: 2 HOURS

PRICE: $48 FOR DAD AND CHILD

***Ingredients will be provided but you'll need to bring your own takeaway containers**

***Recommended for children aged 3 and above**

NEW OLD SHOES

UP-CYCLING SOME OLD FOOTWEAR

Here's one for the boys! Unleash your creativity during this session dedicated to fathers and sons. Do you have an old pair of sneakers that could use a makeover? Bring them in, come up with a new theme together and start decorating!

DURATION: 2 HOURS

PRICE: $28 FOR FATHER AND SON

***Art materials will be provided but you'll need to bring your own 'old' shoes!**

***Recommended for children aged 6 and above**

PAPAS & PRINCESSES

A HAIR-RAISING WORKSHOP FOR DADS AND DAUGHTERS

Let your hair down, learn some braiding techniques and style your daughter's hair with confidence! At the end of the session, allow her to give YOU a makeover!

DURATION: 2 HOURS

PRICE: $22 FOR DAD AND DAUGHTER

***Hair ties & clips will be provided**

***Recommended for children aged 5 and above**

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For bookings, please contact us via
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