

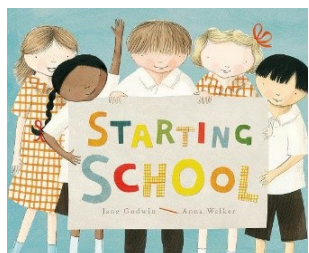
Reference Guide to Books about starting school for preschool/kinder parents and carers



Read together

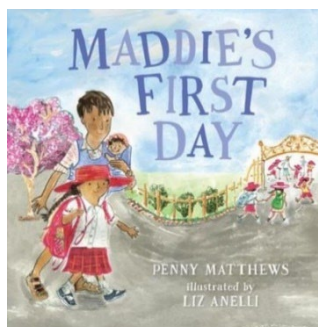
Reading books together helps children work through their anxieties about starting school – even the ones they haven't had yet! A bit like a rehearsal for starting school but with a parent by their side. It's practice for skills like opening a lunchbox, asking questions, making new friends, and talking to a teacher.

See [Libraries ACT](#) catalogue for many more titles to borrow.



Starting School by Jane Godwin and Anna Walker

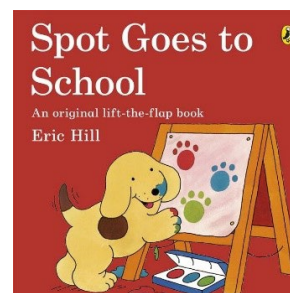
Five children are off to school for the very first time. They enjoy making friends, learning new things and discovering all that school involves. This book touches on how the children feel about starting school.



Maddie's first day

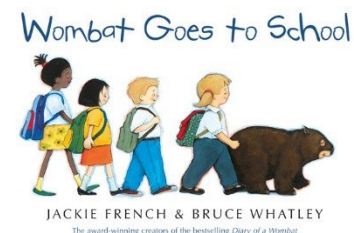
By Penny Matthews, illustrated by Liz Anelli

A picture book about the excitement of going to 'big' school for the first time. This book is great for encouraging discussion with children about their first experiences, making friends, and growing up.



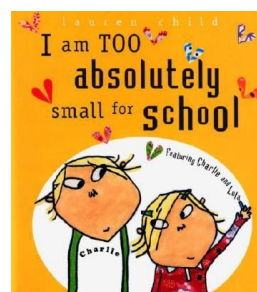
Spot Goes to School by Eric Hill

Spot starts school and finds singing, playgrounds, painting and story time. This is a great introduction for little kids as to the adventure school might be. With plenty of interactive lift the flaps it makes school sound like lots of fun.



Wombat Goes To School by Jackie French

In between sleeping, scratching and chasing carrots, Mothball the wombat manages to go to school. This is a funny sequel to the Wombat series by Jackie French and is a perfect book for preschoolers.

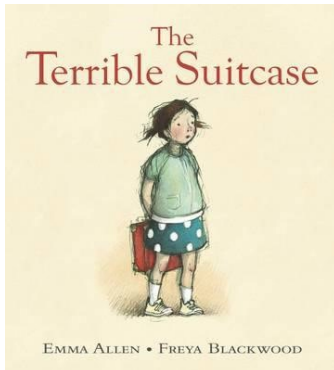


I am Too Absolutely Small for School

Lola is a bit anxious about school, she thinks maybe she is still too small and doesn't really have time to go. She wonders whether she will have people to talk to at lunchtime and whether learning to read might be too hard. Her wise older brother Charlie assures her it will be fun.

Lola is both outspoken and brave. We love her imaginary friend Soren Lorensen who is also nervous about starting school.

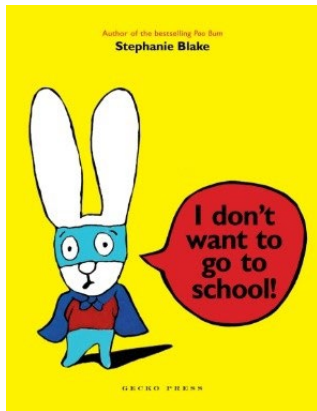
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The Terrible Suitcase by Emma Allen and Freya Blackwood

It's the first day of school and all the children have a special backpack, except one – she has a terrible suitcase. A story about how imagination can make magic out of anything.

This CBCA award winner is a magical tale celebrating imagination and making the best of things. Beautifully illustrated.

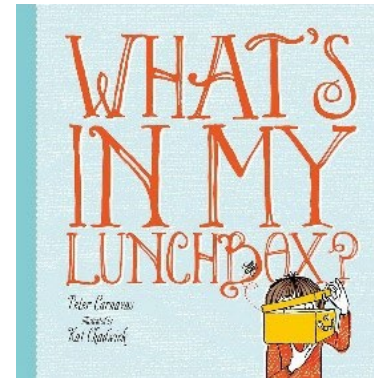


I Don't Want to Go To School by Stephanie Blake

Simon the Bunny is about to face his first day of school and he is scared. He says he is not going, no matter what his parents say. When Simon eventually faces school he has such a good time that he does not want to come home at the end of the day.

This is a great read aloud for families who are dealing with school refusal or problems adjusting to school. It has a good lesson in it, that if you give it a

go, things just might surprise you.

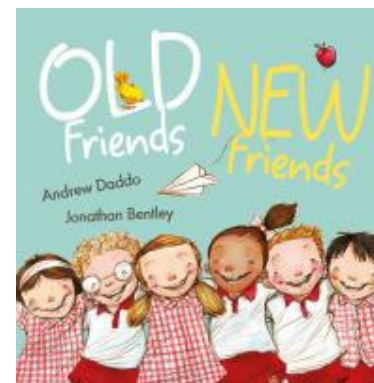


What's In My Lunchbox by Peter Carnavas

Today in my lunchbox, I happened to find an apple, a sister, a fish, an egg, a bear and a dinosaur.

Full of lunchbox silliness this is a funny look at school lunches. The little boy in the story does not want to eat the apple until he realizes it is his best option after all. With simple and humorous illustrations by Kat Chadwick this

would be a great read aloud at preschool for all those kids getting used to lunchboxes. For children age 3-6.



Old Friends New Friends by Andrew Daddo

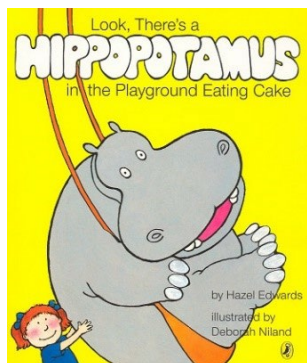
A brand-new school year! I can't wait!

Hang on... None of my old friends are in my new class. This empowering and relatable picture book is about making friends and being yourself.

First Day by Andrew Daddo

This children's picture book captures a modern first day of school – iPhone pictures and all. Covering the anticipation and nerves of a first day and that both mother and child may have to be a bit brave. This school starter assures her mum that tomorrow will be easier.

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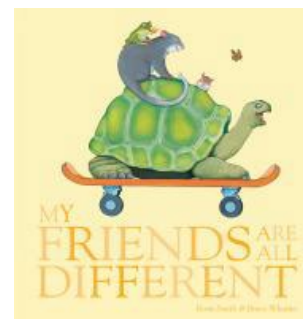
Look, There's a Hippopotamus in the Playground Eating Cake by Hazel Edwards

I've got a new school bag. I put my red drink bottle and my red lunch box in my school bag. My hippopotamus is packing his school bag too. Together with her hippopotamus, the little girl is starting school. They meet her teacher, eat lunch in the playground and make new friends. This is a reassuring story for new school starters. The little girl's imaginary hippopotamus goes to school with her so that he will not be lonely at home. This is a good read aloud to have up your sleeve prior to starting school.



Twig by Aura Parker

Why won't someone play with me? Heidi is a stick insect. She is tall and long like the twig of a tree. It is her first day at a busy bug school, where she hopes to learn and make new friends. Sadly, making friends is that much more difficult when no-one can find you! Can you spot Heidi? This is a gorgeous story about a little girl, who happens to look like a twig, who just wants to make friends. This is a joyful book about being different and accepted.



My friends are all different by Rosie Smith & Bruce Whatley.

Whether big or small, slow or fast, my friends are the best. My friends are the best because they are all different, what about yours?



Meesha Makes Friends by Tom Percival

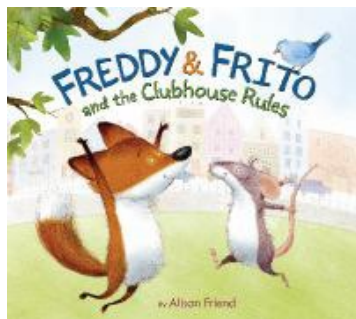
Meesha loves making things ... But there's one thing she finds difficult to make - friends. She doesn't know quite what to do, what to say or when to say it, and she struggles reading and responding to social cues. A warm and affectionate look at the joys and difficulties of making and keeping friends, relating to others, and finding your place in the world.



Big Friends Linda Sarah & Benji Davies

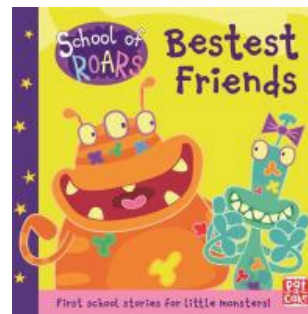
Best friends Etho and Birt love going up Sudden Hill and sitting in simple cardboard boxes imagining they are kings, soldiers, astronauts, or pirates until Shu asks to join them, and their "two-by-two rhythm" is disturbed.

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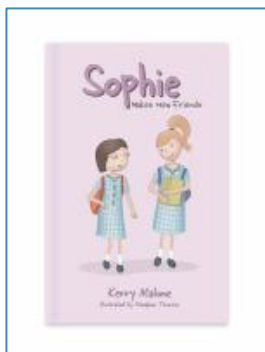
Freddy & Frito and the Clubhouse Rules by Alison Friend

Best friends Frito and Freddy want a place where they can play together that has plenty of space and not too many rules, so they build a clubhouse that is perfect--until their families and friends come to visit.



Bestest Friends

It's time to go to the School of Roars! Join the monsters for a roarsome day at school. It's art class at the School of Roars, and the monsters have a fun project to do. But Wufflebump feels left out when his best friend Meepa is partners with Yummbble. Miss Grizzlesniff teaches the class about being kind to one another and everyone joining in together. Featuring themes of sharing, friendship and problem-solving, this School of Roars story is perfect for little monsters everywhere!



Sophie makes new friends by Kerry Malone, illustrated by Meaghan Thomson

It's Sophie's first day at her new big city school. Without her old friends, who will sit with her at recess? Will she make new friends? She eventually finds the courage to say hello to Phoebe. Will Phoebe convince Sophie to join the skipping team?



Hello Friend! By Rebecca Cobb

The story of one relentlessly big-hearted and enthusiastic little girl who is insistent on befriending a certain little boy. And why wouldn't he want to be friends with her? She's very good at sharing? in fact, she insists on it, even if it's a sandwich that he doesn't like. though there is one thing he's very keen on after all. . . being friends.

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Children's books about **Feelings**

Introduction

Children have many of the same feelings that adults have. They can be frustrated, nervous, excited, frightened, and embarrassed. But children are still learning to talk about how they feel, or they use other ways to communicate feelings such as facial expressions, body language, behaviour, and play.

The skills to express and manage feelings are learned through relationships and interactions with others. Learning to identify emotions in childhood helps children to:

- Be empathic and supportive of others,
- Have positive mental health and wellbeing,
- Develop resilience and coping skills,
- Feel more competent, capable and confident and have a positive sense of self.

Helping children learn about and express their feelings

Name the feeling - Naming feelings is the first step in learning to identify them. Develop an emotional vocabulary.

Behind every behaviour is a feeling - understand the meaning and feeling behind behaviour. Find positive ways to express feelings once you know what is driving the behaviour.

Identify feelings in others – Reflect on how someone else may be feeling. Discuss feelings and learn how to recognise other people's feelings through facial expressions.

Be a role model - Kids learn about feelings and how to express them appropriately by watching others. Show how you're feeling about different situations and how you deal with those feelings.

Encourage with praise - Praise your child when they talk about their feelings or express them in an appropriate way. Feelings are normal and it's ok to talk about them.

Listen to your child's feelings - Stay present and resist the urge to make your child's bad feelings go away. Support your child to identify and express their feelings so they are heard. When feelings are minimised or dismissed, they will often be expressed in unhealthy ways.

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Readings on feelings:

- **ABC 'Moodies'** 1.10 min episodes x 10. Led by Play School's Rachael Coopes, Moodies identifies big emotions in little people. Inspired by the powerful research around mindfulness for kids, it guides the audiences to name and understand emotions in different ways.
- 2.25 mins eSafeKids Book demo for parents: [Find Out About Feelings](#)
- 2.40 mins eSafeKids Book demo: [Inside My Heart and In My Head Feelings](#)
Explore the world of emotions to help children understand the universal and unique nature of feelings.
- 5.31 mins: [I've Got a Feeling](#) - by Stephanie Owen Reeder (© National Library of Australia)
- 4.49 mins: [Australian Kids book read aloud](#) - Feeling All My Feelings Book by Kim T.S
- 7.31 mins [Get to know SPECIAL ME](#) by Jennifer Nwokeji
- 4.46 mins [In my heart](#): a book about feelings (Growing Hearts) by author Jo Witek and illustrator Christine Roussey
- 4.06 mins [The Feelings Book](#) By Todd Parr
- 8.17 mins [A Little Spot of Feelings](#) - Emotion Detective By Diane Alber
- 4.12 mins [The Colour Monster](#), A Story About Emotions by Anna Llenas
- 5.20 mins [When I Feel Angry](#) by Cornelia Maude Spelman
- 8.07 mins [Me and My Fear](#): A Wonderful Story about Independence by Francesca Janna
- 5.35 mins [All about feelings](#)- Felicity Brooks and Frankie Allen

Books on Making Friends

- Friendships in Primary Article ['The Conversation'](#)
- The [Very Hungry Caterpillar's Australian Friends](#) by Eric Carle
- Have you filled a bucket today? By [Carol McCloud](#)
- [I walk with Vanessa](#)
- [Friendship is like a seesaw](#)
- [The Playground is like the jungle](#)

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Books for parents



Transitions in children's everyday lives

This *Everyday Learning Series* title explains what transitions are and how children might experience these events; the importance of familiar relationships; and how we as parents/carers and educators can support children as they negotiate the transitions of daily life.



Transition to school: Communication and relationships

This *Research in Practice Series* title describes a communication- and relationship-based approach to transition to school—an approach that focuses on the development of secure, respectful and reciprocal relationships between everyone involved in the transition process.