

Reference Guide

for preschool/kinder parents and carers



Topic	Description
Early education	<p>Starting Blocks website: the Australian Children’s Education & Care Quality Authority (ACECQA) provides information for families with young children.</p> <p>Early Childhood Australia: the peak early childhood advocacy organisation, acting in the interests of young children, their families and those in the early childhood field.</p>
ACT Education Directorate	<p>Home weblink. Deciding when and where your child goes to school is very personal. It’s normal for parents to feel anxious about getting this decision right.</p> <p>Preschool Pathways is the Directorate’s step-by-step guide to preschool.</p>
Learning Frameworks: The early years	<p>Birth to 5 years Families EYLF Guide in 20 languages</p> <p>The Early Years Learning Framework (EYLF), Belonging, Being and Becoming, describes the principles and practices that support and enhance young children's learning from birth to five years of age, as well as their transition to school.</p>
Beyond five years	<p>KINDERGARTEN TO COLLEGE (K-12)</p> <p>The Australian Curriculum sets the goal for what all students should learn as they progress through their school life – wherever they live in Australia and whichever school they attend.</p>
Out of school hours care (OSH) and school holidays	<p>OUT OF SCHOOL HOURS CARE/HOLIDAY PROGRAMS</p> <p>My Time, Our Place – Framework for School Age Care in Australia – designed to provide children with opportunities to maximise their potential through leisure and play-based activities that respond to their needs and interests.</p>
Languages and bilingual families	<p>The ACT Education Directorate Resources</p> <p>Bilingual Education Alliance (ACTBEA) is a local non-profit community group that celebrates and promotes multilingualism in the Canberra region.</p> <p>First Languages Australia is working toward a future where Aboriginal language communities and Torres Strait Islander language communities have full command of their languages and can use them as much as they wish to.</p>
Parent Associations	<p>School P&C Associations are a great way to meet parents and staff and learn about the school community. Check the school website or information pack for details about the P&C association or representative.</p> <p>ACT Council of Parents and Citizens Associations: the peak body for parent associations in ACT public schools. For resources and advice on running effective parent associations. Representing over 60,000 parents in 89 ACT schools.</p> <p>Association of Parents and Friends of ACT Schools Inc (APFACTS), the peak body representing parents and carers of students attending ACT non-government schools.</p>
Parents and schools building community	

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Parenting & learning support	ParentLink : information based on the latest research - supports effective parenting practices.
	Raising Children : information, parenting videos, articles and apps backed by Australian experts.
	The Circle of Security Parenting program based on decades of research about how secure parent-child relationships can be supported and strengthened. Available as a book, audiobook, and a course.
	Saver Plus Co-contribution funding assistance for families to build budgeting skills and save for educational expenses.
	Parents Australia is designed to assist families in the wellbeing, learning and education of their children. Family Connect guides parents to help children build skills and confidence through meaningful conversations.
	Triple P flexible, practical ways to develop skills, strategies and confidence to handle any parenting situation. Available as an online course.
	Uplifting Australia supports the development of social and emotional wellbeing in the whole family.
	Let's Count an early mathematics program for children aged three to five, developed by The Smith Family and early childhood researchers.
	NAPCAN National Association for Prevention of Child abuse and Neglect , alternatives to smacking, listening to children and babies, being a dad, keeping kids safe, family and domestic violence
	ACT Child Development Service assessment, referral, and information for parents of children 0 to 6 years where there are child development concerns. Children requiring early intervention supports are referred to the NDIA Early Intervention service.
Additional needs	ACT Education Directorate - All students in the ACT can attend their local public school. If you need support with enrolment, please contact your local school for assistance.
	Carers ACT : peak body for ACT carers (partners, spouses, children, family, or friends assisting someone who lives with disability, is frail with age, or has an ongoing illness).
	MyTime for parents and carers of children with a disability, developmental delay or chronic medical condition
	Down Syndrome Australia Providing support and information to families with a member who has Down syndrome
	People with Disabilities ACT Inc (PWDACT), the peak advocacy organisation in the ACT for people with disabilities.
	ACT Gifted Families Support Group Assoc. Inc. provides support for gifted children, their families, teachers, psychologists and other professionals

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Health	
Nutrition and lunchboxes	Information about what to pack in the lunchbox Fresh Tastes : guides to teach children about healthy food and drink choices.
Physical activity	Active Play Resources for physical activity and screen time to help make healthy choices. Fact sheet Play Australia Check out the handy, nation-wide PLAYGROUND FINDER Physical Activity Foundation : cycling or walking are simple ways for children to incorporate physical activity into their everyday lives and adults can model this behaviour for children - at least 60 minutes of moderate physical activity each day to maintain a healthy lifestyle
Online safety	eSafety Commissioner : Resources for all the family to enjoy safe and positive online experiences
Wellbeing, anxiety and mental Health	BRAVE : The BRAVE Program is an interactive, online program for the prevention and treatment of childhood anxiety. The programs are free and provide ways for children to better cope with their worries. There are also programs for parents . Beyond Blue's Healthy Families is all about giving you the information, knowledge and confidence to support the young people in your life – whether you're a parent, guardian, grandparent, a favourite uncle or an awesome auntie. BeYou promotes mental health and wellbeing, from the early years to 18, and offers educators and learning communities evidence-based online professional learning.
Research	ACER ARACY Murdoch Children's Research Institute Gonski Institute for Education