

Reference Guide

for parents and carers of preschool/kindergarten children



This guide is for parents and carers of preschool and kindergarten-aged children. It provides links to information on topics related to early childhood education and development, such as developmental milestones, social and emotional, language and literacy skills, and tips for supporting your child's learning at home and school.

Organisation	Description
ACT Education Directorate	Public School Life Enrolling in and attending a public school. Preschool Pathways the Education Directorate's step-by-step guide to preschool.
Early education & care	Deciding when and where your child goes to school is very personal. It's normal for parents to be concerned about getting this decision right
ACECQA	The Australian Children's Education & Care Quality Authority (ACECQA) provides up-to-date, practical information for families with children see the Starting Blocks website for families.
ECA	Early Childhood Australia is the peak early childhood advocacy organisation, acting in the interests of young children, their families, and the early childhood field.
Learning Frameworks	National Approved Learning Frameworks:
The early years Birth to 5 years old	The Early Years Learning Framework (EYLF) 'Belonging, Being and Becoming' supports children's learning from birth to five years of age, as well as their transition to school. Watch this 5 min video all about the Framework.
Out of school hours care (OSHC) including school holiday programs	The Framework for School Age (out of school hours) Care in Australia, called ' <i>My Time, Our Place</i> ' provides children with leisure and play-based activities that respond to their needs and interests, and maximise their potential for recreation, socialisation, and learning.
Curriculum: five years + Kindy to college (K-12)	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.
First Peoples	First Peoples - Territory Relations , Healing and Reconciliation. Information about the ACT Government's commitment to voice, treaty, and truth.

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Languages and bilingual families

The ACT [Education Directorate](#) has resources for parents and carers with culturally and linguistically diverse (CALD) backgrounds.

[Bilingual Education Alliance \(ACTBEA\)](#) is a local, non-profit community group that celebrates and promotes multilingualism in the Canberra region.

[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.

Parent Associations

A School P&C Associations is a voluntary organisation that consists of parents, caregivers, and members of the school staff. Its primary purpose is to promote the interests of the school and enhance the educational experience of students. P&C Associations play an important role in fostering collaboration between parents, staff, and the wider community and are a great way to meet other parents and staff. Check your school's website (under community) for details about your P&C.

ACT Parents

[ACT Council of Parents and Citizens Associations](#) Representing over 60,000 parents in 89 ACT schools, Council is the peak body for parent associations in ACT public schools. Resources for getting involved and running effective parent associations at your school.

[Association of Parents and Friends of ACT Schools](#) (APFACTS), the peak body representing parents and carers of students at ACT non-government schools.

Parenting Support Courses

From the ACT Healthy Schools Network a comprehensive [list of Parent and Carer Support Courses](#) available in 2023-24 and any costs involved

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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.

Children's earliest and most powerful learning comes from their family. This program called [HIPPI](#) support's school readiness by building parents' skills and confidence in their role as their child's first teacher.

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. From *Relationships Australia*, [Family Connect](#) guides parents to help children build skills and confidence through meaningful conversations.

[Triple P](#) free, flexible, practical ways to develop skills, strategies and confidence to handle any parenting situation. Available as an online course.

[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: provides alternatives to smacking, how to listen to children and babies, challenges of being a dad, keeping kids safe, family and domestic violence.

Helplines & counselling services

[AIFS](#): The Australian Institute of Family Studies website has a page of helplines, with telephone and online counselling services for children, young people and adults, related to topics such as family and domestic violence, gambling, mental health, wellbeing, and more.

Education Research

[ARACY](#): The Australian Research Alliance for Children and Youth

[ACER](#): The Australian Council for Educational Research

[Murdoch Children's Research Institute](#)

[Gonski Institute](#) for Education

[Harvard](#) Education + [Family & Community Engagement](#)



Additional needs

Description

[ACT Child Development Service](#) assessment, referral, and information for parents of children 0 to 6 years with development concerns. Children requiring early intervention supports are referred to the NDIA Early Intervention service.

[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.

[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

[Carers ACT](#) the 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).

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Health & Community

Online safety

[eSafety Commissioner](#) Resources for enjoying safe and positive online experiences

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](#)

[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

Wellbeing, anxiety, and mental Health

[BRAVE](#) This 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.

[Perinatal anxiety & depression Australia](#) **PANDA** supports the mental health and wellbeing of expecting, new and growing families with information and services.