

Early Learning references for parents and carers



Topic	Description and weblinks
ACT Schools	ACT Education Directorate weblink . Decisions about where your child goes to school are very personal. It's normal for parents to feel anxious about getting this decision right .
Curriculum The first five years	PRESCHOOL The Early Years Learning Framework (EYLF) , Belonging, Being and Becoming, describes the principles, practices and outcomes that support and enhance young children's learning from birth to five years of age, as well as their transition to school (5-7 yrs+). EYLF Families Guide in 20 languages
Beyond five years	KINDERGARTEN 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.
When school is done there's time for fun... and some valuable learnings too!	OUT OF SCHOOL HOURS CARE/HOLIDAY PROGRAMS 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.
Early Education	Starting Blocks website : The Australian Children's Education & Care Quality Authority (ACECQA) provide information for families with young children via this website. 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. ECA advocates to ensure quality, social justice and equity in all issues relating to the education and care of children aged 0-8 years.
School community Parent Associations Become a member, read the meeting minutes.	Every school community is unique and P&C Associations are a great way to learn and meet other parents and school staff. Check the school's website or information pack for details about getting in touch with the P&C Association or parent/teacher representative. ACT Council of Parents and Citizens Associations : the peak body for parent associations across all ACT public schools. For resources, advice and training to run an effective parent association in your school. Representing over 60,000 parents in 89 schools. Follow the network on Facebook. Association of Parents and Friends of ACT Schools Inc (APFACTS), the peak body representing parents and carers of students attending ACT non-government schools.
Transition to School	Parent forum recording Kids Matter Starting School Raising Children : information backed by Australian experts.

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Child Development and referrals	The Child Development Service offers assessment, referral, information and linkages for children 0 to 6 years where there are concerns relating to their development. Children that require early intervention supports are referred to the NDIA Early Childhood Early Intervention service partner, EACH.
Parenting and learning support	<p><i>recommended</i> ParentLink: information based on the latest research - supports effective parenting practices.</p> <p>Raising Children: information, parenting videos, articles and apps backed by Australian experts.</p> <p>Saver Plus Co-contribution funding assistance for families to increase budgeting skills - saving for educational expenses.</p> <p>Parents Australia is designed to assist families in the wellbeing, learning and education of their children.</p> <p>Family Connect (from Parents Australia) guides parents to help children build skills and confidence through meaningful conversations. Listening, appreciation, emotions and self-responsibility.</p> <p><i>recommended</i> 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.</p> <p>Triple P flexible, practical ways to develop skills, strategies and confidence to handle any parenting situation. Available as an online course.</p> <p>Uplifting Australia supports the development of social and emotional wellbeing in the whole family.</p> <p>Let's Count an early mathematics program for children aged three to five, developed by The Smith Family and early childhood researchers.</p> <p>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</p>
Nutrition and lunchboxes	<p>ACT Government - Health - Information about what to pack in the lunchbox</p> <p>Fresh Tastes: guides to teach children about how to make healthy food and drink choices</p>
Online safety	<p>eSafety Commissioner: Resources for all the family to enjoy safe and positive online experiences.</p>

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Support for complex needs	<p>Carers ACT: not-for-profit, peak body for ACT carers (partners, spouses, children, family, or friends who assist someone who lives with disability, is frail with age, or has an ongoing mental or other illness).</p> <p>MyTime for parents and carers of children with a disability, developmental delay or chronic medical condition</p> <p>Down Syndrome Australia Providing support and information to families with a member who has Down syndrome</p> <p>People with Disabilities ACT Inc (PWDACT), the peak advocacy organisation in the ACT for people with disabilities.</p> <p>ACT Gifted Families Support Group Assoc. Inc. provides support for gifted children, their families, teachers, psychologists and other professionals</p>
Physical activity	<p>Active Play Resources for physical activity and screen time to help make healthy choices</p> <p>Physical Activity Foundation: cycling or walking are simple ways for children to incorporate physical activity into their everyday lives. Children and young people need to participate in at least 60 minutes of moderate physical activity each day to maintain a healthy lifestyle</p>
Mental Health	<p>Beyond Blue: for support with mental health</p> <p>BeYou promotes mental health and wellbeing, from the early years to 18, and offers educators and learning communities evidence-based online professional learning.</p>
Education Research	<p>ACER</p> <p>ARACY</p> <p>Murdoch Children’s Research Institute</p> <p>Gonski Institute for Education</p>
Languages and bilingual families	<p>The ACT 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>