



Topic	Description
ACT Schools	ACT Education Directorate weblink . Deciding where your child goes to school is very personal. It's normal for parents to feel anxious about getting this decision right .
Learning Frameworks: The early years	PRESCHOOL Families EYLF Guide in 20 languages 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 (5-7 yrs+).
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.
OSH care and holidays	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.
Languages and bilingual families	The ACT 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	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 contacting the P&C association or representative. 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. Follow 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.



Topic	Description
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.
	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.
	<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.
	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	
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. The Education Directorate works closely with schools to provide appropriate supports and adjustments.
	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



Topic	Description
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 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

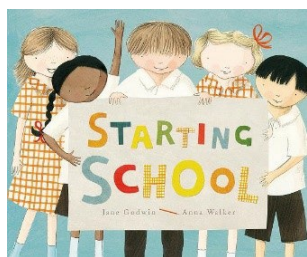
Transition to School parent forum recording 35m <https://youtu.be/VtUoNgoAbgI>



Books about starting school

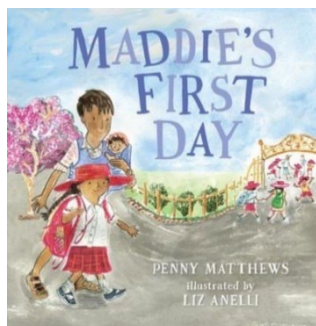
Reading books together is a great way to help children work through their anxieties about starting school – even the ones they haven't had yet! A bit like a rehearsal but with a parent by their side. It's practice for skills like making new friends, asking questions and talking to a teacher.

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



Starting School by Jane Godwin and Anna Walker

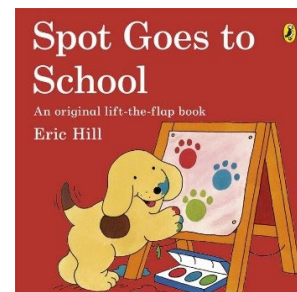
Five children are off to school for the very first time. They enjoy making friends, learning new things and discovering all that school involves. This book touches on how the children feel about starting school.



Maddie's first day

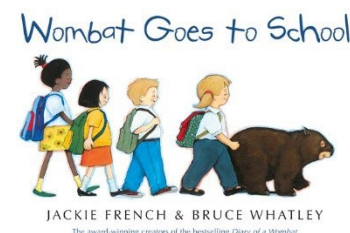
By Penny Matthews, illustrated by Liz Anelli

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.



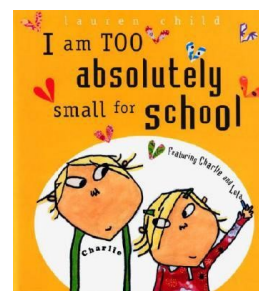
Spot Goes to School by Eric Hill

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.

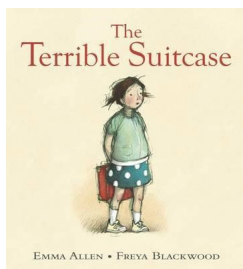


I am Too Absolutely Small for School

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.

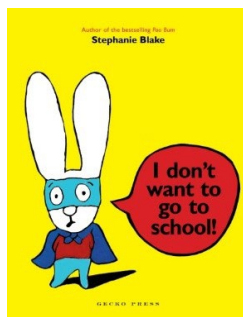
Reference guide for parents and carers of preschoolers



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.

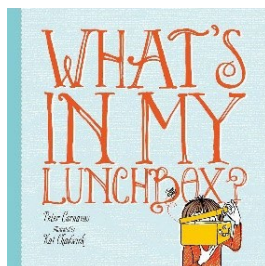
This CBCA award winner is a magical tale celebrating imagination and making the best of things. Beautifully illustrated.



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

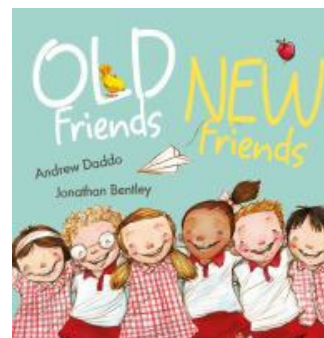
Today in my lunchbox, I happened to find an apple, a sister, a fish, an egg, a bear and a dinosaur.

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.

ACT Council of Parents and Citizens Associations www.actparents.org.au



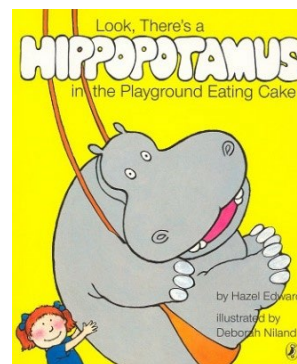
Old Friends New Friends by Andrew Daddo

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.



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.

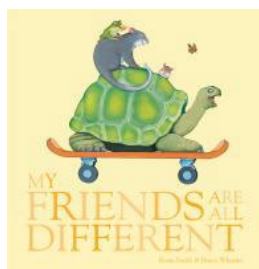
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Twig by Aura Parker

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.

Books about making friends



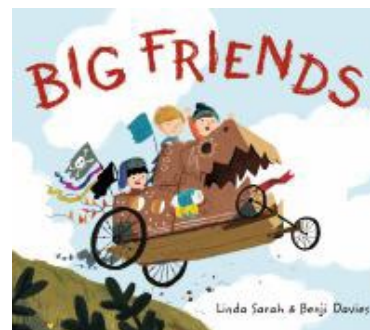
My friends are all different by Rosie Smith & Bruce Whatley.

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?



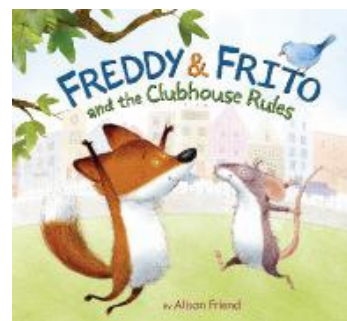
Meesha Makes Friends by Tom Percival

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.



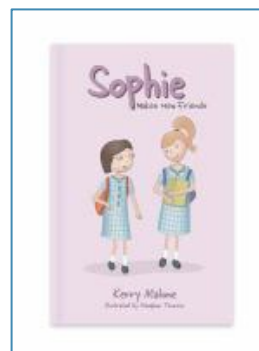
Big Friends Linda Sarah & Benji Davies

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.



Freddy & Frito and the Clubhouse Rules by Alison Friend

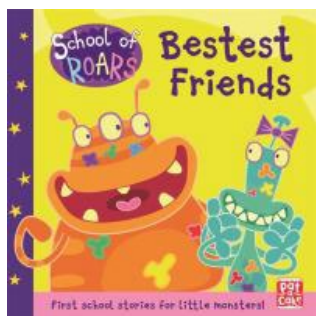
Best friends Frito and Freddy want a place where they can play together that has plenty of space and not too many rules, so they build a clubhouse that is perfect--until their families and friends come to visit.



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?

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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 Yumbble. 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!



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.

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.