

Transition to preschool/school - Resources for parents and carers



Topic	Description	weblink
Schools	ACT Education Directorate: ACT Government Directorate developing and delivering educational services to children and young people in the ACT. With 88 public schools across the ACT providing education for students from preschool to Year 12.	https://www.education.act.gov.au/public-school-life/starting_school Education Minister: https://www.education.act.gov.au/about-us/minister
Choosing a School	Decisions about where your child goes to school are very personal and can be difficult. It's common and normal for parents to feel anxious about getting this decision right.	https://raisingchildren.net.au/preschoolers/play-learning/preschool/choosing-a-school
Curriculum	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. 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. 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.	https://www.education.gov.au/early-years-learning-framework-0 EYLF Families Guide in 20 languages: https://docs.education.gov.au/node/2014 www.australiancurriculum.edu.au/parent-information https://www.education.gov.au/my-time-our-place
Early Learning	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. StartingBlocks website: The Australian Children's Education & Care Quality Authority (ACECQA) provide information for families with young children via this website.	www.earlychildhoodaustralia.org.au/parent-resources https://www.startingblocks.gov.au/

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Parent Associations	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.	https://www.actparents.org.au/index.php
	Association of Parents and Friends of ACT Schools Inc (APFACTS), the peak body representing parents and carers of students attending ACT non-government schools.	https://apfacts.org.au/about-us/
Parenting resources	ParentLink: Government website provides information based on the latest research and supports effective parenting practices.	https://www.parentlink.act.gov.au/
	Raising Children: Government website provides information, parenting videos, articles and apps backed by Australian experts.	https://raisingchildren.net.au/preschoolers https://raisingchildren.net.au/ www.parentsaustralia.com
	Parents Australia is designed to assist families in the wellbeing, learning and education of their children.	www.familyconnect.org.au
	Family Connect (from Parents Australia) guides parents to help children build skills and confidence through meaningful conversations. Listening, appreciation, emotions and self-responsibility.	https://www.circleofsecurityinternational.com/resources-for-parents/
	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.	https://www.tripleparenting.net.au/au-uken/triple-p/
	Triple P flexible, practical ways to develop skills, strategies and confidence to handle any parenting situation. Available as an online course.	https://www.upliftingaustralia.org.au/parent-resources/ https://www.thesmithfamily.com.au/programs/financial/saver-plus
	Uplifting Australia supports the development of social and emotional wellbeing in the whole family.	https://www.thesmithfamily.com.au/programs/numeracy/lets-count
	Saver Plus Funding help for families to increase budgeting skills and co-contribute to saving for educational expenses.	https://www.napcan.org.au/about-us/
	Let's Count an early mathematics program for children aged three to five, developed by The Smith Family and early childhood researchers.	https://playgroupact.org.au/
NAPCAN Parent resources, alternatives to smacking, listening to children and babies, being a dad, keeping kids safe and family and domestic violence		

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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.	https://actbilingual.weebly.com/
	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.	https://www.firstlanguages.org.au/
Nutrition and lunchboxes	ACT Government - Health - Information about what to pack in the lunchbox	Healthy, waste-free lunchbox flyer
	Fresh Tastes: guides to teach children about how to make healthy food and drink choices	https://www.health.act.gov.au/about-our-health-system/healthy-living/fresh-tastes
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.	https://www.education.act.gov.au/support-for-our-students/students-with-disability
	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).	https://www.carersact.org.au/
	MyTime for parents and carers of children with a disability, developmental delay or chronic medical condition	www.mytime.net.au
	Down Syndrome Australia Providing support and information to families with a member who has Down syndrome	https://www.downsyndrome.org.au/act/
	People with Disabilities ACT Inc (PWDACT) , the peak advocacy organisation in the ACT for people with disabilities.	https://pwdact.org.au/
	ACT Gifted Families Support Group Assoc. Inc. provides support for gifted children, their families, teachers, psychologists and other professionals	http://actgifted.com.au/?page_id=2
Online safety	eSafety Commissioner: Resources for all the family to enjoy safe and positive online experiences	https://www.esafety.gov.au/

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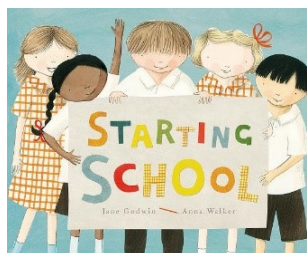
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Physical activity	<p>Active Play Resources for physical activity and screen time to help make healthy choices</p> <p>Physical Activity Foundation: cycling or walking are simple ways for children to incorporate physical activity into their everyday 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>	<p>https://www.health.act.gov.au/about-our-health-system/healthy-living/kids-play-active-play/active-play</p> <p>http://paf.org.au/ride-or-walk-to-school/</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>	<p>https://healthyfamilies.beyondblue.org.au/home</p> <p>https://beyou.edu.au/about-be-you</p>
Research	<p>ACER research in early childhood education and care and the early years of school informs policy, programs and practice to support improved learning and development outcomes for all children.</p> <p>Gonski Institute for Education</p>	<p>https://www.acer.org/au/research/areas-of-research/early-childhood-education</p> <p>https://www.gie.unsw.edu.au/research/early-childhood</p>
school community	<p>Most ACT schools and P&C Associations have a parent representative or liaison officer to assist parents and facilitate communication throughout the school community.</p> <p>Your school's website and information pack provides details about the school community and processes for getting in touch with the P&C Association or parent/teacher representative.</p>	<p>Parent Engagement in ACT Schools</p> <p>ACT Schools share their parent engagement practice</p>



Books about starting school

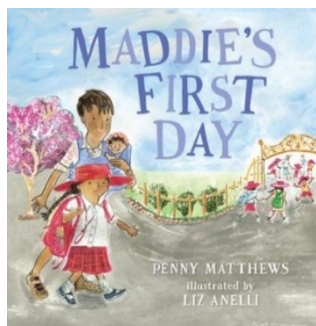
Reading books together is a great way to help children work through their anxieties about starting school – even the ones they haven't had yet! A bit like a rehearsal but with a parent by their side. It's practice for skills like making new friends, asking questions and talking to a teacher.

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



Starting School by Jane Godwin and Anna Walker

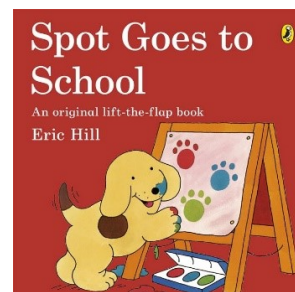
Five children are off to school for the very first time. They enjoy making friends, learning new things and discovering all that school involves. This book touches on how the children feel about starting school.



Maddie's first day

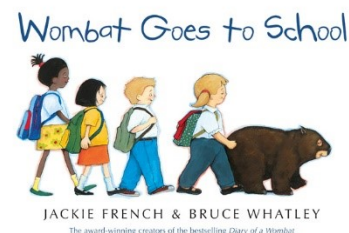
By Penny Matthews, illustrated by Liz Anelli

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.



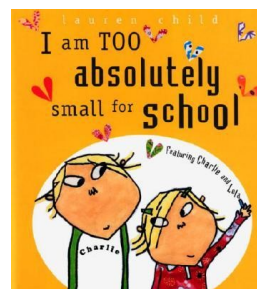
Spot Goes to School by Eric Hill

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.

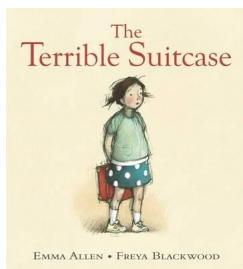


I am Too Absolutely Small for School

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.

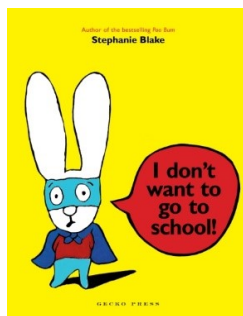
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The Terrible Suitcase by Emma Allen and Freya Blackwood

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.

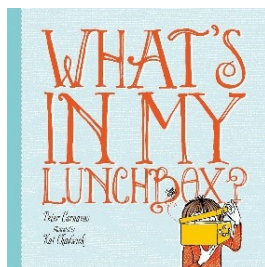
This CBCA award winner is a magical tale celebrating imagination and making the best of things. Beautifully illustrated.



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

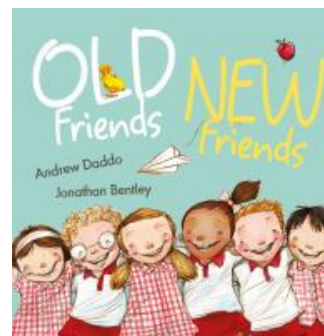
Today in my lunchbox, I happened to find an apple, a sister, a fish, an egg, a bear and a dinosaur.

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.

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



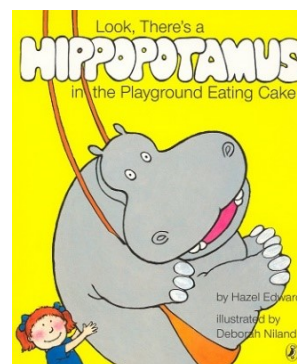
Old Friends New Friends by Andrew Daddo

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

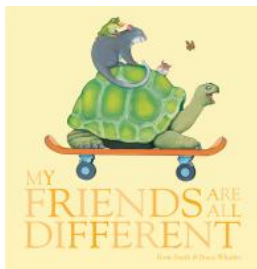
goes to school with her so that he will not be lonely at home. This is a good read aloud to have up your sleeve prior to starting school.

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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.



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?



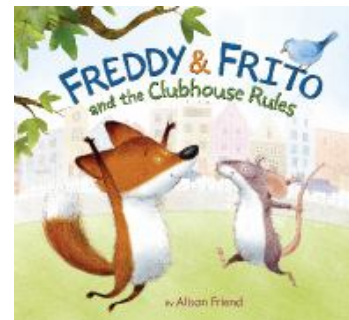
Meesha Makes Friends by Tom Percival

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

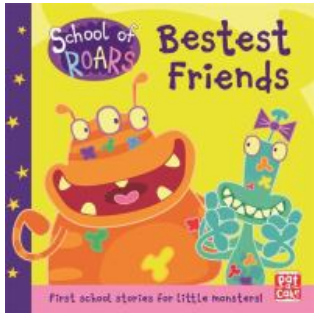
Best friends Frito and Freddy want a place where they can play together that has plenty of space and not too many rules, so they build a clubhouse that is perfect--until their families and friends come to visit.



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 Grizzliesniff 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 reference



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.