

# Setting your child up for success: engaging in your child's learning and development in the early years

The journey map below provides an overview of the ways you can support your child to have the best possible start to life and learning. **Scan the QR codes to learn more.**

Scan here for an expanded version of this resource and links to more information



## BIRTH – 2 YEARS

From the moment they are born, your child starts learning through relationships, play and exploration. Parents and carers are a child's first teacher and play an important role in supporting learning and development in the early years.



Meet other parents/carers at a *Maternal and Child Health (MACH)* group, or attend a MACH information session or support program

Play games and explore with your child – be active, take them outdoors or get creative with paint and crafts or cooking.



Help your child to make their first friends by joining an *ACT Playgroup*

Read with your child – look at the pictures and talk about what is happening, make predictions about what will happen next.

Learn skills to boost your child's language development - Attend a *Giggle and Wiggle* session at an ACT Library



## 3 YEARS

During the first five years, your child's brain is developing at a rapid rate. Their experiences and interactions are creating millions of connections in their brains. The relationships your child develops now will build the foundations for their communication and social skills.

Talk to health professionals and your child's educators about *child developmental milestones* and ways you can support their growth, learning and development at home



Access to quality early childhood education and care in the two years prior to formal schooling enhances educational outcomes for children.



Do you identify as Aboriginal or Torres Strait Islander? *Koori Preschool* provides Aboriginal and Torres Strait Islander children aged 3 to 5 years with a play-based, culturally safe learning program

Build your child's independence by involving them in everyday activities like *grocery shopping, cooking, making their bed and setting the table.*

## 4 YEARS

There is overwhelming evidence suggesting that quality early childhood education helps children to have the best start to life. Play based learning focused on communication, language and relationships forms the basis of preschool programs in the ACT.

Encourage a love of books and stories - Attend a *Story Time* session at an ACT Library



Help your child to develop relationship building skills such as sharing, taking turns, listening and negotiating – playing games can be a great start.



Read about *play-based learning* and how you can support your child to learn through play

Share a conversation with your child about their day – try to avoid asking “yes” or “no” questions to help develop their conversation skills.

Support your child to transition to Preschool using the Education Directorate's *Preschool Pathways* resources



## 5 – 6 YEARS

Every child deserves high quality education and the life chances which flow from it. Schools in the ACT ensure your child has the best possible foundations for learning, school experience and opportunity to achieve excellent outcomes.



Access information about starting school and *engage in your school's transition* processes

Talk to your child's teacher about ways you can volunteer or be involved in your child's learning.

Engage in your child's learning and help them to become a lifelong learner



Joining a local sporting team can be a great way for your child to keep active and build friendships with other children in the area.



Pack a healthy lunchbox to ensure your child has the energy to learn and play



Book and attend child health checks and immunisation appointments



Find an early childhood education and care (ECEC) service near you



If you have concerns about your child's development, attend a *Child Development Service Drop In Clinic*



Enrol in an ACT Public Preschool or Koori Preschool (ACT Public Preschool enrolment opens on the first day of Term 2, the year before commencement; Koori Preschool enrolments can be made throughout the school year)



Enrol in Kindergarten in an ACT Public School (enrolment opens on the first day of Term 2, the year before commencement)