Learning at home

Activities and fun ideas to help your child learn at home. For parents/carers of young children.
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As parents/carers you are the most important people in your children’s lives. You are their first teachers and are responsible for laying the foundations that give them the best start to school.

As you and your family do routine things together, like household activities, shopping and playing games, you are helping your children learn. Each activity teaches children to explore and discover the wonder of learning, and each experience helps prepare children for school.

This publication is designed to assist you to make the most of these early years at home. The ideas are simple yet powerful as they strengthen family relationships and build children’s confidence.

Inside is a wide range of topics from developing reading, writing and maths skills through to managing difficult behaviour and using technology.

I encourage you to keep this publication as a handy guide, helping you and your children to discover the wonder of learning at home each day.

Hon Peter Collier MLC
Minister For Education
Your child’s brain is literally a ‘work in progress’!

In the first few years of life, the brain grows rapidly. By the time your child is three years old, 90 per cent of their brain has developed. So the experiences you have with them during these years are extremely important. By creating a loving and safe place for your child to learn and grow, you are helping them prepare for the first years of school.

How children learn best

Children learn best when they are happy, feel safe and have interesting things to do and interested people to help them.

Children are naturally curious, full of ideas and keen to learn about the world around them. They learn by playing, watching, listening, asking, talking, having time to think, doing and trying new things, practising and repeating the things they do, and watching the responses of the people around them.

Learning should be spontaneous and fun. The everyday activities you do with your child are powerful learning opportunities. This publication has lots of easy and simple things you can do at home with your child before they start school.

Did you know?

A three year old child’s brain is twice as active as an adult’s brain. By the time your child is three their brain has formed about 1000 trillion connections – twice as many as adults!
Capturing learning moments

So much learning is done through everyday experiences such as hanging out the washing, going for a walk and exploring your local environment. Capture these moments with your child.

For example talking about the types of clothes in the washing helps your child develop their vocabulary. When your child guesses the number of pegs they are estimating; when they match the colour of pegs with the colour of clothing they are matching and learning colour names; and when they count the pegs they are learning about numbers and how many.

Play is child’s work

Play is a powerful and natural way for your child to learn. Through play your child develops physically, socially, emotionally and cognitively (intelligence). Play involves climbing, making cubbies, dressing up, pretending, dancing, writing, counting, doing puzzles, drawing, reading, imagining, building things, making choices, exploring materials, testing ideas, developing confidence, sharing with others and so much more!

What can I do?

• Allow children to play every day.
• Encourage your child to make up their own activities and games.
• Have cardboard boxes, balls, buckets, cushions, hula hoops and dress up clothes around to play with.

Tips on helping your child

• Make learning fun.
• Follow your child’s interests and choices – and build on them.
• Give your child time to solve problems and repeat things.
• Be positive, patient and supportive.
• Teach them to watch, listen, think and question.
• Listen to your child and give them a voice.
Why is reading important?

Children love being read to and sharing books is a great way to spend time with your child.

What can I do?

• Tell stories, say or sing nursery rhymes, poems and songs. Make up actions.
• Read a range of books. Read favourites over and over. Encourage your child to join in. Don’t object if your child wants to hear the same stories.
• Look for words your child might know. Count how many times familiar words come up.
• When reading to your child, follow the words with your finger, point to pictures and talk together about the story.
• Let your child pretend to read. Children pretend to read at this stage by making up the story. This is a great start.
• Show your child how to look after books such as turning the pages carefully.
• If your child isn’t showing interest in a book, don’t push them.

• Young children may lose interest quickly. Repeated sessions of a good 10 minutes spread throughout the day is all they need.
• Turn off the television, radio and computer to avoid distractions.
• Visit your local library. Ask about different programs in your library such as Better Beginnings and Baby Rhyme Time.

More information:

Keep an eye out for our new booklet Hello school! that will help you when your child starts school.

W: det.wa.edu.au/schoolsandyou

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Developing science and thinking skills

The world is a fascinating place to your child. It’s full of things to wonder about and explore. As your child begins to observe and experiment, they develop their science skills.

Science and active inquiry are great ways to develop good thinking habits. When your child asks *Why is the sky blue?* they are learning to think critically.

**What can I do?**

- Encourage your child to ask questions. Talk, act and think through problems.
- Help your child experiment with everyday things. Why do some things float and others sink in the bath? What happens when water is mixed with oil?
- Do simple experiments together like making play dough, blowing bubbles and looking at insects.
- Talk with your child about the technology we use each day and how it helps us to live a more comfortable life. Examples are cups, pencils, shovels, televisions and computers.
- Explore the outdoors together and talk about how things change during the day or over the year.
- Pull apart and put back toys and simple machines and discuss with your child what each part does.
Concentration

Games are a fun way to help your child develop their ability to focus and concentrate.

What can I do?

• Make up a treasure hunt in the house or garden. Hide different objects. Have fun finding them together.
• Sort things by size, colour or shape, like blocks, food packaging, toys and pegs.
• Play What’s on the tray? Put an item on a tray. Ask your child to close their eyes and then ask them What’s on the tray? Increase the number of items on the tray to two, three and four. See how many items they can remember. Take turns. Put three items on a tray – take off one. Guess which one is missing.
• Play I spy.
• Find words beginning with b and other letters when you go shopping together.
• Listen to talking books from the local library.
• Write words on paper and stick them around the house at your child’s height. Encourage your child to read them. Remove a few words and ask your child to put them back in the right place. Only do this if your child enjoys it. If it’s too hard they’re not ready.
Easy ways to develop maths, reading and writing skills

Children learn maths, reading and writing as they play.

What can I do?

• Play ‘shops’ with things from the kitchen, using shopping bags, purses and real or play money. Make lists, signs and prices together.
  • Make a scrapbook with drawings, photos, certificates, birthday cards, letters and tickets from places you have visited together.
  • Write events on the calendar like birthdays and special celebrations and talk about these with your child.
• Make birthday cards, thank you cards and invitations to send to family and friends.
• Have a space on a small table to write and draw. Use scrap paper, textas, crayons, pencils, notebooks, old envelopes and cards.
  • Pin up your child’s work on the fridge or wall.
• Have a message board and write messages to each other. You can turn daily tasks into fun learning times.
• Cook simple things together. Read and talk about recipes. Give your child simple directions to follow.
• Encourage your child to find ingredients in the kitchen and measure them.
• Cut food and talk about size, shape, colour and taste.

Shopping:

• Write shopping lists together. Ask your child to ‘read’ back items on the list as you shop. Get them to help you find items they know.
• Count fruit and vegetables as you put them in bags.
• Let your child use the shop scales to weigh fruit.
• Talk about coins and notes and the price of things.
• Let your child give the money and collect the change at the checkout.
• Unpack and sort the shopping at home together. Talk about the size and shape of items as you put them away.
Children who respect others, understand routines and limits and have healthy self esteem are more likely to enjoy school.

What can I do?

Self esteem is learning about:
- who you are as a person
- feeling worthwhile, valued, wanted and respected
- feeling you have a place in the world.

You can help build your child’s self esteem by:
- telling them often that you love them for who they are
- supporting and praising their attempts when they try new things
- spending time with them
- encouraging them to make friends, and make their friends feel welcome
- displaying work they have done
- asking for their opinions.

More information:
W: kidscount.com.au
W: cyh.com
W: health.wa.gov.au/services
Healthdirect Australia
T: 1800 022 222
Feelings

Feelings are an important part of your child’s social and emotional development. Learning words to talk about their emotions and knowing that it’s okay to feel a particular way can help reduce your child’s frustration.

What can I do?

• Help your child learn about feelings by talking to them about how they are feeling. For example: You sound happy…sad….scared.

• Talk about how others may feel. For example: How do you think Harry will feel if someone takes his toys without asking? How will daddy feel if you are angry with him? How would you feel if your friends didn’t ask you to play?

• Think aloud. For example: I’m going to ask if Jenny would like to help us build a sandcastle because she is playing by herself.

• Listen to your child. Be aware of what they say and do. What are their actions telling you?

• Read a book and act out parts like the expressions and feelings of the characters.
Managing difficult behaviour

Children need discipline, limits and guidance to learn right from wrong and to make good choices in life. Children misbehave for a range of reasons. It is how we, as parents, respond to the behaviour that is vital. It’s important that your child understands the rules at home, school and in the community, and what happens if the rules are broken. Your child also needs to feel safe and secure while learning the rules. Discipline that builds on your child’s wish to please you is more likely to produce a well-behaved child than discipline which involves threats and physical punishment.

What can I do?

- Set limits based on your child’s age and abilities. Make sure what you expect is reasonable.
- Be consistent.
- State the limits positively, clearly and explain the reasons. For example: *Hold my hand while we cross the road because it can be dangerous and I want you to be safe. If you let go of my hand I will carry you.*
- Decide on a discipline plan ahead of problems.
- Talk with other parents about their rules.
- Give your child choices. For example *You can hold on to my hand or the pram while we cross the road. What would you like to do?*
- Praise your child when they follow your instructions. For example: *I like the way you held mummy’s hand while we walked across to the other footpath.*
- Model good behaviour. Lead by example. Behave how you want your child to behave.
- Be patient. Learning new things takes time. Respect their needs and feelings. The Positive Parenting Program supports parents to give their children a positive start. Visit triplep.net.

Tip

Reward good behaviour with a smile, nod, hug or praise. For example: *I like the way you shared your toys.* Being positive gives your child attention. Children need it and love it. Catch them being good. Focusing on negative behaviour also gives them attention and may reinforce wrong behaviours.
Healthy body, healthy mind

You are your child’s most important role model. The best way to make sure your child develops healthy habits is to lead by example.

Research shows that eating well, being active and getting plenty of sleep are critical to your child’s health and wellbeing. It also helps them concentrate when they start school.

Good foods give your child the nutrients to grow, develop, concentrate and learn well.

Children should be physically active for at least one hour each day and, with your encouragement, this is not difficult to achieve. Being active develops your child’s:

• social, language and communication skills
• posture, movement, balance and flexibility
• self esteem and self confidence
• muscles, bones and heart.

For more information download a copy of Eat well play well: A guide for parents at det.wa.edu.au/schoolsandyou.

What can I do?

• Feed your child a healthy breakfast every morning.
• Give your child different foods during the day to cover the five food groups. Use different colours, textures, shapes and flavours to keep meals and snacks interesting.

More information:  
W: det.wa.edu.au/schoolsandyou  
W: nutritionaustralia.org  
W: heartfoundation.com.au  
W: beactive.wa.gov.au  
W: csiro.au/scienceWellbeingPlanForKids  
W: clubsonline.dsr.wa.gov.au/kidsport

Tip

Make sure your child drinks plenty of fresh water when exercising and playing. Freeze half the bottle with water and then top it up when your child is ready to play. This will keep the water cold and refreshing.
Tip

Bedtime stories are a great way to get your child ready for sleep. Use different voices for different characters. Reading the same book often helps your child remember the storyline and improves their literacy skills.

• Cook dinner with plenty of vegetables and lean meat, chicken and fish. If pasta, bread and rice are on the menu, use wholegrain alternatives.
• Water is the best drink for your child.
• Involve your child in food shopping. This is a great way to get them interested in healthy food choices and can also help develop maths skills!
• When making dinner, ask your child to help with the preparation using fresh ingredients you have chosen together.
• Become a green thumb. Plant a vegetable garden and give your child responsibility for watering the vegetables and taking care of the garden.
• Walk instead of driving the car whenever you can.
• Play outside and at the local park whenever you can.
• A walk around the block after dinner is a great family activity.
• Take a family bike ride or go bushwalking. Play games as you go.

More information:

If you are having problems getting your child to sleep well, visit your family doctor.

Sleep right, sleep tight

Children don’t always like bed time and going to sleep, but did you know that children between three and five years old need between 10 and 12 hours sleep each night?
A restful sleep helps your child restore energy and remember what they have learned during the day.
Television and other electronic media

Used in the right way television, DVDs and electronic games can be beneficial to your child. However too much exposure may be harmful. Too much screen time can affect your child’s ability to talk, listen and concentrate. This is because watching television and playing electronic games is one-way communication. Two-way communication involves listening, talking and thinking.

What can I do?

• Limit television time to less than one hour a day.
• Turn off the television when no one is watching.
• Choose programs with your child that are designed for their age group.
• Allow your child to watch the same DVD again and again. Repetition of phrases or words can make it easier for your child to learn.
• Try to watch television or DVDs together and talk about what happens.
• Don’t place a television or computer in your child’s bedroom.

Kids online – how to be cyber savvy

The internet opens a window to a world of fun and learning. Children aged from two to seven years are old enough to begin to learn about the computer and explore the internet.

Around five years of age, children may start visiting children’s websites and enjoy emailing friends and family. Keep the computer in the family area where you can see what your child is doing and who they are connecting with online.

National guidelines recommend that children three to five years old should spend less than one hour a day watching television and using electronic media.

For more information or advice about internet safety:

W: cybersmart.gov.au
T: 1800 880 176
Starting school

Starting Kindergarten

Kindergarten is an exciting place.
It is the first experience your child has of school.
The teacher will encourage your child to further develop their wonder and excitement of learning, exploring and imagining. Above all, the teacher wants to encourage in your child a lifelong interest in learning.

Kindergarten, while not compulsory, is highly recommended. Enrolling your child in Kindergarten builds on the learning you have done together at home.

To enrol, your child must be four years old by 30 June in the year they attend Kindergarten. Kindergarten programs are 15 hours a week. Speak with your school to find out how the Kindergarten program runs.

Starting Pre-primary

Pre-primary is so important for your child.

That’s why, from 2013, Pre-primary is becoming the first year of full-time schooling, which comes with a guaranteed place for your child at your local public school.

To enrol, your child must be five years old by 30 June in the year they attend Pre-primary.

To discover more about the early years of education, Kindergarten and Pre-primary go to your school or visit det.wa.edu.au/schoolsandyou.
When can my child start school?

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<th>Pre-primary</th>
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Being involved

Public schools value strong partnerships with families. As your child’s first and most significant teacher, you have a lot to offer your child’s school. We encourage you to be involved as much as possible.

For example, participate in the classroom by doing a puzzle or reading a story with your child, or volunteer to help with classroom activities and excursions. Your child’s eyes will light up when you join them at Kindergarten. A solid parent–school relationship will help your child form a positive attitude to school.

Subscribe to our online parent e-newsletter at det.wa.edu.au/schoolsandyou to read about the many exciting things happening in schools.
What can I do?

Your child may find starting school a little daunting. Here are simple and practical ways you can help them get ready for school.

• Read stories with your child about starting school.
• Go past the school and chat with your child about how they will soon be going there, the exciting things they will do and the friends they will make.
• Make time to visit your child’s school together (contact the school first to find out a suitable time). You can:
  • spend time looking at all the fun activities going on
  • show your child where their bag will go, where the toilets are and other things to get them used to this new place.

Our booklet called Hello school! includes information about what happens in Kindergarten, Pre-primary and Year 1 and how you can support your child as they start their school journey.

W: det.wa.edu.au/schoolsandyou
Water play activities are fun for bath time or on a warm day. Talk about things like: *How much? How full? What happens if?*

**Experiment and talk about how and why things happen.** For example get a container of water and some odds and ends from around the house and garden such as leaves, screws, corks, rocks and cotton wool and place them in the water to see what floats and what sinks. Ask your child to guess what will happen before you put the object in the water.

**Use containers that are different shapes and sizes.** For example use different containers to compare, transfer water and squirt water at a target.

**Use different kitchen utensils to blow bubbles** like a whisk, egg and sieves. To make bubbles you can stir detergent into a bucket of water, or you can use the below recipe:

**Ingredients**
- Quarter cup of glycerine
- Half cup of water
- 1 tablespoon of liquid detergent

**Method**
Stir in bucket of water.
Use water to paint the fence, cubby house, wall and path.

**Tip:** Add edicol, vegetable dye or food colouring to make coloured water.

**Tip:** Use lids, matchboxes, pop sticks and paper to make little boats.

**Note:** Do not leave your child alone to play water games.
Block play ideas

Has your child made...?

A farm...
Introduce plastic animals, toy tractors and trucks. Get your child to make sheds, wheat silos, water troughs from various boxes and cylinders.

A railway station...
Make the tracks from straw and the station and tunnels from boxes. Blocks can be used for bridges. Name the station, write signs for ticket prices and departure times.

A zoo...
Your child can plan the layout and build the animals’ enclosures. Label cages and make direction signs.

An airport...
Build an airport terminal and lookout tower. Make signs for arrivals and departures, baggage and tickets.

A wharf...
Build a jetty, add some boats and fill them with cargo, counters, marbles and blocks. Name the boats and make signs for the passengers.

A city...
Children can plan a city or town and bring in toy cars and busses. Make signs for buildings, streets and roads.

Tip: Also try adding shoeboxes, tins, cylinders and egg cartons. They are great for houses, garages, tunnels and shops.
Outdoor play ideas

A fun way to improve coordination, movement and imagination.

Outdoor play

Outdoor play is a fun way to improve coordination, movement and imagination. For example an obstacle course set out in the backyard in a new pattern each day leads children through all the physical skills they need to practice. You can use boxes, crates and climbing gear to create the obstacle course.

Dramatic play

Dramatic play is a fun activity that develops confidence. Make a dressing table by putting a frill around the legs of a chair and tying a mirror to the back. Plait old stockings for long hair.

A stove can be made from a crate or carton. A crate with a plastic bowl inserted becomes a sink. You can make a kitchen cabinet from two fruit crates.

Or you child can be a hairdresser! Set up a mirror and chair for customers. You can use old clips, hair ties and curlers and make some cardboard scissors. Use an old telephone message pad or calendar to make appointments.

Sand play

Sand play is a fun way to learn about shapes, volume and loads. You can create a sandpit by using a wading pod or half a tyre.

There are many things your child can use to play games in sandpits. Hands are their first tools. They can also use digging tools including shovels, scoops, spades and trowels. And don’t forget their toys! You can also use old kitchen tools such as jugs, saucepans, kettles, funnels, sieves, cups and garden tools.

Tip: Do not forget to build a shade for the sandpit.
Play dough ideas

Play dough is great for rolling, cutting and cooking. Children love to pound, squeeze, stretch, roll, poke and twist play dough.

To make play dough simply follow this recipe:

**Ingredients**
2 cups of salt
4 cups of plain flour
4 cups of water
4 tablespoons of oil
4 tablespoons cream of tartar
Food colouring

**Method**
Combine ingredients in a saucepan, adding water and oil last.
Cook for three to five minutes until the mixture forms balls.
Continue stirring over the heat until one mass forms.
Cool and store in an airtight container.

**Tips:**
- For sweet smelling dough try antiseptic, peppermint essence, oil of cloves or perfume.
- To change the texture, add rice, macaroni, sawdust, stones and sand.
Painting helps your child learn about colours, textures and shapes while they have fun!

To make water paint follow this recipe:

**Ingredients**
- 1 tablespoon soap flakes
- 6 tablespoons starch
- Half a cup of cold water

**Method**
Quickly add 500ml to 1000ml boiling water and stir quickly. Add a few drops of food colouring.

**Painting ideas**

**Finger painting:** Use fingers to draw patterns and images.

**Squeeze painting:** Put different coloured paint in plastic bottles and squeeze.

**String painting:** Dip some string into paint and place and move it around on paper to make patterns.

**Comb painting:** Cut some card paper into a hair comb shape, place it in paint and then slide the comb on paper to make interesting patterns.

**Sponge painting:** Dip a sponge in paint and dab or roll it on paper for interesting patterns and effects.

**Marbling painting:** Place a sheet of paper in a container, drop paint onto the paper and then add marbles. Roll the marbles around to make stunning patterns.

**Shadow painting:** Paint on one side of the paper, then fold it in half to make an identical image on the other side.

**Other ideas:** Drop paint in blobs onto thick paper and tilt to make patterns.

Experiment with things you find around the house and garden that make interesting patterns on paper. For example try using squeeze bottles, newspaper, plastic, material, leaves, hands and feet, buttons, reels, corks, fruit, string, curlers, cutlery, spray bottles and straws.
**Supporting children’s learning**

**Playgroups**
Playgroup WA offers a chance for parents and children under school age to learn through play and activities.
T: 1800 171 882
W: playgroupwa.com.au

**Libraries**
Many community libraries run storytelling and craft sessions for young children and parents.
T: 9427 3111
W: liswa.wa.gov.au

**Community toy libraries**
They have toys, games and books to loan.
T: 0417 884 687
W: waatl.org.au

**Local councils**
Many local councils and shires have recreation centres that run programs and activities for young children.

**Perth Hills National Parks Centre**
The centre runs day and night time activities in the hills.
T: 9295 2244

**Toy library for children with special needs**
Noah’s Ark Toy Library and resource centre lends toys to children of all ages with special needs.
T: 9328 1598
W: natl.org.au

**Community and family centres**
Many centres offer recreation and learning programs for young children including movement and music, gymnastics, dance and creative play programs.

**Hersdman Lake Wildlife Centre**
The lake is a wonderful environment to introduce young children to Western Australia’s plants and animals.
T: 9387 6079
W: wagouldleague.com.au

**Landsdale Farm School**
The welcoming rural environment allows people to see plants and animals and find out about living things.
T: 9343 1222
W: landsdale-farm-school.com.au

**Infant aquatics program for water familiarisation**
The Royal Life Saving Society has water familiarisation programs for very young children.
T: 9383 8200
W: lifesavingwa.com.au

**Kings Park**
Explore, discover and play in Kings Park all year round at Synergy Parkland, DNA Tower, bushland nature trails, Lotterywest Federation Walkway, Ivey Watson Playground and Kokoda Track Walk.
T: 9480 3600
W: bgpa.wa.gov.au/kings-park

**Perth Zoo**
Perth Zoo has a range of activities including free holiday programs for the whole family.
T: 9474 0444
W: perthzoo.wa.gov.au

**WA Museum**
Explore the collections and exhibitions in Perth and major regional centres.
W: museum.wa.gov.au
Gymnastics programs
Kindergym programs are affiliated with Gymnastics Western Australia and are run by accredited coaches.
T: 9228 9399
W: gymnasticswa.asn.au

Walking
Walking is a healthy activity and an easy and cheap way to introduce young children to the world around them. Suggested outings in Perth include beach walks, Herdsman Lake walk trail, Lake Monger walk, self guided walks at Kings Park and around the bridges walk.
W: transport.wa.gov.au/walking

Perth Observatory
Explore star viewing and the night and day sky through tours of the Perth Observatory.
T: 9293 8255
W: perthobservatory.wa.gov.au

Nearer to Nature Program
Programs for young children during school holidays include walking, collecting natural craft materials, frog walks and animal encounters.
T: 9295 2244

Penguin Island and Discovery Centre
Visit Penguin Island and the Shoalwater Islands Marine Park by ferry and see the wildlife sanctuaries and reserves.
T: 9591 1333
W: dolphins.com.au

Yanchep National Park
Enjoy Aboriginal heritage experiences, caving, lake tours and a walk through the koala compound.
T: 9405 0759
W: dec.wa.gov.au

Scitech
This interactive science museum is great for families to discover more about the world and how things work.
T: 9215 0700
W: scitech.org.au

Nature Play WA
This not-for-profit organisation encourages children to do unstructured play outdoors. Getting children outside to run, jump, climb, splash, invent, imagine and play makes them happier, healthier and is the bedrock of an amazing childhood.
T: 9287 1006
W: natureplaywa.org.au

Cycling
Many local councils have cycle tracks through scenic routes, bushland areas and parks. Bikewest provides maps and suggested trips.
T: 6551 6156
W: transport.wa.gov.au/cycling
Children’s education and care services

Several types of education and care services for families offer play based learning programs for children before they go to school. Services must be licensed under the Community Services (Child Care) Regulations 2006.

**Long day care centres** offer full-time, part-time and occasional care for children up to six years old. They are eligible to take children with additional needs or disability.

**Occasional child care centres** offer sessions of programmed care for children up to six years old.

**Family day cares** offer licensed small group, home based care with flexible hours in the carers’ own homes.

**In home care** offers care in the home for parents with a child with special needs, with three or more children or where a parent has an illness or disability.

**Outside school hours care** provides supervised recreation activities and care for primary school aged children. Services may offer care before and/or after school, on school professional development days and during school holidays.

**Childcare Access Hotline**

T: 1800 670 305

**Family Assistance Office** helps with fees for eligible families.

T: 13 61 50

W: familyassist.gov.au
Other services

Aboriginal Parent Support Service
T: 9377 7922

Association for the Welfare of Children in Hospital
T: 9340 7800

Australian Breastfeeding Association Helpline
T: 1800 686 268

Autism Association of WA
T: 9489 8900

Best Beginnings
T: 9222 2652
T: 1800 654 432 (Country freecall)

Best Start for Aboriginal Families
T: 6279 1200
T: 1800 654 432 (Country freecall)

Better Beginnings State Library
T: 9427 3104

Child Abuse Prevention Services
(national 24 hour crisis line)
T: 1800 688 009

Childcare Association of WA
T: 1300 062 645

CLAN WA home visiting for families with young children
T: 9228 9006

Community Kindergarten Association
T: 0448 546 397

Crisis Care
T: 9223 1111
T: 1800 199 008 (24 hour service)

Down Syndrome WA
T: 1800 623 544

Early Childhood Australia
T: 1800 356 900

Gifted and Talented Children’s Association of WA
T: 9487 0122

Gowrie (WA) Administration and Community Services
T: 9478 7500

ISHAR Multicultural Women’s Centre
T: 9345 5335

Kidsafe WA
T: 9340 8509

Kids Helpline
T: 1800 551 800

Kwinana Early Years Services
T: 9439 1838

Meerilinga Young Children’s Foundation Inc
T: 9489 4022

Midland Women’s Health Care Place
T: 9250 2221

Ngala Family Resource Centre Helpline
T: 9368 9368
T: 1800 111 546 (Country freecall)

Parenting Line
T: 6279 1200
T: 1800 654 432 (Country freecall)

Princess Margaret Hospital for Children
T: 9340 8222

Child Australia
T: 9249 4333

Safety House Association of Western Australia Inc
T: 9343 7611

Telethon Speech and Hearing Centre
T: 9387 9888

Wanslea Family Services
T: 9245 2441