

# Family Transition to School Program - Kingston



The Family Transition to School program is funded by the Department of Education (DET) and aims to help parents and families learn about how to best support their child to be ready to start school in 2024. Kindergartens are doing a great job at this already, but this program is in place for families who may like some additional time and support.

## What will the program include?

Information & tips on topics such as:

- Encouraging independence and planning for a new daily routine
- Getting ready for writing and reading
- Managing big feelings
- Supporting learning in the classroom
- Getting ready to start school

**FREE resources for you to take home and afternoon tea provided.**

## Who will run the program?

The program will be run by Rachel Muller, Child Psychologist and Emily Viney, Occupational Therapist from the Better Health Network (BHN).

## How much does this cost?

This program is FREE!

## Can I bring my child along?

To ensure that all participants are able to get the most out of the sessions, we ask that you do not bring your children along to the sessions.

## What do I need to bring?

Just bring yourself!

## Program Details

This is a **5 week program that will run every Wednesday for 5 weeks from 12:30pm to 2:30pm** on the following dates:

- 18th October 2023
- 25th October 2023
- 1st November 2023
- 8th November 2023
- 15th November 2023

**Location:** Westall Community Hub  
35 Fairbank Rd, Clyaton South 3169 VIC

## Where do I get more information and how can I book in?

There are limited spaces in the program. To confirm your eligibility and confirm your spot, please speak to your child's educator or contact Melanie Fidler, Coordinator from the Child Youth & Family Team at [mfidler@starhealth.org.au](mailto:mfidler@starhealth.org.au)

### What have previous participants said about the program?

*"(The program) teaches parents how to help their kids transition to school easier and how to deal with their emotions."*

*"I now feel well equipped with strategies and resources to support my son and I feel a lot more positive about his start to school."*