

Is your child starting school?

A successful start to school is linked to positive educational and social outcomes. Here are some resources to help make the transition to school easier and to support healthy habits for life.

The following QR codes and links will take you to a range of websites, PDF files and videos.

To access the resources, scan or click the QR Code.

Transition to school

Learn practical ways to support your child as they transition to school:

Video series



Getting ready for school checklist



Limiting screen use

Tips to limit children's screen time:

Factsheet



Video



Check whether your child is using screens in a balanced way:



Tips to support your child to stay safe online:



Physical activity

Tips to get more active each day:

Factsheet



Video



Healthy lunchbox ideas

Tips to pack a healthy lunchbox:



Tips to pack for Crunch&Sip:



Sleep

Tips to help your child get a good night's sleep:

Information



Video



Australian guidelines for children

Guidelines for physical activity, sedentary behaviour and sleep:



Guidelines to encourage healthy eating for children:



Translated resources

Translated healthy lifestyle factsheets:



Translated Lunchbox resources:



Local health services

Child Youth and Family Health Services:



Provided by the
**School Years Team, Population Health Promotion,
Northern Sydney Local Health District.**

<https://nshp.com.au/TransitionToSchool>

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