# 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

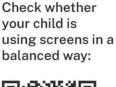
Tips to limit children's screen time:

**Factsheet** 

Video









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:







4/V1 Job ID: 67412

### Sleep

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

Information









## 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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