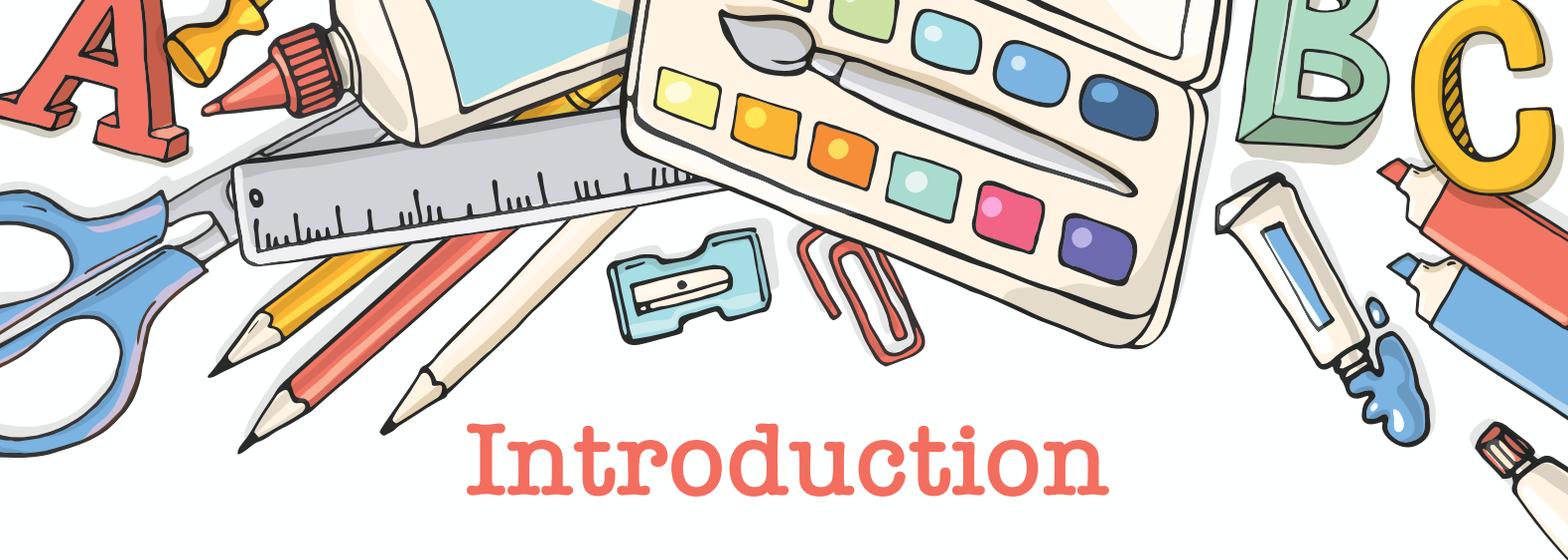


kiddipedia®
Where parents go for their answers.

INAUGURAL

Back to School GUIDE



Introduction

Back To School is an exciting yet highly emotional time for children and parents alike. A new year, new beginnings and the next phase of their growth and development.

In the lead up to the start of the school year, many parents hearts are torn between wanting their children to stay little forever and wanting them to grow so that they may start building their life ahead.

What parent hasn't cried walking back to the car during school drop offs, and had to compose themselves before being able to see clearly enough to drive. Equally, it's a highly emotional time for children as they adjust to new sites, smells, class location, teachers and classmates.

The start of the new school year is almost as momentous a milestone as their birthdays, as it is a considerable step forward in their life's journey.

To help support, we have created a Back To School Guide as a resource to assist parents through expert information and advice.

In addition, we put a spotlight on Kiddipedia's partners, leading industry experts and thought leaders to deliver supportive messages to help you be the best parent you can be.

The aim of the guide is to help and make a difference; I hope that it does that for you.

Much love,



Rach
XOXO





Keyword Search

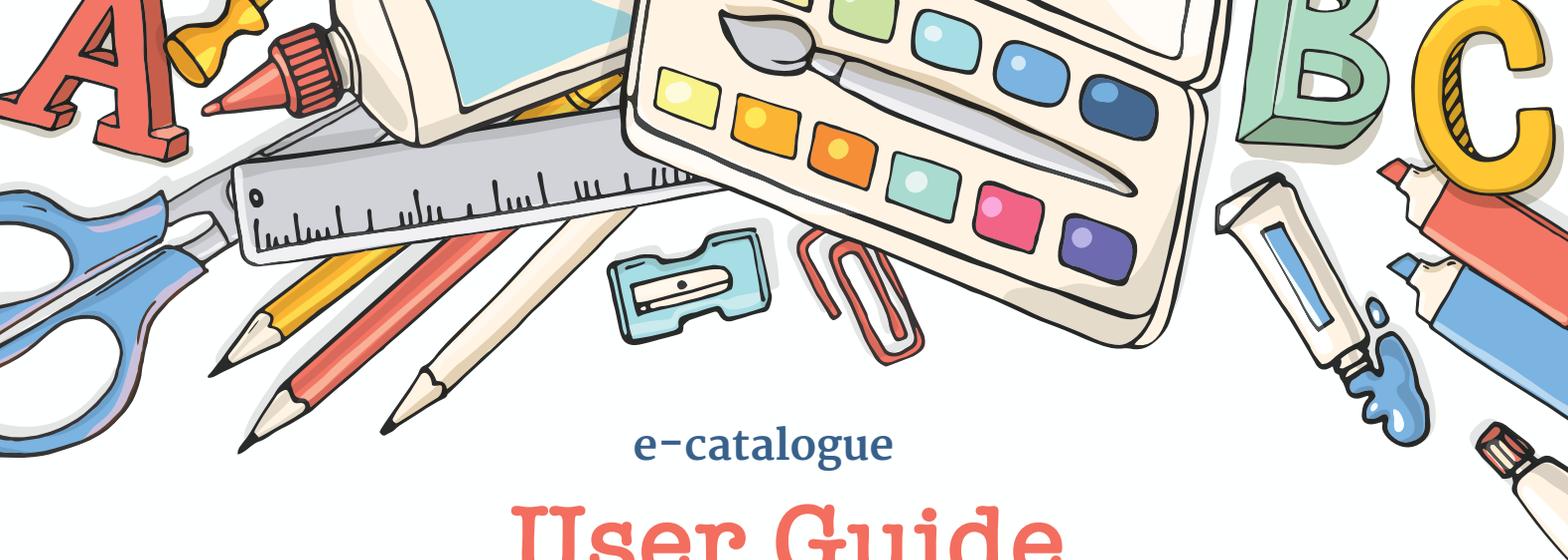
Save Time, Get Answers Fast



Kiddipedia's website is a centralised parenting resource providing expert information from subject matter experts and thought leaders.

Our keyword search provides access to Australia's top parenting websites, and their articles, from one place. This saves you time and gives answers fast.





e-catalogue

User Guide

Whether you're a Parent, Grandparent, Aunt, Uncle, Teacher, Babysitter, Neighbour, Colleague or Friend we all want the best for our children and their future. Education is the key to success in life.

May the 2020 school year fill their hearts and minds with information and knowledge that will serve them for the rest of their lives.

We hope Kiddipedia's Back To School Guide helps support you as you support them.

To use:



SCROLL

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KEYWORD SEARCH

find relevant keywords using the 'Find' (⌘ f) if viewing on your desktop, or the search bar if on your mobile or tablet



TAP or CLICK

on each of the photos to be directed to their website



SHARE

the e-catalogue with loved ones for inspirational gift ideas





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Helping you find quality Outside School Hours Care

Starting school can be an exciting and sometimes overwhelming time for children and their families.

If your child is starting school this year, and you've decided you need an Outside School Hours Care (OSHC) for them, you'll find [StartingBlocks.gov.au](https://www.startingblocks.gov.au) helpful.

What is an OSHC service?

OSHC services operate before and after school and/or during school holidays. They're often in or near a primary school, and work well for parents with school age children. They provide a play-based curriculum with a focus on fun and leisure.

How to find a quality rated service?

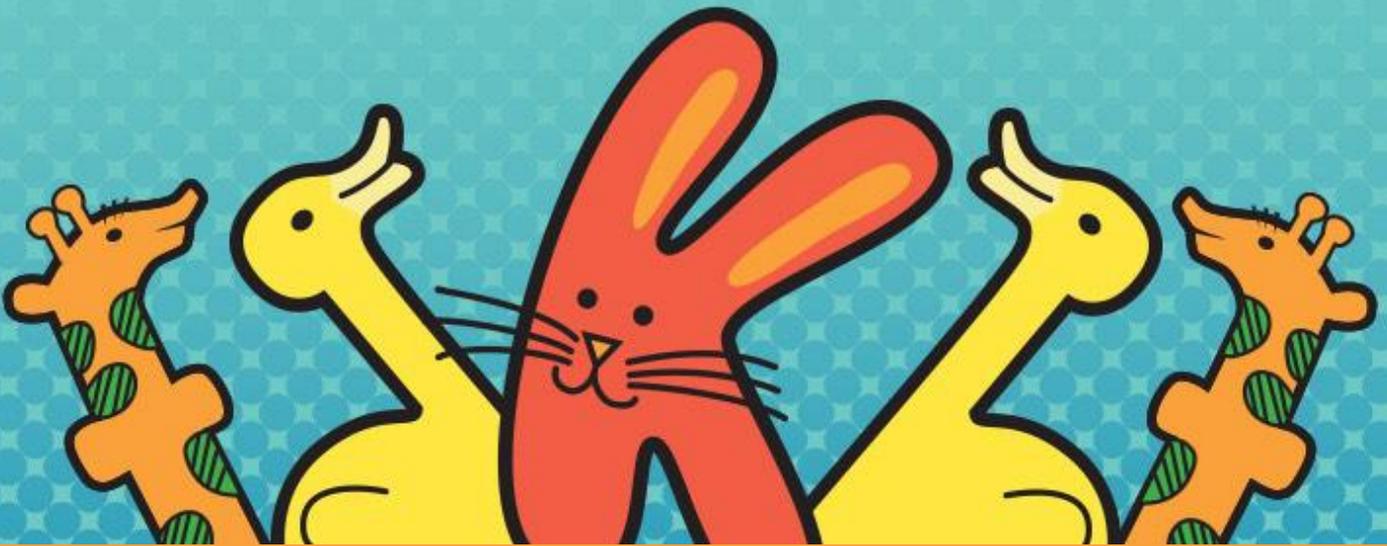
All approved services across Australia are assessed and rated by governments against a National Quality Standard (NQS). [StartingBlocks.gov.au](https://www.startingblocks.gov.au)'s '[Find Child Care](#)' section provides a list of OSHC services in a postcode, along with their NQS quality ratings.

Read the full article [here](#)

www.startingblocks.gov.au



Child Accident Prevention Foundation of Australia



Each year about 150 Australian children (aged 0-14 years) die and 68,000 are hospitalised as a result of unintentional injuries. Kidsafe exists to prevent these injuries.

Kidsafe Australia is the leading, independent, charitable foundation dedicated to the prevention of unintentional death, injury and associated disability to children. It's our mission to create a safer world for kids. We work in the community to educate and inform parents and carers about how to stay safe at home, around water, on the road and at play. There can be many hazards which can lead to injuries from falls, drownings, burns & scalds, choking & suffocation, electrocution, toys, dog bites and more. [Download our Parent's Guide to Kidsafe homes to help keep your family safe.](#)

www.kidsafe.com.au



Mission: to improve people's lives through better sleep.

The Sleep Health Foundation commenced in 2010 in response to a recognised need to raise awareness around the importance of healthy sleep. The Mission Statement is: to improve people's lives through better sleep. Our focus is on sleep throughout the lifespan from young children to the very elderly. Children and adolescents in particular are vulnerable to sleep disturbances that may have substantial impacts on mood, behaviour, cognition and learning. The Foundation aims to raise this important health care priority to ensure optimal sleep in growing children is given the attention that it needs, among families, childcare centres and schools.

sleephealthfoundation.org.au



Changing children lives through the power of literacy!

We envision a literate Victoria where children from all cultures, genders, and backgrounds can acquire literacy skills and quality education to reach their full potential and contribute to the community and the world. Will you join us?

Facebook: @readlearnandplay and

Instagram: @readingoutofpoverty

roop.org.au



FIND YOUR TRIBE

AMBA's mission is to enable positive health outcomes, awareness and equality for multiple birth families through advocacy, education and community.

AMBA provides opportunities for families of twins, triplets or more to create connections and share insights with other multiple birth families. AMBA provides local peer support services through their affiliated member-club network.

Connect with your local club at

www.amba.org.au/clubfinder

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Make
school
magical



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BACK TO
SCHOOL



Stuck On You—the original Australian personalisation company—turns 25 years young with a new range of cute designs for 2020. They're all available on the fun, functional and family-friendly Stuck On You products including Labels, Bags, Insulated Food Jars, and the best-selling Bento Lunch Box.

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stuckonyou.com.au



Enjoy quick and easy, step-by-step recipes that can take as little as 20 minutes and a variety of cuisines every week. Easily swap recipes for your perfect menu thanks to our flexible plans.

Save 40% off your first Hello Fresh Box with Kiddipedia!

Use Code: **KIDDIPEDIA40**

HelloFresh delivers fresh ingredients and easy-to-follow recipes to your door each week so you can cook quick, balanced and wholesome meals the whole household will love. Whether you're cooking for two or feeding a hungry horde, there is a plan to suit you! Choose from our Classic, Veggie or Family plans and enjoy the option to swap meals for your perfect menu with our flexible plans.

hellofresh.com.au



**fundraising that
feeds the mind!**



Let's publish a book and raise funds!

Books created by children.

From compilation storybooks and yearbooks to creative cookbooks,
the possibilities are endless, the results inspirational.

Let us help your school publish books and raise much needed funds.

Schoolyard Stories publishes books created by kids. Our aim is to get children excited about reading, writing and illustrating by allowing them to become published authors. By promoting literacy or healthy eating your school or club will benefit from the funds raised as well as the activity itself. Books are professional printed in Australia and affordably priced. Our online publishing tool and telephone support service make publishing easy. With personalised cover options, books make a great gift and will become a cherished keepsake. Contact us for a free sample book filled with ideas and information to spark your imagination.

schoolyardstories.com.au



They'll survive your child. They'll survive the toughest washes including commercial & domestic washing & dryer cycles without fading or peeling off, and they won't bother your child.

Our children's iron-on name tags come in three broad categories, and each category has several fun designs and colours. We have small circular iron-on labels for kid's clothes that are great for smaller clothing items. They come in 21 broad categories that will appeal to both boys and girls alike. Choose from 22 different categories with our kid's iron-on labels. You can encourage your child's imagination with our fantasy designs or encourage their love of their favourite games or hobbies.

labelkingdom.com.au/iron-on-clothing-labels

Directory

Kiddipedia's Directory is a great place to find products and services to help enrich your child's educational journey.



Services



Clothing, Shoes & Accessories



Education, Development & Learning



Products



Manchester & Furniture



Keep them busy



Job seeking & Small Business Ideas



Toys & Outdoor Equipment



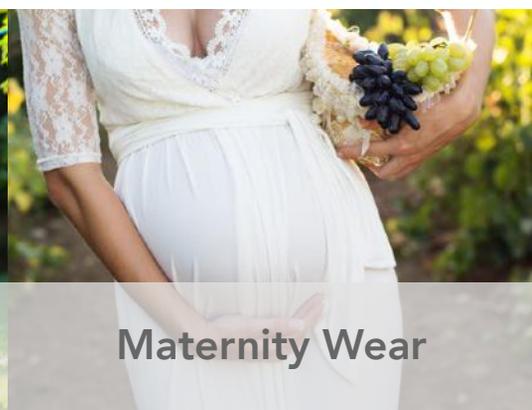
Children's Parties



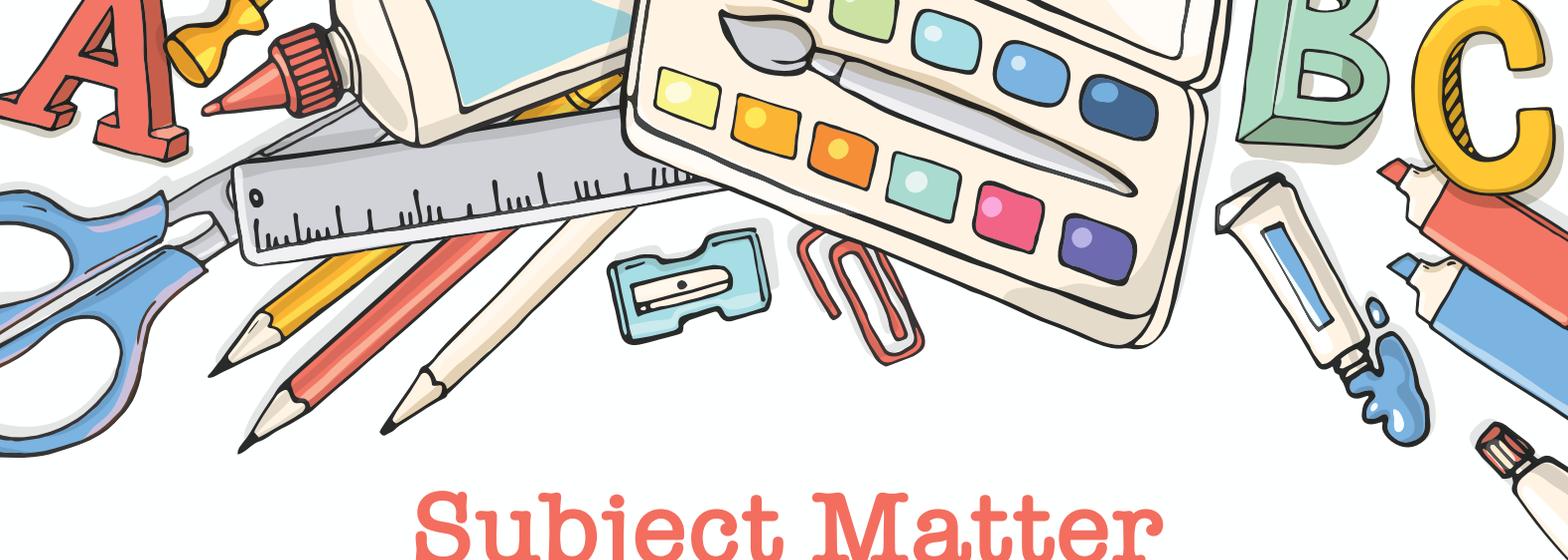
Baby Products & Accessories



Baby to Toddler: Clothing & Accessories



Maternity Wear



Subject Matter Experts & Thought Leaders

Kiddipedia was created to help make a difference, to support the everyday busy parent and assist them to be all they can be, and to give children the best life possible - all with view of building a bigger, stronger Australia.

How to Calm our Anxious Kids

Anxiety is the most significant mental health issue in childhood, and yet it frequently goes undetected and untreated.

Signs of anxiety can be noticed as early as age two but we see a significant rise when children enter the school system, and many young people can go on to suffer lifelong anxiety if it is not addressed.

Although anxiety is a normal, healthy emotion, it becomes a problem when it impairs our wellbeing and stops us from being able to do normal things.

Common symptoms of anxiety can include stomach aches, headaches, difficulty sleeping, avoiding school, and physical reactions such as increased heart rate or breathing.

For the full article, [click here](#)



Maggie Dent

Commonly known as the 'queen of common sense', Maggie Dent has become one of Australia's favourite parenting authors and educators. With a particular interest in the early years, adolescence and resilience, the 11 books to her name include her bestselling 2018 release *Mothering Our Boys*. Maggie is host of the ABC podcast, *Parental As Anything*.

Going Back to School

I'm sure there really are kids out there who are excited about heading back to school after the summer holidays. But I don't know any of them.

If your kids are back at school, or about to be, these ideas can help ease the transition from holiday time to school time.

Build Relationships

One of the best predictors of children's wellbeing at school is the quality of their relationships. Put simply, kids typically like school when they've got good friends there. In the lead up to school starting and in the first few weeks of school make an effort to get your kids involved with other children in the holidays, on the weekend, and after school.

For the full article, [click here](#)



Dr Justin Coulson

Dr Justin Coulson is one of Australia's most respected and popular parenting speakers, a three-time best selling author and founder of 'Happy Families'.



Lynsey Porter

She is the Director of Curriculum at Waverley College, an independent, non-selective Catholic day school for boys with over 100 years' history. waverley.nsw.edu.au

How Parents Can Help Their Kids Learn Better At Home

There's no denying it: getting your child to sit down and focus on learning at home can be a challenge. If you're not careful, the idea of sitting down to more work turns home learning into 'just another chore' in your child's eyes.

While checking they're digesting the correct subject-specific content is clearly important, it's just as essential that parents simultaneously help their child develop effective and efficient study habits. Students need to have the necessary toolkit of skills required in order to thrive, and parents are often the key to ensuring those skills develop and stick.

For the full article, [click here](#)

How to Get Photographic Consent Right this New School Year

As the new school year gets underway, it's the perfect time to turn our attention to photo privacy and photo consent. It's the time of year when annual consent forms are renewed, and parents are faced with an important choice.

On one hand, seeing photos of your children on social media, in newsletters and in emails can help give you a sense of engagement and perhaps peace of mind. It can help reassure you that your child is being properly cared for and having fun at school. On the other hand, the process of capturing and sharing photos can open your child up to a whole world of risk, including identity theft, cyberbullying and even stalking.

For the full article, [click here](#)



Colin Anson

Colin Anson is a digital entrepreneur, and the CEO and co-founder of child image protection and photo storage solution, Pixevety.
<https://pixevety.com/>



Dr Jo Lukins

Dr Jo Lukins, PhD is a psychological Indiana Jones. She seeks to understand what makes people tick and help them reach their potential through elite thinking.

The Back to School Blues: When you don't want your child to return to school

I love the school holidays! While for some families the challenges of occupying 'bored' children and juggling work commitments can be stressful, I embrace the slowing of routine, reduced scheduled activities, home projects and the general lack of structure. It's always with some reluctance that we start to organise books, uniforms, lunchboxes and readjust bedtimes as the holidays draw to a close.

If your child is struggling with the idea of returning to school, there is a wealth of information and tips to help with the transition into the new year. However, there is precious little discussion or guidance offered to assist parents to cope with their emotions and feelings about the change.

For the full article, [click here](#)

Getting ready for School

The readiness of any child for pre-school and school must be considered on an individual basis. The most important aspect to consider is to think about how your child is developing, more than the date of birth.

Research clearly (Pagani, Fitzpatrick, Archambault, & Janosz, 2010) shows that how ready children are for their school experience, is critical to their confident start and their success at school. It is never too early to prepare your child for school. Parents can help prepare their children by being aware of the skills needed for entering school. Then conscientiously and deliberately providing opportunities for their children to develop these skills. The best training for school is a happy home where children have learnt to laugh, cuddle, talk, play, be active, help, wait, watch and above all believe in themselves.

For the full article, [click here](#)



Dr Tessa Grigg & Dr Jane Williams

Dr Tessa Grigg, (PhD, Dip Tchng) Tessa is the Research and Education Manager at Toddler Kindy GymbaROO and KindyROO, a part-time lecturer at the University of Canterbury, NZ, a teacher and producer of children's music. Dr Jane Williams, (PhD, RNPaeds) Jane is a Director at Toddler Kindy GymbaROO & KindyROO, and Adjunct Senior Lecturer, Discipline of Nursing, Nutrition and Midwifery, James Cook University.

The Reading Mountain

The Reading Mountain is having a HUGE back to school sale across our entire range of dyslexic friendly decodable children's books. Help to engage and inspire your reluctant reader today with these educational and fun readers for perfect for ages 4 to 7.



thereadingmountain.org



[instagram.com/thereadingmountain](https://www.instagram.com/thereadingmountain)



[facebook.com/TheReadingMountain/](https://www.facebook.com/TheReadingMountain/)

Getting the Kids Back to School... Smoothly

Your children have just had nearly 6 weeks off. For some kids this might have been rather fun and exciting, they might have gone away on a holiday or been on a holiday program etc. For those children in step and blended families they also might have been away and had fun but this time may have been fraught with challenges. They may have been a part of multiple Christmas days, their time may have been split with biological parents, extended family, stepparents and their extended family etc. and they might be exhausted from it all. Heading back to school after such a break can be exciting for some children as they have become bored in the holidays, however it also can be an anxious time for some children as they navigate a new routine, new class, new friends...

For the full article, [click here](#)



Phoebe Wallish

She is the Executive Officer of Stepfamilies Australia, GM of Drummond Street services and has an extensive background in research, education and psychology.

She is passionate about supporting vulnerable Australian families and promoting their health and wellbeing.



Jackie Nevard

Jackie Nevard, allergy awareness advocate, educator, speaker and author. The founder of the Food Allergy SMART education program for children, childcare, and schools. A fun and visual way to learn about food allergies.

Preparing for School when your Child has Allergies

Starting school is a big step for any child. Add food allergies to the mix, and it can make parents feel extremely anxious.

However, remember there are hundreds of children who attend school with allergies successfully with no incidents. Managing allergies at school can be done successfully, but it does take planning with your child as well as working alongside your school.

Unfortunately, the thought of school can send parents into a panic and understandably so. School is a very different environment from kindy with fewer teachers to children ratio, an open playground, and probably all your child's allergens.

For the full article, [click here](#)

BACK TO SCHOOL: How to Pack Healthy Lunch boxes

The holidays are over and school has started back. We are now faced with the task of what to pack in our children's lunchboxes. And it can get a little daunting trying to decipher what is healthy and what isn't and what will get eaten and what won't.

Supermarket shelves are filled with lots of little packets of easy lunch box treats, masquerading as healthy food. The problem is, most are loaded with sugar, salt and fat and often offer little nutritional value.

The best option is always going to be homemade. So, if you can allocate a bake day once a month to make and freeze some healthy lunch box treats, your children will reap the rewards and so will your budget.

For the full article, [click here](#)



Annette Sym

Annette Sym is Australia's favourite weightloss mentor and bestselling author of the SYMPLY TOO GOOD TO BE TRUE cookbook series 1-7 plus the recent addition – Cooking for 1 or 2 people. She turned the triumph over her own weight loss into a successful business and has sold over 4 million copies of her cookbooks.



Michelle Derrig

Michelle Derrig is a Mother to 4, Child Protection Advocate, Presenter and Author of the highly acclaimed protective behaviours picture book Only For Me.

The Critical Item Missing from your 'Back to School' Checklist

Whether you're super organized, or like me, tend to leave everything until the last minute, there is a universal list of tasks, that every parent needs to achieve before their kids start back at school. Whilst individual requirements will vary from school to school, it is safe to say that sorting out school uniforms, purchasing book lists and stationery supplies, arranging haircuts and buying lunchbox supplies, cover all the practical items.

Whilst all these tasks need to be completed, it's also important to remember to prepare our children from an emotional and physical perspective. After the chaos of Christmas and New Year celebrations, reintroducing a healthy diet, sticking to bedtime routines...

For the full article, [click here](#)

Why teachers and kids should be moving, breathing and doing mindfulness activities during the school day.

There's no denying it, it's pretty challenging to be a kid these days. With the onslaught of social media and it's distractions, temptations and tendency to overstimulate young brains, as well as peer and school pressure, it's no wonder that children and students are showing early signs of stress and stress-related challenges.

There's an increase in both parents needing, or choosing, to work full time which often means young children start daycare earlier, resulting in increases in anxiety (separation anxiety) and stress, even in our youngest.

For the full article, [click here](#)



Beth Borowsky

Beth Borowsky holds a Masters in early childhood education, was a Montessori preschool teacher, was previously a course creator for the Australian Curriculum Enhancement, is a mum, yoga teacher and teacher trainer. She advocates a classroom with practical skills that last a lifetime.



Suzanne Robinson

Blogger, mummy and a woman of everything.

Mummy To Twins Plus One is a blog, about twins, having a singleton, children, life and the wonderful stories that happen as a mother.

Back to School Guide – Checklist for all Stages

Starting big school is exciting and a huge milestone in a kid's life, and also for the parents.

Some things that might be different are a bigger school, having to wear a school uniform, new teachers, new kids, and not to mention having to keep your shoes on all day might be hard for Kindy kids (I know this will be a struggle for my little boy).

It is not just the Kindy kids that go through massive changes, moving into different stages within primary school can be a huge shift for kids and parents as well.

Moving from Stage 1 to Stage 2 is a dramatic change as more work is expected of you and therefore kids have more homework and work on projects.

For the full article, [click here](#)

5 Tips to Help Ease 'Back to School' Anxiety

The transition back to class once the summer is over can be a stressful time for both children and parents alike. While some anxiety is normal and to be expected, it's important to know the difference between the usual back-to-school jitters and above-average anxiety levels that may need professional attention.

What might cause back to school anxiety?

According to recent studies, one in ten children between the ages of 6 to 11 suffer from anxiety and feel burdened by external pressures to aim higher and achieve more. Often children are faced with social, emotional and educational challenges once they're back at school.

For the full article, [click here](#)



POSITIVE
Mind
WORKS

Positive Mind Works

Positive Mind Works is the online resource for mental wellness throughout Australia and New Zealand. The website provides stacks of resources, a support forum and tips for enhancing mental wellbeing.

In addition, we also provide one to one support for individuals, couples and young people via a secure online platform.



Eugenie Pepper

Eugenie Pepper is a psychotherapist, with a focus on positive psychology and hypnotherapy.

Separation Anxiety

It is natural for young children to feel anxious when saying goodbye. Even though separation anxiety is a normal stage of development it is very difficult to cope with. Being empathic to the child in supporting them through the anxiety and help them build resilience.

On arrival at daycare or school spend some time to encourage your child to get involved with the other children and activities, get your child doing an enjoyable activity before you leave, although it can be easier said than done.

A goodbye routine is a starting point but try to keep it short and sweet. Rituals and routines are reassuring and can be as simple as a short hug and special wave and a goodbye kiss.

For the full article, [click here](#)

Getting Back Into the School Swing

After long summer holidays and special festive season moments the return to school can be quite an emotional tug-a-war for both the young ones in the house and the parents...

So, what do we need to plan for? In my house I take a multi-focused approach... a bit of body, mind and spirit.

Body:

This is about getting our body clock back into the groove of the school term. So, as we approach the holiday end in the last few days it is clever to start back into the bed routines, the lights out times and wake up for breakfast as per usual on an average old school day.

For the full article, [click here](#)



Shane Warren

Shane is a registered psychotherapist, certified clinical supervisor, certified practising hypnotherapist and certified practising coach, who has studied theology, philosophy, and counselling psychology.



Interaction Disability Services

Interaction Disability Services aims to maximise independence for people with intellectual disability through specialised early intervention, individual and group therapies that can flexibly meet your child's current and future needs.

Top 8 Back to School Tips

Returning to school after the summer holiday break can often be a difficult transition for many children and teenagers on the autism spectrum. Starting a new class, or a new school, can cause anxiety and uncertainty. New teachers, unfamiliar environments, new curriculum can all be stressful and overwhelming for individuals on the spectrum. Here are our top 8 tips to help them prepare for a successful school year.

Start in advance – talk to your child about what to expect well before the school holidays are over. This can also be developed as a visual story for your child.

For the full article, [click here](#)

Developing Our Kids' Vocabulary

Kids are always building their word banks and it's up to us to use language with them about a variety of different topics as well as read a variety of books to them especially if their interests are sparked. Some kids might like to learn about food, superheros and dinosaurs, while others like stories about pixies or 'The Olden Days'.

There are some who say that boys only like non-fiction; books on cars, surfing, world records, sport, computer games etc. That's like saying 'only girls like ice-cream.' While it's true that many people steer their boys and girls to different areas (I beg to wonder why) sometimes it appears to be a cultural thing. Here's food for thought; by limiting our kids' choices in this way are we deciding what their interests will be and are we being fair to them?

For the full article, [click here](#)



Susan Spelic

Like many women, Susan wears many hats as a Mother, Educator, Author, Reading Advocate, Literacy Specialist, Professional Speaker and Creative. Life can get a little crazy at times, especially when we juggle all of the important roles we have. Susan is all too familiar with this balancing act and is aware of the pressures faced by parents and families.



Emily Hayles

Emily Hayles is a children's physiotherapist, Mum, author, and owner of Move and Play Paediatric Therapy, a children's therapy service helping children to move and play to the best of their ability.

Back to school posture tips and tricks

The summer holidays provides lots of opportunities for your child to move, play and be active. In contrast, returning to school can mean longer periods of sitting to do classwork or homework, carrying sometimes heavy school bags, and less opportunity for free movement and play. However, there are ways that you can help your child to be able to better manage these changes in their daily activities without putting additional stress on their growing bodies. Read our tips below:

Making sure your child has a well-fitting and supportive backpack can help to prevent them from experiencing pain or strain during the school year from carrying around their schoolbooks or sports equipment.

For the full article, [click here](#)

How to Prepare Your Child for their First Year of School

Getting ready to send your little ones to school for the very first time can be an exciting and scary time, but a little bit of forward planning can make this transition a breeze! Being 'school ready' means a child has the skills they need for optimal learning.

Is my child school ready?

The decision about whether your child is ready to start school can be a hard one to make. However, if your child has the following skills, it is likely they are ready!

If your child can't do all of these things quite yet, don't stress. This is just a guide, as all children develop at different rates.

For the full article, [click here](#)



Youthrive Integrated Therapy Services

Youthrive is a unique service that provides three types of therapy – psychology, speech pathology and occupational therapy for kids and young people.



Kim Norton

Kim is the founder of Rainbow Light Therapies and is a Holistic Counsellor specialising in stress and anxiety management for kids, teens and adults.

Kim provides a unique, intuitive and individualised therapy approach through individual, small group and family counselling sessions.

Starting Primary School: Managing Anxiety

So your little one is all grown up and ready for "big" school. When did that happen? It only seems like yesterday that you were holding their little hand on that nervous drive home from hospital right? You have done the research and the planning and now their first day of Primary school is looming, and that is a huge transition for the whole family.

For our first time Mum's this transition can bring up all sorts of feelings and questions like "what will I do with my time now?" For our Mum's that have been there once or twice before, there are often cries of "thank god" but nonetheless, even our most even tempered of children and relaxed families will be feeling some sort of nerves.

For the full article, [click here](#)

10 Reasons to Keep your Twins and Multiples in the same Class, and 10 Reasons to Separate them!

To separate twins and multiples at school or not is one of the biggest decisions multiple birth parents face when their children start school. Obviously in some cases the decision is taken out of your hands, such as if the school only has one class per grade, or they have some specific policy in place.

10 reasons to keep your twins and multiples in the same class.

Unless there are underlying issues, there is currently no research to support that separating multiples is beneficial.

For the full article, [click here](#)



Naomi Dorland

Passionate about all things multiple, Naomi is the founder of Twinfo. Naomi is a Parenting Blogger and a Brand Ambassador, but most important of all she is a twin mother who understands.



Bree Hansen

Bree from B Minor Music is an early childhood educator and a trained performer who facilitates music sessions for children.

Bree's passion is to promote a love for music and performance whilst helping children to practice skills in all areas of development during her classes.

School Readiness

When most parents think about school readiness, they think about Reading and writing but independence and social skill are just as, if not more important than knowing how to read and write when a child starts grade prep.

Independence skills such as being able to pack and unpack their own bag, tie their shoelaces, dress and undress themselves, use the toilet independently and being able to open their own lunch box and food packets is important for their daily function.

Social skills and the ability to play with others also plays an important role in your child's school years, as making and keeping friends will make their years at school more enjoyable and will set them up for life long skills as an adult.

For the full article, [click here](#)

Lunch Boxes for Fussy Eaters, why bother!

Lunch boxes have become a subject of national controversy over the years. It is not only children arguing with their parents about lunch boxes anymore. Now adults have a go among themselves as teachers examine lunchboxes. If only it was that simple. There are many reasons why lunch boxes may end up being a vegemite sandwich every day. One is fussy eating. Parents of fussy eaters also want their child to eat more variety and develop a healthy relationship with food. However, as lunch boxes come home half full, when new foods are refused, parents face an impossible dilemma—give food their child will eat or let their child run on empty at school while they continue to waste time and hopeless energy on a battle that undermines their parent/child feeding relationship.

For the full article, [click here](#)



Marie-France Laval

Marie-France is a Dietitian-Nutritionist and Counsellor originally from France. She is married to an Aussie and has lived in Australia for almost 20 years. She has 3 children, all in their late teens- early twenties. She is the founder and CEO of Fussy Eater Solutions and offers a range of online and in-home programs to support fussy eaters and their families.



Cherie Rivas

Cherie Rivas is the straight shooting Women's Health & Wellness Coach who shares her knowledge and experience in weight loss, psychology, personal training and yoga, together with her studies in nutritional medicine, to inspire and empower other women to rise into the life they love.

Improving Academic Performance through Exercise & Diet

Yes it's TRUE! There are positive actions we can take to support our child's academic performance and ongoing success in life!

We all know that physical activity and healthy nutrition are essential for optimal growth and development, but did you know that both are also essential elements that support learning and academic achievement, as well as other important behaviours at school, and beyond?

Exercise and Brain Functioning:

Research has shown that regular physical activity ...

For the full article, [click here](#)

Rainbow Families and Primary School

There are many factors rainbow families consider when choosing a primary school. These include: whether the school is local, or in an area thought to be open-minded and rainbow family-friendly; whether it has good policy and practice in relation to bullying; the diversity of the children attending the school; the philosophy of the school and its education programs; whether the school has lesbian, gay or bisexual staff; and whether it meets the educational and personal needs of their child.

In addition, parents will want to know how supportive the school is likely to be of their family and whether staff will be inclusive, respectful and sensitive to their family's particular needs.

For the full article, [click here](#)



Rainbow Families

Rainbow Families is a 100% volunteer organisation, providing a network of support to children and families within the NSW LGBTIQ community. Rainbow Families is always seeking new members to join our vibrant community and volunteers to get involved with subcommittees or event support.



Michael Ray

He is a dad, single parent, a friend and an inspiration to his daughter Charlie.

Love, simply is 'The Quality of Attention We Give to Others'

I was asked to write an article for the Back to School edition as an 'expert' in my field. I did have a cackle at this as I am the furthest thing from an 'expert', in any field (except maybe pie eating?), but what I will gladly do is share my experiences I've had with Charlie and how it has changed and shaped my version of the world as I see it today and how I want to guide Charlie to be a strong, resilient and self-assured human.

Love, simply is 'The Quality of Attention We Give to Others'

For the full article, [click here](#)

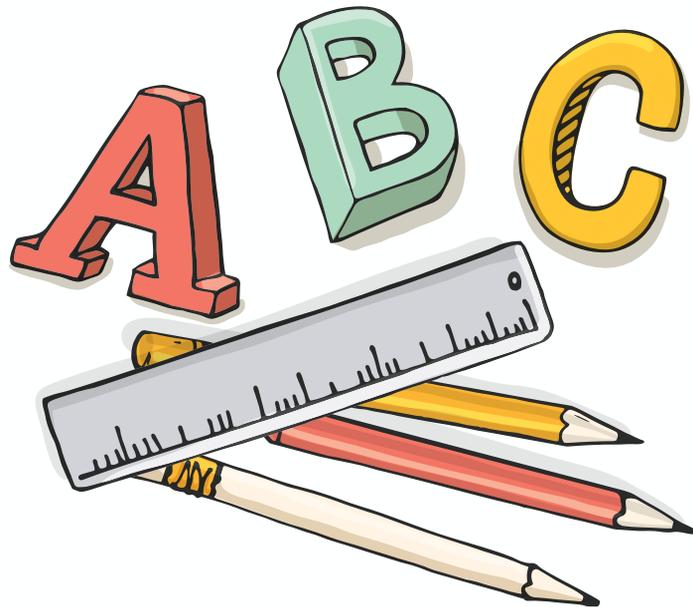
stuck onyou®



Stuck On You—the original Australian personalisation company—turns 25 years young with a new range of cute designs for 2020. They're all available on the fun, functional and family-friendly Stuck On You products including Labels, Bags, Insulated Food Jars, and the best-selling Bento Lunch Box.

afterpay

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BIG W Research Reveals Rising 'Back to School' Costs

Plus Four Money-Saving Tips from Finance Expert, Joel Gibson

Aussie families are expected to spend an average of \$538 per child on school supplies and uniforms in 2020, representing a \$62 or 13 per cent increase on last year, according to YouGov's Annual Back to School Research Report*, commissioned by BIG W.

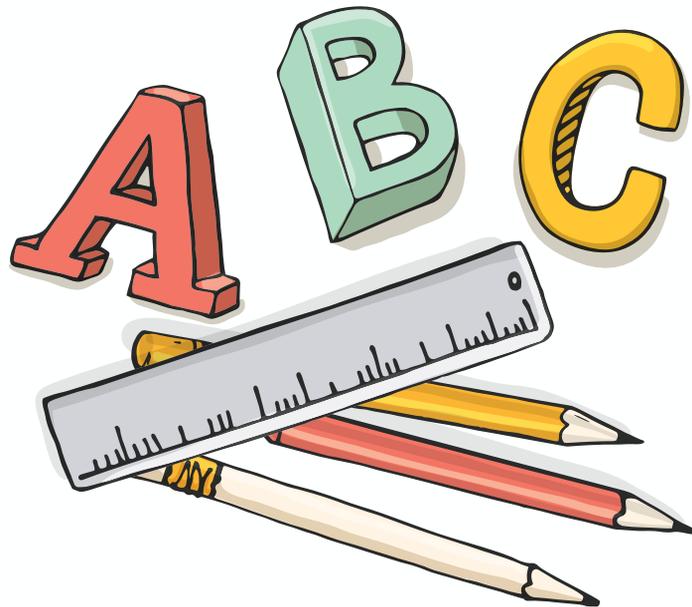
For the second year running, Victorians are expected to spend the most on Back to School shopping at \$608, whilst West Australians are estimating a more conservative \$506 per child. Many parents are also being hit with extra technology costs of around \$240 per child for Bring Your Own Device (BYOD) programs, where students are required to supply their own iPads or laptops.

The study into Back to School spending behaviours also reveals:

- The financial hangover of Christmas festivities is leaving families feeling anxious, with Millennial parents most likely to experience 'Back to School stress' (88 per cent) when compared to Gen X (85 per cent) and Baby Boomers (72 per cent).

- The two biggest benefits of getting 'Back to School' shopping done early are peace of mind (62%), and having more time to shop around for the best prices and deals (51%).
- Affordability (54%) and quality of products (43%) are most important to parents when shopping for their children's 'Back to School' items.
- One in four (25%) parents say being able to purchase school supplies online and having them delivered without having to set foot in a store is important, with a further one in five (22%) say picking up online purchases from a 'click & collect' outlet is important to them.

Weighing in on the results, money-saving expert and author of Kill Bills!, Joel Gibson says: "Back to School is the final stage of the 'triple-whammy' summertime expenses, behind Christmas and school holidays, so it's no wonder families are feeling the pinch at this time of year. There are some simple money saving solutions - and they mostly come back to good planning and being a savvy shopper."



Joel Gibson's top savings tips:

1. Advance planning will save you dollars and stress. "The research shows that early shoppers spend less. Just as you would with any other big-ticket item, do your research, look around and compare brands and prices. You'll be surprised at the savings that can be made by shopping early."
2. Fly solo at the shops. "Pester power is real! Two-thirds of Aussie parents (65 per cent) say they overspend on Back to School supplies by buying non-essential items thanks to their eager shopping companions. So if you're keen to save that extra cash, play it safe and leave the kids at home."
3. Get it online. "Purchasing behaviour is changing rapidly with the average proportion of online shopping for Back to School increasing by nearly 10 per cent from 2019. It's a great strategy for those wanting to stick strictly to the essentials on the list, In-store Pick-up is another great option to save on delivery costs."
4. Next year, try 'before pay'. "To minimise the impact on your household budget, forget 'Buy Now Pay Later' services and try a new service - it's called 'before pay': write 'before pay' on a large jar, stick \$10 in it every week this year and by next January, you'll have \$520 and Back to School will be a breeze!"

Teresa Rendo, Commercial General Manager at BIG W notes:

"We know that parents are both time and price conscious this time of year. With prices starting from just \$1, we offer a wide selection of uniforms, shoes, stationery, bags and accessories in the one convenient Back to School destination. In fact, it's possible to get all the necessary Back to School gear for under \$200 at BIG W."

The Back to School shopping period has officially commenced at BIG W; shop in-store, online, use same-day Pick up service or opt for Afterpay and Zip Pay. This year, BIG W is also offering a 10% Price Beat Guarantee; find a lower advertised price on an identical stocked item, and they'll beat it by 10% (terms and conditions apply). Visit www.bigw.com.au for more information and earn Rewards points with every BIG W purchase.

Joel Gibson is the best-selling author of *Kill Bills!* Over the past seven years, Joel has been widely regarded as one of the foremost authorities on personal savings and finance and is a frequent commentator in the media on these topics. As well as writing, he is also the Campaign Director at consumer network One Big Switch, the FiftyUp Club and 9Saver.

Early Education

Articles & Advice



Getting Ready for School

The readiness of any child for pre-school and school must be considered on an individual basis. The most important aspect to consider is to think about how your child is developing, more than the date of birth.

Research clearly (Pagani, Fitzpatrick, Archambault, & Janosz, 2010) shows that how ready children are for their school experience, is critical to their confident start and their success at school. It is never too early to prepare your child for school. Parents can help prepare their children by being aware of the skills needed for entering school.

For the full article, [click here](#)



Separation Anxiety: An Essential Guide for Parents

Nervous about your child starting at an early learning centre or kindergarten? Many parents are. Below are some tips from a psychologist, to ensure it's a smooth transition for your little one.

Settling in can be a challenging time for some families, perhaps because you have a sensitive, very attached child, are anxious yourself or just aren't sure how to manage the transition.

If it makes you feel any better, you're in good company. Child psychologist Lisa Ford from The Resilience Co says that separation anxiety is one of her most popular talks when presenting to parents.

For the full article, [click here](#)



Eight vital skills children develop in early learning and care settings

Here are eight vital skills your child can develop in an early learning and care setting.

Confidence: Children build confidence when they are able to master new skills in a supportive environment at their own pace. In early learning and care settings, such as kindergarten and childcare settings, play-based learning experiences help build children's interests and capabilities.

For the full article, [click here](#)



Time to Let Go!

With holidays now over and school and child care happening, many parents have to face that phase of getting their children comfortable with the idea of returning to school. For many children, particularly those who are just starting child care, kindergarten or primary school, there is a bit of anxiety.

Usually that anxiety is most obvious in the first few days. Children might cling, cry, or talk about their worries (like worrying about fitting in). Sometimes the anxiety comes out as behavioural changes (like set backs in toilet training), disturbed sleep, or irritability.

For the full article, [click here](#)



Getting Ready for Kindy

It's that nerve racking time for many parents. The end of the holidays and start of a brand new year. Such a bittersweet time isn't it?

Getting children 'ready' for their first day of formal schooling is a topic that has been coming up in conversation lately. It seems that for a fair few parents there is a focus on the 'academic' side of getting their children 'ready' however there are many other skills that will make transition into Kindy much smoother for your child rather than focusing on ABCs and 123s.

For the full article, [click here](#)



Support your Child's Transition to School

The transition from kindergarten to school is an important and special time for families. In school, your child will build on the valuable skills they've learnt in kindergarten as they take on exciting new challenges and learning experiences.

Your child's educators will work with you to prepare your child for a positive transition to school. You might find these strategies helpful during the transition period too.

For the full article, [click here](#)

Mini Maestros

Looking for the best way to support your little one's developing brain? Neuroscientists have discovered that being actively involved in music engages almost every area of the brain at once. Mini Maestros offers music classes for babies to 5 year olds. Enrol today and receive a complimentary "At Home" Educational Activities ePack.



minimaestros.com.au



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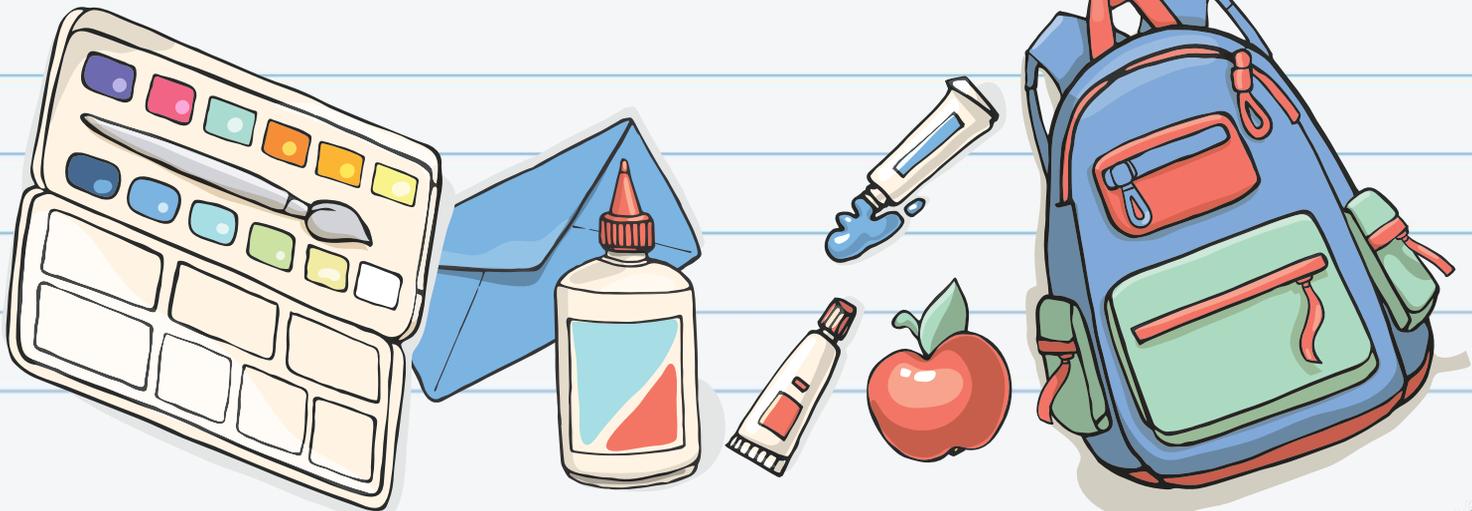


[facebook.com/MiniMaestros](https://www.facebook.com/MiniMaestros)

Early Education Checklist



- | | |
|---|---|
| <input type="checkbox"/> Backpack | <input type="checkbox"/> First Aid Action plan & Medications are up to date i.e. |
| <input type="checkbox"/> Lunchbox & Freezer packs | <ul style="list-style-type: none">• Check EpiPen expiry date• Anaphylaxis plan• Asthma plan |
| <input type="checkbox"/> Lunch and snacks | <input type="checkbox"/> Emergency contact |
| <input type="checkbox"/> Water bottle / drinks | <input type="checkbox"/> Nap time comforter |
| <input type="checkbox"/> Nappies, wipes, cream | <input type="checkbox"/> Indoor shoes |
| <input type="checkbox"/> Hat & Sunscreen | <input type="checkbox"/> Art smock |
| <input type="checkbox"/> Pocket tissue packs | <input type="checkbox"/> Box to store craft |
| <input type="checkbox"/> Hand wipes | <input type="checkbox"/> Carpool Schedule |
| <input type="checkbox"/> Spare set of clothes & Extra underwear | |



Primary School

Articles & Advice



Your Guide to Back to School Organisation

The first few weeks of the new school year are always the hardest for our little bundles of joy. Get super prepared and make it easier with this ultimate guide on 'back to school' organisation!

It's a school night! It's always a good idea to start your kids on the school sleep/wake schedule a few days ahead of term starting. Set alarms for wake up and bedtimes to get everyone back in the rhythm. Your kids may not quite thank you for it at the time, but trust us – it will be worth it to make mornings easier for everyone when school starts.

For the full article, [click here](#)



5 Tips for Getting Ready on Time for School

The kids have gone back to school and so the morning struggle to get out of the door on time has once again begun. So I have drawn on what worked in his kindergarten years as well as advice given to me by other parents to bring you 5 tips for getting ready on time for school.

Have a routine: It's important to not only have a routine but to make sure that everyone in the family knows and understands it. Don't wait until the first day of school to start your routine, introduce and practice it at least a week before school starts.

For the full article, [click here](#)



How to Tackle Back to School Anxiety

Although the first day back at school, or even the first ever day at school, can be an exciting prospect for some children, adjustment difficulties are common. Anxious feelings are expected and normal in children returning to school, changing schools, or for first timers starting kindergarten.

[i]According to a recent study conducted by the University of Queensland, 1 in 10 children aged 6 to 11 years suffer from anxiety and are feeling burdened by external pressures to achieve more.

For the full article, [click here](#)



Is my Child Ready to Walk to School?

It's natural that we want to make sure our children arrive safely at school. While it's never easy saying goodbye to routine school drop-offs, is it time to give your children extra freedom and responsibility and allow them to walk to school?

Fostering the development of your child's independence is important. Unfortunately, we can't cast a watchful eye over them forever. At some point, they're going to need to learn to do things by themselves.

For the full article, [click here](#)



Back to School Tips!

The dreaded back to school is just around the corner! How are you going to cope? What are you going to do to make this year different? Organise, take advantage of sales and prioritise those lunchboxes!

Yearly organisation! Use sales and Christmas to your advantage. Your child will need a bag, lunch box, drink bottle, possible snack containers, hat, shoes, socks, uniform, books, contact, pencils and assorted stationery. Here are a few ideas that Laura and I discuss

For the full article, [click here](#)



Back to School Blues?

The holidays are finishing and the kids are all “bored”... it’s time to go back to school! Some of us cry ‘yippee!’ while others are sad to get back into the routine of the daily grind (packing lunches, drop-offs/pick-ups and finding weeks-old reminder notes and old fruit through the school bags).

For some, with children starting at a new school or daycare, saying ‘goodbye’ will be one of the hardest things about this time of year. Some children will grab their early education experiences with two hands, run and not look back. For others, they will find each new experience a bit daunting.

For the full article, [click here](#)



Boxing the School Lunch

I hear the collective sigh of parents as they face another year of School. Box. Lunches. Urgh. If only our kids would eat what we packed. If only schools gave enough time for kids to sit and actually eat. What really is the problem with the same thing every day?

Mum Laura* (*names changed for privacy reasons) came in to see me recently. She wanted to make sure she was nourishing her children in the best way possible while they were at school. Her son Ted* was more interested in lunchtime sport than eating, while daughter Amy* made her feel under pressure to give her treats every day “like the other kids”.

For the full article, [click here](#)



Image safety is paramount when going back to school

Starting school for the first time, or making the transition to ‘big school’, can be an exciting time for child and parent alike. It’s only natural to want to document the occasion and share the photos online to express just how proud you are of your big girl or boy.

But there are some important considerations that any adult should make when sharing photos of their child or relatives online, especially at this time of year. While there’s never a single perfect answer when it comes to online safety, we should always ‘think privacy’ before posting images online.

For the full article, [click here](#)

GymbaRoo

Give your child the best start in life by enrolling them in the ONLY parent-child program in the world that specialises in research-based, neuro-developmental, fun learning environments for babies to school aged children and their parents. With GymbaROO/KindyROO learning has never been so much fun!



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PRIMARY

Back To School Checklist



- | | |
|---|---|
| <input type="checkbox"/> Uniform | <input type="checkbox"/> First Aid Action plan & Medications are up to date i.e. |
| <input type="checkbox"/> Fitted Shoes/ Trainers | <ul style="list-style-type: none">• Check EpiPen expiry date• Anaphylaxis plan• Asthma plan |
| <input type="checkbox"/> Hat / Sunscreen | |
| <input type="checkbox"/> Backpack | <input type="checkbox"/> Emergency contact |
| <input type="checkbox"/> Lunchbox | <input type="checkbox"/> Carpool schedule |
| <input type="checkbox"/> Freezer packs | <input type="checkbox"/> Stationery inc: |
| <input type="checkbox"/> Water bottle / drinks | <ul style="list-style-type: none">• book covers• pencil case• pencils & sharpener• pens, white out• eraser, ruler• glue sticks, highlighters• notebooks / pads• plastic folder |
| <input type="checkbox"/> Personalised Labels | |
| <input type="checkbox"/> Tissues & Hand sanitiser | |



Secondary School

Articles & Advice



Starting High School: Managing anxiety

As a parent it can be hard to let go and even harder when your child has special needs and high anxiety, but, the transition can be made easier for all involved with some simple management strategies. Below are some of the strategies I used to help my son with that successful transition.

High school is full of everything “new”. New teachers, new subjects, new friends, new uniform and new responsibilities all of which can be stressful to the most even-tempered and relaxed child.

For the full article, [click here](#)



How to Motivate Your Kids in the Morning

As parents, we've all experienced that dreaded morning madness. Getting the kids out of bed, dressed, fed and ready to be at school or day care with lunches, school bags and everything else, and maybe even on time... it can be stressful to say the least!

We get it, it can be hard to be a 'morning person', and harder to get the kids moving in the morning. The morning madness rush is always easier with a little cooperation from your little bundles of joy.

For the full article, [click here](#)



Beating Back-to-School Stress

Back to school can be a stressful time for the whole family – not just the kids! Maybe your child is starting a new school and you are worried they won't "fit in" or maybe your child is about to start High School, excuse me but when did that happen? Letting go can be hard but there are strategies you can implement to help ensure a successful transition for all.

There is no "one size fits all" or magic trick that will work for each and every individual or family as each situation is unique. However, the strategies listed below have been proven to work both in isolation and combination for many of my clients and for my own family.

For the full article, [click here](#)

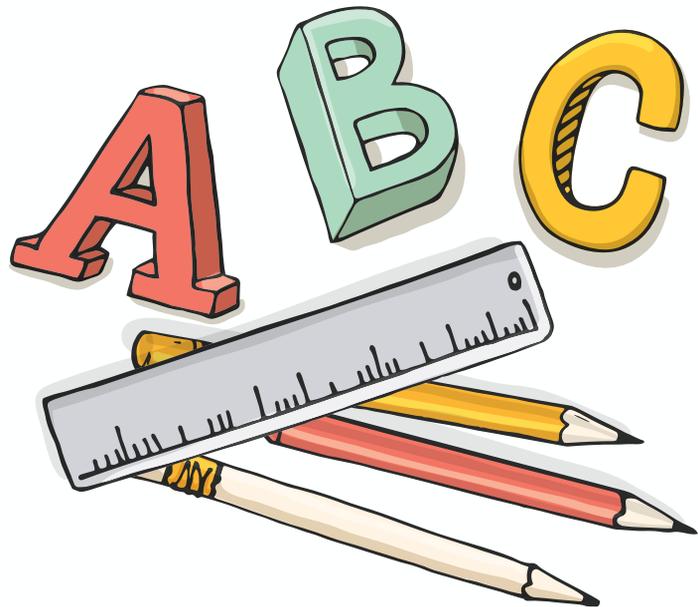
SECONDARY

Back To School Checklist



- | | |
|---|--|
| <input type="checkbox"/> Uniforms inc P. E. | <input type="checkbox"/> First Aid Action plan & Medications are up to date i.e. <ul style="list-style-type: none">• Check EpiPen expiry date• Anaphylaxis plan• Asthma plan |
| <input type="checkbox"/> Fitted Shoes/ Trainers | <input type="checkbox"/> Emergency contact |
| <input type="checkbox"/> Hat / Sunscreen | <input type="checkbox"/> Carpool schedule |
| <input type="checkbox"/> Laptop / iPad | <input type="checkbox"/> Stationary inc: <ul style="list-style-type: none">• scientific calculator• large pencil case• pens, pencils & sharpener• notebooks / note pads• plastic folder / plastic pocket• maths set (inc geometry set)• highlighter• eraser, ruler• glue stick |
| <input type="checkbox"/> Backpack | |
| <input type="checkbox"/> Lunchbox/Freezer packs | |
| <input type="checkbox"/> Personalised labels | |
| <input type="checkbox"/> Water bottle / drinks | |
| <input type="checkbox"/> Pocket tissue packs & Hand sanitiser | |





BIG W Back to School 2020 Research Report

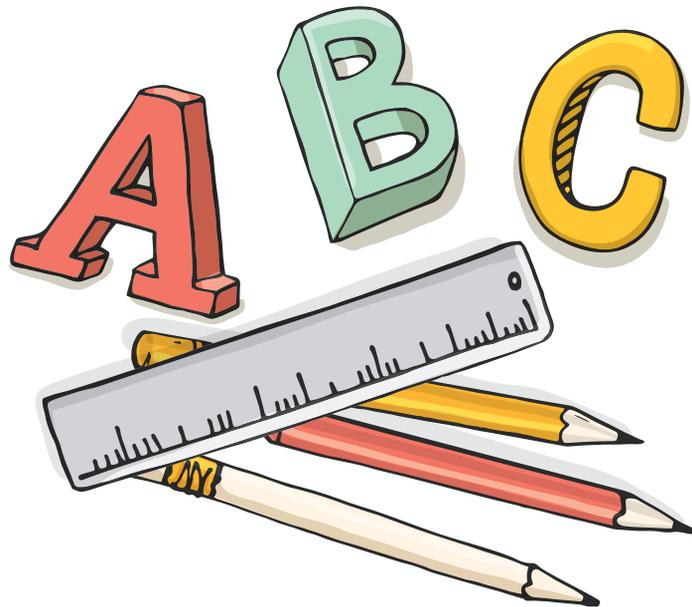
Planning

- The overwhelming majority (94%) of parents still believe there are benefits to getting your 'Back to School' shopping done early, with the two biggest benefits being the peace of mind gained by getting shopping out of the way (62%) and having more time to shop around for the best prices and deals (51%).
- Millennial parents are more likely (25%) than Boomers (15%) to start their shopping at least two months ahead of the school year – 1 in 10 Millennial parents start their shopping at least four months ahead of time (more than double the rate of Gen X).
- Three quarters (77%) of parents with children aged 5-17 say they budget for 'Back to School' shopping expenses, however, it's mainly a general budget (50%) with only one in four (27%) saying that they have a very detailed budget in place. Millennial parents (40%) are most likely to say they have a very detailed budget in place (Gen X 24% Boomers 22%)

- Of those parents that find 'Back to School' shopping stressful, having a comprehensive list of what to buy (47%) and a 'Back to School' savings account that they contribute to throughout the year (35%) are solutions likely to ease the stress of 'Back to School' shopping in the future.

Fly Solo

- Two thirds (65%) of Aussie parents of children aged 5-17 agree that they always end up overspending on Back to School as their children request non-essential items when shopping.
- Mums are better than dads at resisting "pester power", with four in ten (42%) mums saying that they do not overspend as a result of their children requesting non-essential items, compared to just one in four (27% dads).



Online

- Purchasing behaviour is changing with the average proportion of 'back to school' spending being spent online increasing by nearly 10% from 2018 to 2019.
- Millennial parents (40%, up from 26% in 2018) are conducting a larger portion of their 'Back to School' shopping online versus Gen X (29%, up from 21% in 2018) and Baby Boomer parents (25%, up from 18% in 2018).
- Online shopping is most popular among those who start their 'Back to School' shopping early, with parents who start shopping 2 - 6 months ahead of the new school year (42%) conducting a larger portion of shopping online than those who start 1 month before (27%) or less than 1 month before (27%).

Spending

- Affordability is the top consideration when shopping for Back to School products. The average spend is \$538 on school supplies per child in 2020, an increase of 13% from last year.

- In addition to the categories included in last year's study, the 2019 'Back to School' study asked parents what they expected to spend on additional categories including tech devices (e.g. tablets, laptops), with parents expecting to spend an average of \$242 on tech items per child, more than any other category.
- When added to the other categories, tech devices, as well as sporting gear, brings the total expected average 'Back to School' spend up to a staggering \$863 per child for the 2020 school year.
- Including tech and sport, parents in Victoria (\$976) expect to spend more per child overall on average than any other state, South Australia (\$872), New South Wales (\$840), Queensland (\$855) and Western Australia (\$756). other category.

BIG W is one of Australia's most loved brands and has been part of families' lives for over 40 years. At BIG W, we put our customer at the heart of everything we do across our network of 183 stores nationally. We sell exclusive BIG W brands that are simply great quality at everyday low prices as well as feature leading international brands. www.bigw.com.au

Top 5 Healthy Lunchbox Tips

Packing a healthy lunchbox for your children may seem challenging and time-consuming. However, with a little organisation and forethought, your child can enjoy a school lunchbox full of nutritious foods that will help maintain their energy, keep their blood sugar levels balanced and provide them with the nutrients they need for growth and development.

As a nutritionist and a mum, I believe a healthy lunchbox should focus on a variety of wholefoods and colour. Making school lunchboxes should also be kept simple and take no more than 10 minutes to pack, but be an exciting meal your child looks forward to.

Here are my top tips for preparing a kids lunchbox that encourages healthy eating and meets your child's nutrient demands.



Sarah Appleford is a bachelor-qualified nutritionist, mother, passionate foodie and founder of Nutrition For Kids. Through 1:1 consultations and workshops, Sarah's mission is to inspire children to lead healthy, happy lives. She wants to help remove the confusion and equip parents with the tools and knowledge they need to nourish their kids with a whole food diet.



1. Incorporate a variety of nutrients
2. Make in advance
3. Use leftovers
4. Prepare raw ingredients
5. Get your kids involved

For the full article, [click here](#)



Pizza Scroll

SERVES: 1 | BOOK 'Lunchbox Express'

Ingredients

1 sheet of frozen puff pastry, thawed

2 tablespoons pizza sauce

½ cup grated mozzarella



Instructions:

1. Preheat the oven to 180C and line a baking tray with baking paper. Grab a shape knife and cut the puff pastry by overlapping the short end of one piece onto the end of the other and pressing the seal.
2. Spread the pizza sauce evenly over the pastry, leaving a 1-2cm border around the edges. Sprinkle the grated mozzarella over the pizza sauce. If you're a cheese addict, just add more.
3. Using both hands, lift the pastry edge closest to you and roll up the pastry to look like a long sausage.
4. Starting at one end, coil the sausage and roll inwards to look like a large snail. Pop it on the prepared tray and into the oven for 20 minutes. You can also top the scroll with extra pizza sauce and cheese before putting it in the oven. Once cooked, enjoy it straight away or freeze for up to 3 months.



George Georgievski – Australia's School Lunchbox Dad

George Georgievski is the creator of the hugely popular School Lunchbox blog and social media accounts. George regularly travels around Australia and internationally as a Brand Ambassador for Stuck On You Lunchboxes, inspiring parents and carers to feed their children better food.

Instagram: [@schoollunchbox](https://www.instagram.com/schoollunchbox)

Facebook: <https://www.facebook.com/schoollunchboxau/>

Blog: <https://schoollunchboxblog.wpcomstaging.com/>

Making Sandwiches Fun Again

SERVES: 1 | BOOK 'Lunchbox Express'

Ingredients

Wholemeal bread slices

Deli ham slices off the bone

Grated cheese



Spring-Wich

1. Remove the crusts from a bread slice and use a rolling pin to flatten the bread.
2. Place a slice of ham on the bottom half of the bread and sprinkle some cheese on top.
3. Fold in the left and right sides by 1cm and then, starting from the bottom, roll up the bread into a spring roll, or spring-wich.

The Rav-Wich

1. Remove crusts from two bread slices and using a rolling pin to flatten the bread.
2. Place a small amount of ham and cheese in the four corners of one bread slice.
3. Lay the other bread slice on top and use a ravioli or pasta cutter to cut it into four squares.
4. You've just made for rav-wiches! Now repeat with more bread, ham and cheese.

Sand-ling

1. Use an upside-down mug to cut out a round of bread from one bread slice.
2. Place the bread in your palm and start clapping a few times to lightly flatten the bread.
3. While still holding the bread in you palm, place some ham and a sprinkle of cheese in the centre of the bread.
4. Fold over the bread and pinch the edges tightly to seal the ingredients.



TIPS

- You can use any combinations of fillings in these creations. Let your imagination run wild!
- All of the above taste awesome pan-fired with a little butter.
- I also love popping these creations on a bed of carrot noodles, which makes them look super cool.

The Bento Box

SERVES: 1 | BOOK 'Lunchbox Express'

George Georgievski is the creator of the hugely popular School Lunchbox blog and social media accounts. George regularly travels around Australia and internationally as a Brand Ambassador for Stuck On You Lunchboxes, inspiring parents and carers to feed their children better food.



Bento Box #1

1. Mini croissants
2. Pizza scrolls
3. Mandarin
4. Blueberries
5. Cucumber sticks
6. Cherry tomatoes
7. Strawberries
8. Cheese bites
9. Popcorn



Bento Box #2

1. Bite Size Sandwich in Ravioli form
2. Mango
3. Blueberries
4. Strawberries
5. Tomatoes
6. Cucumbers
7. Cheese & Crackers



Ham and Corn Slice

SERVES: 6 | Book 7

Ingredients

- 3 whole eggs
- 2 egg whites
- ½ cup skim milk
- 1 teaspoon crushed garlic (in jar)
- ¾ cup frozen corn kernels
- ¾ cup canned creamed corn
- ½ cup (50g) 30% reduced fat tasty cheese freshly grated
- ¾ cup zucchini grated
- ¾ cup orange sweet potato grated
- ½ cup shallots sliced
- ¾ cup (75g) 97% fat-free ham diced
- 2 teaspoons salt-reduced vegetable stock powder
- ¼ teaspoon pepper
- ¾ cup self-raising flour
- cooking spray
- 6 cherry or grape tomatoes cut in half
- 2 tablespoons finely grated parmesan cheese (Kraft®)

DIETITIAN'S TIP: I recommend this slice as it includes vegetables, moderate amounts of protein & is low in saturated fats making it a nutritionally complete meal.

© Annette Sym 2019 | SYMPLY TOO GOOD TO BE TRUE BOOK 7 | Used by permission from author.



Instructions:

Preheat oven 180°C fan forced.

1. Beat eggs and egg whites in a large mixing bowl together using an electric beater. Add milk and beat for 30 seconds.
2. Add all the ingredients except tomatoes, parmesan cheese and flour and combine.
3. Fold in sifted flour mixing together well.
4. Pour into a quiche or pie plate that has been coated with cooking spray. Spread evenly then top with halved tomatoes around edge.
5. Sprinkle parmesan cheese over top then bake 55-60 minutes or until browned and firm to touch in centre. Leave to rest for 5 minutes before serving.

Suitable to be frozen.



Blueberry and Banana Muffins

MAKES: 12 | Book 7

Ingredients

cooking spray

2 egg whites

¼ cup white sugar

½ teaspoon bicarb soda

1 x 110g jar Heinz® baby apple

½ cup skim milk

2 tablespoons (30g) Flora® Light margarine melted

½ cup mashed ripe banana

2 cups self-raising flour

1 cup canned blueberries (well drained)



Instructions:

Preheat oven 200°C fan forced.

1. Beat egg whites and sugar in a medium size mixing bowl for 1 minute using an electric beater.
2. Stir bicarb into apple sauce (it will froth) then add to bowl.
3. Combine milk with melted margarine then add to mix stirring with a wooden spoon.
4. Place mashed banana into bowl and mix together.
5. Gently fold sifted flour into mixture in one go, treat as a sponge, DO NOT BEAT, as this will make the muffins tough. The less the mixture is moved, the lighter the muffins will be.
6. Carefully fold blueberries into mixture.
7. Coat a 12 cup muffin tin with cooking spray then spoon into prepared muffin tin dividing equally into 12 cups. Bake 15-20 minutes or until firm to touch in centre. Leave to rest for a few minutes then turn onto a wire rack to cool.

Variation: Replace banana with chopped fresh apple or chopped fresh pear.

Suitable to be frozen.

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DIETITIAN'S TIP: This snack contains about the same carbohydrate and kilojoules as a bread roll or two slices of bread. People with diabetes may like to have this as their breakfast with low fat milk or a fruit juice.

mierEdu is a modern and design-led educational toy brand from Melbourne, Australia. We specialise in designing and making educational toys for children aged 0-8 years and a new generation of mums. According to our ACE theory in children development millstone, our products are categorised into Active, Creative, Educational toys and the "Book+Toy" Collection. With the philosophy "Basic toys, Better play" in mind, our goal is to make everyday play more enjoyable while fostering best developments for children.

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Label Kingdom

100% Waterproof Stick-On Name Labels

Our selection of kid's school labels is the perfect way to keep track of your Children's items throughout the year. They're especially useful during the school months. All our Name Label Stickers are 100% waterproof and dishwasher safe; this makes them perfect for drink bottles and lunch boxes.



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Stuck On You

Stuck On You—the original Australian personalisation company—turns 25 years young with a new range of cute designs for 2020. They're all available on the fun, functional and family-friendly Stuck On You products including Labels, Bags, Insulated Food Jars, and the best-selling Bento Lunch Box.

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Shapeeze

Need school readiness or occupational therapy activities?

Shapeeze is helping children all over Australia improve problem-solving, fine motor skills, literacy and numeracy. The press-out, paste and colour-in activity kits are endorsed by educators, used by OT's, make great gifts and are loved by Kids!

Created by an Australian mum, Shapeeze has become a favourite NO-TECH solution to offer children a more confident start to their school years.



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Easyread Time Teacher

EasyRead Time Teacher are a family company dedicated to helping children learn to tell the time. Our unique clock and watch designs make it easy for children to master this essential life skill. One lesson is usually all it takes for a child to read the time with confidence.



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The latest in fashion watches for kids.



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Give your child the best start in life by enrolling them in the **ONLY** parent-child program in the world that specialises in research-based, neuro-developmental, fun learning environments for babies to school aged children and their parents.

With GymbaROO/KindyROO learning has never been so much fun!



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Jenjo Games

For fun with giant toys, Jenjo games has got you covered. Each and every one of our games are carefully designed to be practical and fun. From all your old favourites to even some of your new ones. Jenjo aim to create a memorable experience. Whether it's the "WOW" factor the "I Used to play this as a Kid" or even the "Thats HUGE" ... reaction, we assure you laughter and smiles.

Find us in your backyard, kids birthday parties, play centres, shopping centres and even your kids school.



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Star Wars Pen & Pencil Set

The Star Wars Pen & Pencil Set is a great starter school pack with your favourite Star Wars characters.

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Harry Potter 3D Collect Eraser Case 3 Pack

Harry Potter 3D Collect Eraser Case has more surprises and features than ever before!

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Grosby Lightfoot Kids Tab School Shoes - Black

Make sure your little one stays comfy throughout the school day with the Grosby Lightfoot Kids Tab School Shoes.

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Faber-Castell Connector Pens 20 Pack

Faber-Castell Connector Pens feature a unique cap design which clicks the pens together so you can have fun building things while you're drawing and colouring..

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Grosby Kids Lace Up Jogger - White

If your little sports star loves running around during school lunch time, the Grosby Kids Lace Up Jogger is the perfect alternative to the traditional school shoe.

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Brilliant Basics Kids Microfibre Shorts - Green

The elasticised waistband and internal drawcord will be sure to keep your little one secure and comfortable.

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Brilliant Basics Kids Polo 2 Pack - Sky Blue

This convenient pack features 2 polo shirt with a quarter button up front, short sleeves and a ribbed collar.

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Brilliant Basics Kids Short Sleeve Shirt 2 Pack - White

This convenient pack features 2 classic shirts with a button up design, short sleeves and a front pocket.

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Whirl Junior Backpack

From our Whirl collection, this junior backpack is perfect for nursery or preschool. It is jam-packed full of Smiggle colour and style!

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Happy Small Bento Lunchbox

This small bento lunchbox has four compartments and is perfect for storing your favourite snacks.

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Far Away Drink Bottle

Drink up and stay hydrated with this flip top spout bottle. Comes in a cool design from our Far Away collection and coordinates with a range of Smiggle essentials.

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Whirl Junior Double Decker Lunchbox With Strap

Two tiers of great storage so you can separate all of your snacks!

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Happy Snack N Stack Containers X4

This handy pack of 4 containers is perfect for your lunchtime delights! The containers nest inside each other which is a great space saver. 4 fun designs in each set.

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Far Away 330 Id Pencil Case

Store your stationery essentials in this pencil case and match it back to the rest of the Far Away collection! Inside you'll find perforated letter cards that you can use to display your name.

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Far Away A4 Id Pencil Case

Store your stationery essentials in this pencil case and match it back to the rest of the Far Away collection! Inside you'll find perforated letter cards that you can use to display your name.

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Far Away Backpack

From our Far Away collection, this backpack has awesome and practical features!.

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Far Away Drawstring Bag

A fun and practical drawstring bag to suit many purposes! The bag is perfect for sports days or as a library bag.

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Whirl Junior Flip Zip Whirl Pencil Case

Store your stationery in this cool flip pencil case that matches back to the junior Whirl collection!

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Far Away Scented Character Wallet

This wallet is perfect for storing your pocket money! It has a silicone, scented badge with velcro closure. Match back to other goodies from the Far Away Collection!

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Whirl Junior Lanyard Wallet

Stash your cash in this cool wallet from our Whirl collection! This tri-fold wallet comes with a velcro fastening and a lanyard.

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Disney Frozen Cooler Bag & Backpack - Purple

This Frozen themed bag features a large zipper compartment, a side bottle pocket and a matching lunchbox to keep food fresh.

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Marvel Kids Avengers Backpack - Navy

Featuring a Marvel Avengers theme and a water bottle compartment to the side of bag, this piece is both fun and practical.

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Wave Zone Bang On Backpack - Multi

Featuring a leopard print and adjustable straps, this piece has multiple compartments for extra storage.

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Mambo Crab 5 Piece Lunch Pack - Black

This printed lunch bag features a secure zipper closure and contains 2 snack containers, a drink bottle and an ice pack to keep food cool and fresh.

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Mambo Camo Dog Drink Bottle - Black

This bottle features a camo dog print with a twist top and a spout cover.

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Baby Shark Lunch Bag - Multi

Perfect for school, this lunch bag features a Baby Shark design with a convenient carry handle and name label to avoid lost property.

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Brilliant Basics Leopard Spiral Notebook - Multi

Great for taking notes, this book features a palm print to front with lined pages.

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Brilliant Basics A4 Binder Book 65 Pages 5 Pack - Multi

Update your essentials with the Brilliant Basics A4 Binder Books. This pack features 5 printed books with 64 pages and binder holes.

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Tyrannosaurus Paleontology

Excavate and assemble your own miniature dinosaur skeleton. Perfect for the youngest paleontologist! Contains a Tyrannosaurus skeleton.



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Clip Circuit Starter Lab

This easy-to-build electronics kit features components that clip together, no soldering required. Includes marked and colour-coded pieces, and 14 cool experiments.



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Toy Wood Blocks

F.A.O Schwarz @ MYER

Toy Wood Blocks Printed. Visit and explore the world from your own home This set includes 50 beautifully printed blocks. Kids can use their imagination to build their own city. Recommended for: 3 Years +



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Castle Blocks

F.A.O Schwarz @ MYER

150 Piece Wooden Castle Blocks - These beautiful, natural wood castle block allow kids to construct a custom fortress complete with fortified turrets, archways, towers and more! Recommended for: 4 Years +



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Kids Magic Set

F.A.O Schwarz @ MYER

Toy Kids Magic set 28 Piece.
BLOW YOUR FRIENDS' MINDS WITH AMAZING ILLUSIONS AND TRICKS! This is the perfect beginners set to get you started on card and rope tricks. In no time, you'll be mesmerising your friends!



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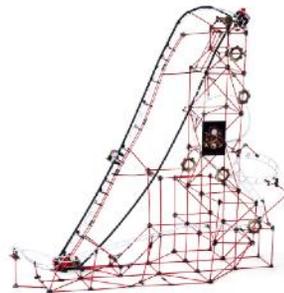
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Build-A-Coaster

F.A.O Schwarz @ MYER

Toy Kids Build-a-Coaster. - The FAO Schwarz Kids Build-A-Coaster is a monster 753pc motorised Rollercoaster set offering hours of constructive fun for the whole family!



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Music Beat

At Music Beat Australia we stock a huge range of baby and children's musical instruments to suit varying age groups. Find the right musical instrument for your child's needs.



Music Beat
Developing every day

Children's musical instruments
for play, learning and therapy

Free Shipping for Australian customers when you spend \$150 in a single order.
*Conditions apply



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Babymel

Look to Babymel for child's essentials that ooze a sports-luxe appeal you won't find anywhere else.



Zip & Zoe Kid's Backpack, Lunchbags and Accessories



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Periodic Table Shirt

These scientifically accurate t-shirts feature the most useful table ever designed by a human brain, the periodic table of the elements, which has been updated to show recent scientific discovers.



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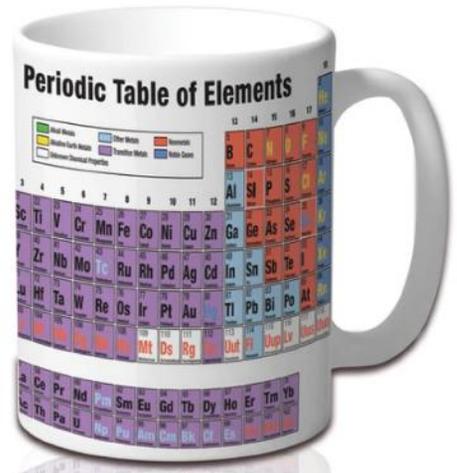
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Periodic Table Mug

Show off your love of chemistry and stun your friends with your science knowledge with this Periodic Table Mug.

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Construct A Clock

This brightly coloured clock can be constructed in 10 minutes. Not only will it teach your kids how gears and cogs work, it will also help them learn to tell time and its colourful construction will add life to any kids' bedroom.

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Test Tube Experiments

Heebie Jeebies presents the Slime Test Tube Lab! Just add water, and mix to make your own coloured slime! It's that easy.

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DIY Slime Kit

Discovery @ MYER

Slimeology 101 5-in-1 DIY Slime Kit will have your child feeling like a scientist while creating their ooey-goey slime. Create 5 unique slimes: glitter slime, neon slime, foam slime, glowing slime, & scented slime.



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Drawing Light Board

Discovery @ MYER

Neon LED Glow Drawing Light Board creates endless possibilities with this combined 36 different light-up colours and effects, plus 4 included neon pens.



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Starlight Lantern

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Toy Kids Starlight Lantern. Light up the kids' room with this LED lantern cosmic star projector to let your kids experience a stary night at home.



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Dinosaur Set

Discovery @ MYER

Toy Dinosaur Set 5pc T-Rex. UNLEASH YOUR CHILDS IMAGINATION with the Discovery Kids Toy Set! It's one engaging toy straight from prehistoric times that'll make you jump for joy!



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Logico

A great gift for children between 3 and 9 years old. While playing LOGICO, they are practicing many skills and kids are able to self-check their answers.



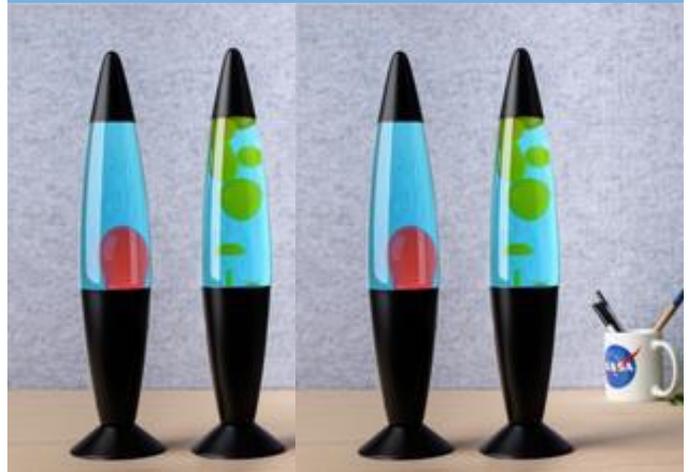
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Lava Lamp

This classic Lava Lamp stands at 42cm tall and is the perfect mesmerising lighting for a geek of any age.



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Liquify Deluxe

Kids can launch this rocket that is powered purely by water, but shoots up impressively high, reaching 30 meters, or 9 stories!

Petri Dish

Learn and have fun while discovering our range of petri-sized experiment kits, including growing gems, wiring LED lights, and making bouncy balls.

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Mini Maestros

Looking for the best way to support your little one's developing brain? Neuroscientists have discovered that being actively involved in music engages almost every area of the brain at once. Mini Maestros offers music classes for babies to 5 year olds.



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Build a Bot Bugs

New Build a Bot Butterfly, Grasshopper and Fire Ant are perfect stocking fillers for Christmas! Introducing S.T.E.M learning to children; simply build, customise and play! 4+ years



buildabotworld.com



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Build a Bot Light

Build a Bot Light takes robotics and S.T.E.M learning to the next level with light sensors and interaction! Simply build your character, customise and play! 4+ years



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Build a Bot Sound

Build a Bot Sound takes robotics and S.T.E.M learning to the next level with sound activation! Simply build your character, customise and play! 4+ years



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Learn & Dance Dino

This clever Learn & Dance Dino introduces STEM basics of coding, movements, cause and effect as well as emotions and fine motor skills.



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Magic Adventures Globe

With the 26cm interactive learning Magic Adventures Globe explore countries, capitals, new places, languages, cultures, animals, geography, habitats and more with audio responses and videos.



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Smart Sizzling Bbq

The interactive Smart Sizzling BBQ recognises food names and colour, in an Aussie accent! Twist to count, listen, learn about food, cooking, heat and safety.



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ZoomiZooz Animal Train

All aboard the ZoomiZooz Animal Train! With its collectable ZoomiZooz animal characters, it teaches kids about animals, cause and effect, hand-eye coordination and pretend play.



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Wooden.City

Original presents from Wooden.City for handy teens and DIY fans: various stunning 3D mechanical models and puzzles. Fun way to learn and develop engineering skills!



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Twist & Play Koala

Rattle and shake this cute Twist & Play Koala to keep little hands and minds busy whilst developing fine motor skills and promoting stimulation.



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RockIt Twist

RockIt Twist -- handheld educational gaming with light-up controls, 360 degrees of buttons, spinners, sliders and switches which all trigger different moves across multiple games.



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Hop-A-Roo Kangaroo

Hop-a-Roo Kangaroo, is a fun and interactive motorised learning toy. Along with her joey, she hops and encourages little ones to move with them, talks and nurtures.



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Australia's Top Parenting Resources

As we approach the start of another busy year, our calendars are already filled with commencement dates for basketball training, dancing, netball, football, music lessons.

Before the year gets away from us, know that Kiddipedia's team of over 50 experts are always here, working hard to deliver you the very best expert information and parenting advice to help assist you be the best parent you can be.

Kiddipedia was created to help take the anxiety out of parenting. In our busy lives we need access to expert information promptly. No-one has time to be searching different websites to find their answers.

Kiddipedia's keyword search provides access to Australia's top parenting websites, and their articles, from one place. This saves you time and gives you answers fast. Kiddipedia also provides a list Australia's National Helpline numbers which can be [found here](#).

I hope this guide has provided you support and useful information to help smooth the transition for the school year ahead.

Here is to an enlightened and prosperous year that fills your children's beautiful hearts and minds with the knowledge and confidence that will serve them for the rest of their lives.

We look forward to continuing to support you from Term 1 through to Term 4 and beyond.

Much love,

Rach
XOXO

Partner Parenting Sites





kiddipedia®

Where parents go for their answers.

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