CITY OF Armadale

My Journey to School

From pregnancy to aged five



What's inside

Pregnancy and birth **3**
- What checkups, scans and tests are recommended during pregnancy? .. 4
- What alternatives are there to hospital-based care 5

After you have given birth **6**
- Looking after yourself 6
- Registering your child's birth 6
- Enrolling your baby in Medicare 6
- Paid Parental Leave 7
- Breastfeeding support 7
- Visiting Midwifery Service (VMS) 7

Birth to 3 years **8**
- The Role of the Child Health Nurse 8
- Immunisations in Pregnancy and Childhood 9
- Safe Sleep 11
- Car Restraint Fittings 12
- Looking after your mental health 13

Encouraging your child's development **14**
- How can I check in with how my child is developing? 15
- I am worried about my child's development 16
- Toileting 17

Child Care Subsidy and Parenting Payments **18**

Early Childhood and Education Centres **20**

Community Pre-Kindy and School Based Kindergarten **21**
- Enrolling your child 21
- If you and your family are on a visa 22
- Supporting my child to be school ready 22
- Activities to support your child to be school ready! 23
- Kindergarten 24

Pre-primary! **25**

If my child has a disability? **26**
- What supports are most common in early childhood? 27

Frequently Asked Questions **29**

Pregnancy and birth

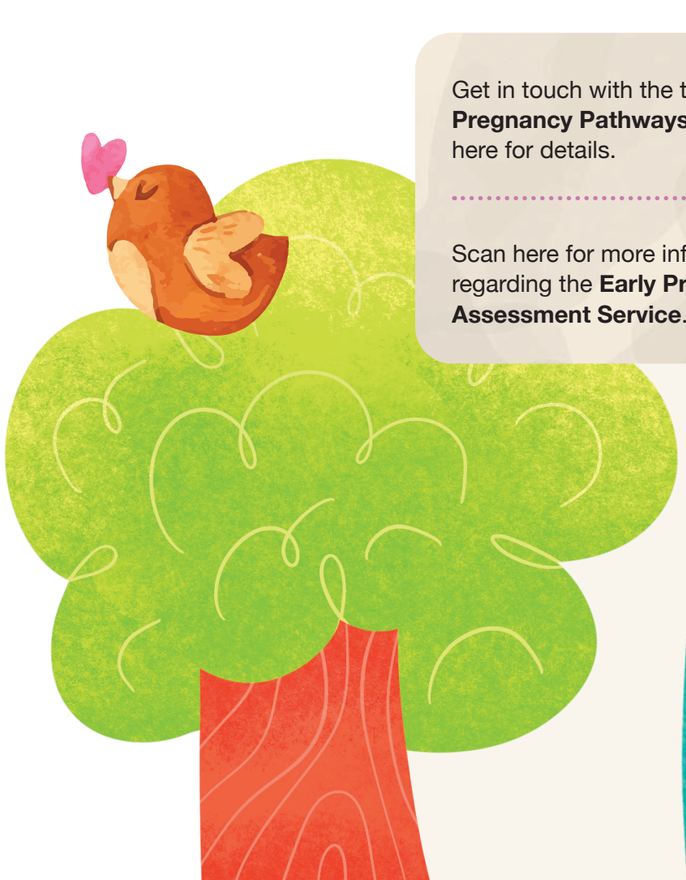
You've just found out you're pregnant with a positive at-home pregnancy test, so it's time to visit your GP who will confirm your pregnancy with a blood test.

If you are unsure about the pregnancy, you can chat with the team at the Pregnancy Pathways about your options moving forward.

If you are concerned about your pregnancy and are less than 14 weeks, you can ask to be referred to the Early Pregnancy Assessment Service. This service is based at Armadale Health Service, Fiona Stanley Hospital and King Edward Memorial Hospital.

If you develop any concerns or complications after 20 weeks, the Armadale Hospital's **Antenatal Assessment Unit** can provide ongoing monitoring for women identified with high-risk pregnancies.

Boodjari Yorgas Midwifery Group Practice is run by midwives that seek to empower Aboriginal women through their pregnancy, birth and postnatal period to support new mothers in a culturally appropriate manner.



Get in touch with the team at **Pregnancy Pathways**. Scan here for details.

Scan here for more information regarding the **Early Pregnancy Assessment Service**.

What checkups, scans and tests are recommended during pregnancy?

At each visit with your healthcare providers, they usually do a **checkup on your health, assess how your baby is growing** and **discuss any questions or concerns** you may have about your pregnancy.

First Visit

- Confirm pregnancy and due date
- Dating ultrasound (if dates not clear)
- Medical and family history
- Dietary advice and supplements
- Blood pressure, weight and height
- Blood and urine tests
- Cervical screening (if needed)

10 to 13 weeks

- Routine check
- Nuchal translucency scan and serum screening (for Down's Syndrome)
- Non-invasive prenatal testing (NIPT)
- Combined first trimester screening (CFTS)
- Chorionic villus sampling (CVS)
- Amniocentesis

18 to 22 weeks

- Routine check
- Morphology scan (ultrasound) to check baby's development
- Ultrasound to estimate how far along you are, check the placenta location and measure your cervix

20 to 28 weeks

- Routine check
  - blood pressure
  - measure abdomen for baby's growth
  - baby's heartbeat and movements
- Blood glucose tolerance test
- Pertussis (whooping cough) vaccination

28 weeks

- Routine check
- Full blood count
- Urine test (if raised blood pressure)
- Anti-D injection (may be given if Rh negative)
- Respiratory syncytial virus (RSV) vaccination

29 to 34 weeks

- Routine check
  - blood pressure
  - measure abdomen for baby's growth
  - baby's heartbeat and movements
- Urine test (if raised blood pressure)
- Second anti-D injection (if needed)

35 to 37 weeks

- Routine check
- Urine test (if raised blood pressure)
- Vaginal swab for Group B Strep
- Assess baby's presentation and station
- Some states offer additional blood tests

38 to 40 weeks

- Routine check
  - blood pressure
  - measure abdomen for baby's growth
  - baby's heartbeat and movements
- Urine test (if raised blood pressure)

41 weeks

- Routine check
  - blood pressure
  - baby's heartbeat and movements
- Ultrasound to check fluid around your baby
- Urine test (if raised blood pressure)

Depending on your pregnancy, you may not need or want to have all of these checkups, tests and scans. They are not compulsory and every woman has the right to make their own informed decisions.



What alternatives are there to hospital-based care

Shared Care with midwife or GP Obstetricians

This means your pregnancy care is shared between your doctor (GP) and your local hospital. Your doctor will provide your antenatal appointments. An initial appointment will be made at the shared-care hospital at approximately 20 weeks of pregnancy.

Family Birth Centre at King Edward Memorial Hospital and Fiona Stanley Hospital

The Family Birth Centre offers care for healthy, 'low-risk' women who anticipate a normal pregnancy and birth. Please read more about each service as eligibility differs.

Bentley Midwifery Birth Centre

Endorsed midwives are highly skilled health practitioners who have undertaken additional training. They can order tests and ultrasounds relating to pregnancy, birth, and the newborn period, prescribe medications, and can refer women and babies to obstetricians and paediatricians as needed.

Women using the service will be cared for by the same midwife for the duration of their pregnancy – even if the mother or baby is required to transfer to another hospital due to any unforeseen circumstances.

Private practice midwifery care

Antenatal appointments are usually held in your obstetrician's private rooms or at a hospital antenatal clinic. These visits are not covered by private insurance but may be partially covered by Medicare.

Private Obstetrician Care

The doctor of your choosing will provide your care throughout pregnancy, labour and the postnatal period and you will usually give birth in a private hospital.

Tertiary care

Tertiary care in WA is provided at King Edward Memorial Hospital.

You will be referred for tertiary care by your GP or obstetrician if you:

- are assessed as being at high-risk of experiencing pregnancy complications
- require ongoing specialised care.

You may:

- have a history of complications with a previous pregnancy or birth
- have an existing medical condition
- be experiencing a complex pregnancy.

If you experience unexpected complications during pregnancy or in labour, you may be transferred to King Edward Memorial Hospital for specialist care. This includes women who have elected to use private care.



Scan here for **King Edward Memorial Hospital**.

Scan here for **Fiona Stanley Hospital**.

Scan here for **Bentley Health Service**.

After you have given birth

Looking after yourself

Congratulations on your newest addition!

Everyone's experiences of pregnancy are different, the period between conception and the end of your baby's first year can be a tricky time for some parents. 1 in 5 women and 1 in 10 men will experience anxiety and/or depression within this period.

If you have concerns about yours or your partners mental health, you can contact **PANDA (Perinatal Anxiety & Depression Australia).** Their free phone and online services provide access to counselling and information to support mental health and wellbeing.

PANDA'S Helpline, **1300 726 306**, operates 7 days a week (including public holidays) from 9am – 7:30pm Monday to Friday and 9am – 4pm Saturday and Sunday (AEST/AEDT). It is staffed by trained and experienced counsellors and volunteers.

ForWhen aims to guide new and expecting parents (from conception to 12 months old) to perinatal mental health support. They will listen to you and assess the challenges that you are facing while considering your needs. After which, they will connect you with the right support services. Contact ForWhen on **1300 24 23 22**

Registering your child's birth

For all births occurring within Western Australia, the child's birth registration form must be lodged to the Registry of Births, Deaths and Marriages. **It is free to register the baby's birth however the fee for a certified birth certificate is $60**.

If you are unable to pay the fee, contact the Registry directly. If you are Aboriginal or Torres Strait Islander, contact the National Aboriginal Birth Certificate Program on **0429 684 488**.

For more information, identification requirements or to apply, visit the Birth Registration and Certificates website.

Enrolling your baby in Medicare

You need to enrol your newborn baby in Medicare as soon as possible. A newborn is a child aged up to 52 weeks or up to their first birthday.

Your hospital or midwife will give you a Parent Pack after the birth. It'll include a Newborn Child Declaration form. A doctor or midwife must sign the form on the last page. Use this declaration as proof of your child's birth to enrol them in Medicare.

More information is available on the Services Australia website.

Paid Parental Leave

To get this payment, all the following apply. You must:

- be caring for a newborn or recently adopted child
- have met the income test
- have met the work test
- have met the residency rules
- have registered or applied to register your child's birth with your state or territory birth registry, if they're a newborn

You can claim for Paid Parental Leave up to three months before the birth or adoption of your child. The easiest way for you to claim is online through your MyGov Account or the Centrelink Families Line on **136 150**.

Visit **www.servicesaustralia.gov.au/parental-leave-pay** for further information

Breastfeeding support

Armadale Hospital offers a 7 day a week lactation support service. Support is available in person at their outpatient clinic or via telehealth

If you've experienced breastfeeding challenges in the past, you can also see a lactation consultant during pregnancy to help prepare for a more positive experience this time around.

To speak with a lactation consultant, please call 0403 331 579.

National Breastfeeding Helpline

If you are breastfeeding and need some help, trained volunteer counsellors can give you reassurance, information and advice. Phone the National Breastfeeding Helpline on **1800 686 268** 7 days a week, 24 hours a day.

Visiting Midwifery Service (VMS)

Care at Home for You and Your Baby

The Visiting Midwifery Service is available to most women living within the Armadale catchment area and operates seven days a week, including public holidays.

After your baby is born, a midwife will visit you at home daily for support, answer questions and offer advice until your baby is seven days old. Following this, your care will continue with the community child health nurse.

Birth to 3 years

When your baby is born, you will be given a Purple Book. This is your child's official Child Health Record where you track your child's growth, development and immunisations.



The Role of the Child Health Nurse

Child health nurses are specifically trained in child and family health. They offer free appointments to discuss your child's health and development at key stages of your child's life. If needed, your child health nurse can refer you or your child to services.

Your child health nurse may come to your home or book you an appointment at a child health centre or a community centre. Before the appointment, you will be mailed a questionnaire to complete.

The questionnaire lists different developmental milestones and prompts you to check if you think your child is meeting them. These milestones include communication, language, social and emotional wellbeing and physical development.

At the appointments, your child health nurse will also weigh and measure your child and plot their growth on a chart. They will do a physical health check of their hips, skin, eyes, head shape and ears. They will also ask you how your child is feeding, toileting, sleeping and playing. They may ask questions about family safety or check on your mental health.

It is recommended that you and your child visit your local child health nurse when your child is

- 0 to 14 days old
- 8 weeks old
- 4 months old
- Between 12 and 18 months
- Between 2 and 3 years old
- You will also be offered a School Entry Health Assessment when your child starts school.

Call **1300 749 869** to book an appointment – find your local centre on the **Healthy WA Services** search or scan here.

Alternatively, register and request an appointment for your child at **cahs.health.wa.gov.au** or scan the QR code.

Did you know?

If you are concerned about how your child is developing up until they are school age, please contact your local child health nurse to book an extra appointment for support.



Immunisations in Pregnancy and Childhood

Immunisations in Pregnancy

You can get the influenza, whooping cough (pertussis) and respiratory syncytial virus (RSV) vaccines for free while you are pregnant through the National Immunisation Program. Getting vaccinated against influenza, whooping cough and RSV during pregnancy allows protective antibodies to pass through the mother's placenta to the baby. This protects the baby from birth and in their first few months of life when they are most vulnerable to serious illness and cannot yet be vaccinated themselves.

www.health.gov.au/our-work/national-immunisation-program

www.health.gov.au/topics/immunisation/when-to-get-vaccinated/immunisation-for-pregnancy

Childhood Immunisations

Children get vaccines to protect them as soon as possible, as they are at greatest risk from disease while they are very young. Even though babies' immune systems are strong, vaccinations in early stages of life are vital because they protect babies while their immune system is still developing.

When vaccinating your child, you may have questions about the vaccine being given. You can speak to your GP, practice nurse or immunisation provider about anything related to childhood vaccination. The vaccines are free through the National Immunisation Program. Your child will need to be up to date with their immunisations to receive the Child Care Subsidy and attend Early Childhood and Education Centres.

https://www.health.gov.au/childhood-immunisation/immunisation-schedule



National Immunisation Program Schedule

Australian Government
Department of Health, Disability and Ageing

National Immunisation Program
A joint Australian, State and Territory Government initiative

Childhood vaccination

(also see vaccination for people with medical risk conditions)

Age	Diseases	Vaccine Brand	Notes
Birth	Hepatitis B (usually offered in hospital)	Engerix B® Paediatric	Should be given to all infants as soon as practicable after birth. The greatest benefit is if given within 24 hours and must be given within 7 days.
2 months (can be given from 6 weeks of age)	Diphtheria, tetanus, pertussis (whooping cough), hepatitis B, polio, *Haemophilus influenzae* type b (Hib) Rotavirus Pneumococcal Meningococcal B (Aboriginal and Torres Strait Islander children)	Infanrix® hexa or Vaxelis® Rotarix® Prevenar 20® Bexsero®	Rotavirus vaccine: First dose must be given by 14 weeks of age. Meningococcal B vaccine: Prophylactic paracetamol recommended.
4 months	Diphtheria, tetanus, pertussis (whooping cough), hepatitis B, polio, *Haemophilus influenzae* type b (Hib) Rotavirus Pneumococcal Meningococcal B (Aboriginal and Torres Strait Islander children)	Infanrix® hexa or Vaxelis® Rotarix® Prevenar 20® Bexsero®	Rotavirus vaccine: The second dose must be given by 24 weeks of age. Meningococcal B vaccine: Prophylactic paracetamol recommended.
6 months	Diphtheria, tetanus, pertussis (whooping cough), hepatitis B, polio, *Haemophilus influenzae* type b (Hib) Pneumococcal (Children with specified medical risk conditions) Pneumococcal (Aboriginal and Torres Strait Islander children) Meningococcal B (Aboriginal and Torres Strait Islander children with specified medical risk conditions)	Infanrix® hexa or Vaxelis® Prevenar 20® Prevenar 20® Bexsero®	Pneumococcal vaccine: An additional dose of 20vPCV is required for Aboriginal and Torres Strait Islander children and all children with specified medical risk conditions for pneumococcal disease. Refer to the Immunisation Handbook. Meningococcal B vaccine: Prophylactic paracetamol recommended.
6 months to <5 years (annually)	Influenza	Age appropriate	Administer annually. In children aged 6 months to less than 2 years of age in the first year of administration, give 2 doses a minimum of 4 weeks apart. One dose annually in subsequent years. Information on age appropriate vaccines is available in the Immunisation Handbook or the annual ATAGI advice on seasonal influenza vaccines.
12 months	Meningococcal ACWY Measles, mumps, rubella Pneumococcal Meningococcal B (Aboriginal and Torres Strait Islander children)	Nimenrix® Priorix® Prevenar 20® Bexsero®	Meningococcal B vaccine: Prophylactic paracetamol recommended.
18 months	*Haemophilus influenzae* type b (Hib) Measles, mumps, rubella, varicella (chickenpox) Diphtheria, tetanus, pertussis (whooping cough) Hepatitis A (Aboriginal and Torres Strait Islander children in WA, NT, SA, Qld)	ActHIB® PriorixTetra® Infanrix® or Tripacel® Vaqta® Paediatric	Hepatitis A vaccine: First dose of the 2-dose hepatitis A vaccination schedule if not previously received a dose.
4 years	Diphtheria, tetanus, pertussis (whooping cough), polio Hepatitis A (Aboriginal and Torres Strait Islander children in WA, NT, SA, Qld)	Infanrix® IPV or Quadracel® Vaqta® Paediatric	Hepatitis A vaccine: Not required if previously received 2 doses (first dose at age ≥12 months) at least 6 months apart. Pneumococcal vaccine: Catch-up doses are available for some children at 4 years. Refer to the Immunisation Handbook for catch-up schedules.
≥5 years (annually)	Influenza (Children with specified medical risk conditions) Influenza (Aboriginal and Torres Strait Islander children)	Age appropriate Age appropriate	Administer annually. In children aged 6 months to less than 9 years of age in the first year of administration, give 2 doses a minimum of 4 weeks apart. One dose annually in subsequent years. Information on age appropriate vaccines is available in the Immunisation Handbook or the annual ATAGI advice on seasonal influenza vaccines.

Adolescent vaccination

(also see vaccination for people with medical risk conditions)

Age	Diseases	Vaccine Brand	Notes
All ages	Influenza (adolescents with specified medical risk conditions) Influenza (Aboriginal and Torres Strait Islander adolescents) Pneumococcal (adolescents with specified medical risk conditions)	Age appropriate Age appropriate Prevenar 20®	Influenza vaccine: Administer annually. For information on an age appropriate vaccines or specified medical risk conditions refer to the Immunisation Handbook or the annual ATAGI advice on seasonal influenza vaccines. Pneumococcal vaccine: For adolescents with specified medical risk conditions refer to the Immunisation Handbook.
12–13 years (Year 7 or age equivalent)	Human papillomavirus (HPV) Diphtheria, tetanus, pertussis (whooping cough)	Gardasil®9 Boostrix® or Adacel®	HPV vaccine: Single dose recommended. Not required if previously received. If dose was missed and not previously received, a catch-up is available up to and including 25 years of age.
14–16 years (Year 10 or age equivalent)	Meningococcal ACWY	MenQuadfi®	



Safe Sleep

As your child grows, safe sleep will look different. Raising Children's Network has outlined some key information about how to keep your child safe while sleeping.

Safe sleep environments protect baby airways during sleep and make it easier for babies to breathe. In a safe sleep environment, your baby sleeps on their back, on a firm, flat and level surface, in a space that's clear, not too hot and smoke free.

Check your baby's sleep environment at home, child care and any other place your baby sleeps.

A safe sleep environment for your baby involves a:

- safe sleep surface
- safe sleep space
- safe sleep position
- safe sleep location.

A safe sleep location must be firm, flat and level. A firm, flat and level surface might be on a mattress in a cot or portacot, bassinet, baby box, pepi-pod or co-sleeper that meets the Australian Consumer Goods (Infant Sleep Products) Safety Standard 2024.

You might also be able to create a safe sleep surface while co-sleeping.

A safe sleep surface has safe bedding. This includes a tight-fitting fitted sheet over a well-fitted waterproof mattress protector. The mattress protector shouldn't be padded or soft. This makes it more likely that your child will be able to breathe easily, even if they roll over.

What is an unsafe sleep surface for your baby?

An unsafe sleep surface is soft, curved, inclined, uneven or unstable. Unsafe sleep surfaces include:

- sheepskin or lamb's wool underlays
- couches, with or without someone else
- makeshift bedding, pillows, beanbags and waterbeds
- prams
- slings, swings and bouncers
- child car seats.

Raising Children Network – Understanding Baby Sleep

ACCC Product Safety – Infant sleep products mandatory standards

Car Restraint Fittings

Using an appropriate child car seat can greatly reduce the risk of death or serious injury if a crash occurs. The following information is intended as a quick reference guide to help parents and carers use child car seats correctly.

Please note all child car seats must be correctly adjusted and securely fastened. Child car seats more than 10 years old are no longer recommended for use, in line with best-practice guidelines.

KidsafeWA is the leading not-for-profit organisation dedicated to promoting safety and preventing childhood injuries and accidents in Western Australia. The Road Safety Program includes a Child Car Restraint Service offering fitting, checking, hiring and advice appointments. As well as education and resources to assist parents, carers, and professionals to keep children safe on the road. Visit their website for the closest car restraint fitting service or to hire an appropriate car restraint.

Birth to 6 months

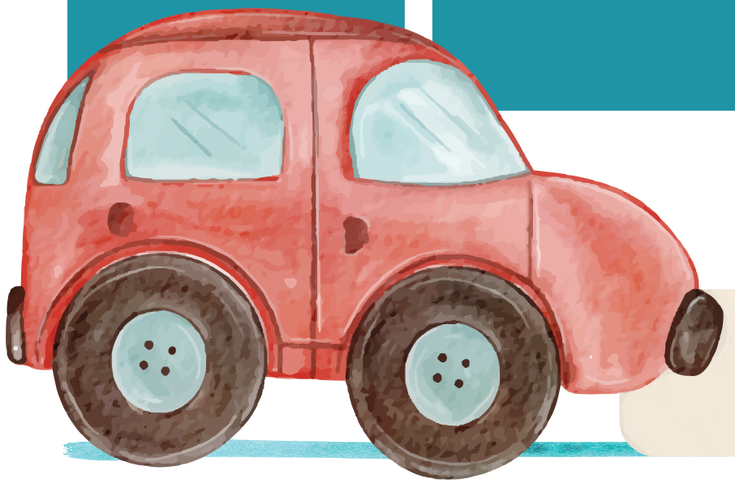
- Rearward-facing child car seat, either a capsule or rearward-facing convertible seat.
- These seats include an inbuilt harness and a top tether strap.

6 months to 4 years

- Rearward-facing child car seat, or
- Forward-facing child car seat with an inbuilt harness.
- These seats include an inbuilt harness and a top tether strap.

4 years to 7 years

- Forward-facing child car seat with an inbuilt harness, or
- Booster seat or combination seat used in booster mode with a lap-sash seatbelt or child safety harness.
- Some of these seats may not include a top tether strap.



Scan for more information on car restraints visit **KidsafeWA**

Looking after your mental health

Pregnancy and parenthood can be times of joy. However, it is also normal to have overwhelming feelings as a new or expectant parent, and these can be challenging to manage. These feelings can happen whether it is your first baby or last baby.

After pregnancy, your mental wellbeing plays an important role in how you bond with your baby, how you recover physically and how you adjust to life as a parent.

Good mental health doesn't mean you feel happy all the time. It means you have the skills and support to manage challenges when they come up, and to know when to reach out for support.

If you are worried about your mental health, you can contact any of the organisations below, chat to your child health nurse or your GP.

PANDA – Perinatal Anxiety & Depression Australia – is a free helpline and online service that supports the mental health of parents and families during pregnancy and in their first year of parenthood. 1300 726 306

www.panda.org.au/about/about-panda

ForWhen is a short-term care-navigation phoneline for parents from the start of pregnancy until the baby is 12 months old. Mums and Dads can call ForWhen to start talking with one of our Navigators.

forwhenhelpline.org.au

Gidget Foundation Australia sees people who are trying to have a family, are pregnant, have a baby up to the age of one, have experienced a pregnancy or baby- related loss, or have experienced a traumatic birth. Support is available for both first-time parents, and those who are welcoming another child.

www.gidgetfoundation.org.au/support/gidget-house

Pregnancy to Parenthood supports parents and their connection to their children during pregnancy and up to their third birthday.

www.p2pclinic.com.au/support-for-families

Fiona Stanley – Mother and Baby Mental Health Unit provides mental health treatment to women experiencing concerns such as depression, anxiety or psychosis late in pregnancy or during the postnatal period. Babies up to 12 months or not walking can stay with their mother.

smhs.health.wa.gov.au/Our-services/Mental-health/Fiona-Stanley-and-Fremantle-Hospitals/Adult-mental-health-18-to-65-years/Mother-and-Baby

Ngala – Ngala's Parenting Line is open 8am – 8pm to help with any parenting challenge for kids aged 0 – 18 years. Contact 08 9368 9368

www.ngala.com.au/services/ngala-parenting-line/

Cannington Armadale Family Support Network is designed to support families to identify their needs and goals to support parenting skills.

wafsn.org.au/family-support-network/

WA Centre for Perinatal Mental Health and Parenting Support provides pregnancy and parenting counselling for both mum and dad, family therapy, classes, events and online courses.

wacpps.org.au/

Encouraging your child's development

Early Childhood Development covers from conception through the first 5 years of a child's life. Children's brains develop connections faster in the first 5 years than any other time in their lives.

Babies are born ready to learn, and their brains develop through use. Stimulating and caring environments with plenty of different activities give children many ways to play, develop and learn, as well as many chances to practise what they're learning.

Plenty of time spent playing, talking, listening and interacting with you helps your child grow!



Things to do with your child

Attend your local library for rhyme time, story time or toddler romp!

- library.armadale.wa.gov.au/whats-on

Check out your local playgroups and activities at Armadale Community Family Centre, Minnawarra House, Roleystone Family Centre, Waullo Dawn or Westfield Park Child and Parent Centre

- www.facebook.com/armadalecommunityfamilycentre
- courses.minnahouse.org.au
- roleyfamilycentre.com.au/courses
- childandparentcentres.wa.edu.au/westfield-park/about

Find a community playgroup through PlaygroupWA's website

- www.playgroupwa.com.au/find-a-playgroup/?filter_suburb=Armadale

Keep an eye out on the City of Armadale's website or Whats On page for other activity ideas

- my.armadale.wa.gov.au/service/community-support-and-development/children-and-families
- my.armadale.wa.gov.au/events

Explore a local park or reserve

- my.armadale.wa.gov.au/see-and-do





How can I check in with how my child is developing?

Child Health Nurse

Chat with your child health nurse at a Purple Book Appointment or give them a call any time up until your child is school age!

Your child health nurse can refer your child to the appropriate services.

Your doctor

Chat with your GP about your concerns.

Child and Parent Centre – Westfield Park

The centre supports families with young children by providing access to early learning programs, maternal health services, appointments with allied health to discuss developmental concerns as well as facilitating parenting support services and programs.

childandparentcentres.wa.edu.au/westfield-park/about

Chat with your playgroup facilitator for guidance

Your playgroup facilitator might be able to support you to contact someone about your concerns. Some supported playgroups have speech therapists and occupational therapists attend so parents can ask questions.

Check out Armadale Community Family Centre's Playgroups or Jump! Carey Early Development's Play Place.

Me @ Passports (for ages 1 – 5 years)

Do you have a child aged between 1 and 5 and want to learn more about how they're meeting their milestones?

Every child grows at their own pace, so if you have any concerns, please speak with your trusted health professional. Our Me @ Passports are a fun and easy way to track your child's development.





I am worried about my child's development

Talk with your child health nurse or GP. They may be able to support you to contact Thriving Kids, Child Development Services or access private supports.

Perth Kids Hub

Perth's child health & development directory! Perth Kids Hub is a mum-run directory helping families in Perth & WA find paediatricians, therapists and support services for children's development, learning and mental health.

perthkidshub.com.au

Thriving Kids Connect WA

Thriving Kids Connect WA delivered by Uplyft is a free information, advice and navigation service for families, carers and kin living in WA who are supporting children aged 0-8 years with developmental concerns, developmental delay and/or autism with low to moderate support needs. Your child does not need a diagnosis, and you don't need to know exactly what support you're looking for. The phone and web-based service is a 'no wrong door' entry point.

Call **1300 925 437** or visit **uplyft.org.au/programs/thriving-kids-connect-wa** for more information.

Changes to NDIS access are expected to commence from 1 January 2028 and will be limited to children aged 8 years and under with developmental delay and/or autism who have low to moderate support needs.

These changes will not affect children who are enrolled in the NDIS prior to 1 January 2028. Children with permanent and significant disability will continue to be eligible for the NDIS, subject to usual NDIS arrangements.

Continuity of Support Arrangements is for people who do not meet the NDIS residency requirements and are seeking state funding disability-related supports.

Child Development Services

The Child Development Service (CDS) provides free assessment and support to children with developmental delay or difficulty. Referrals are accepted from professionals (teachers/GP/child health nurse) or self-referrals from parents/carers of children under the age of 16. See their website for more information and locations.

cahs.health.wa.gov.au/our-services/community-health/child-development-service

Kiind

Kiind supports families raising children living with disability, autism and developmental delay. They provide practical assistance, emotional support, connection to other families and help to find the most appropriate services and supports for children and their families.

All services are free and open to all WA residents regardless of visa or citizenship status. Families must live in WA and have a child aged 0–25 with a disability or on a pathway to diagnosis.

www.kiind.com.au

Fact sheet

Thriving Kids in Western Australia

Fact sheet

Continuity of Support Arrangements

Toileting

Raising Children's Network has some great tips for you to support your child with their toileting journey.

- Your child might be ready for toilet training from around 2 years. For children with a disability or developmental delay, readiness may appear when they are a bit older.
- Toilet training equipment includes a potty or small toilet seat and training pants or undies.
- Try to start toilet training when there are no big changes coming up for your family.
- Make going to the toilet part of your child's routine. Remind your child to go and praise your child for trying.
- Toilet training can take days, weeks or months. Be patient and keep encouraging your child.

Some signs of readiness you can look out for

- they have a dry nappy for 2+ hours, indicating they are starting to develop bladder control;
- they are starting to show interest in the toilet;
- they dislike having a wet or soiled nappy and may show this by trying to take their nappy off when it is dirty or;
- they can express they need to go to the toilet. This could be verbally or by using gestures depending on their preferred communication style.



Remember

Stay calm with setbacks

Accidents happen. Respond with reassurance, not frustration. This helps your child feel safe and supported.

Daytime toilet training usually comes first

Use training pants at night if needed and be patient—most children take longer to stay dry overnight.

Scan here for more information from **Raising Children's Network**

Scan here for tips and resources from **Playgroup WA**

Child Care Subsidy and Parenting Payments

Child Care Subsidy

The Child Care Subsidy (CCS) is an Australian Government financial assistance program designed to make early childhood education and care more affordable. It is paid directly to your approved childcare provider to reduce your out-of-pocket gap fees.

To get Child Care Subsidy you must:

- care for your child 13 or younger who's not attending secondary school, unless an exemption applies
- care for your child at least 2 nights per fortnight or have 14% care
- use an approved childcare service
- be responsible for paying the childcare fees
- meet residency requirements
- your child meets immunisation requirements

Scan here to find out if your child qualifies for the Government's **Child Care Subsidy**

Starting Blocks

Starting Blocks is a tool designed to help families find a Child Care Centre they trust. You can search and compare local services by suburb.

Starting blocks also has a Child Care Subsidy (CCS) calculator tool that helps you find out what your family might pay for early childhood education and care. Use this tool to check your Child Care Subsidy.

Starting Blocks Child Care Subsidy Calculator

Parent Pathways

You can choose to join Parent Pathways, a voluntary support service that can help you identify and achieve your future goals. The service is flexible and tailored to your individual circumstances.

You'll work with a mentor who will support you during your time with Parent Pathways. You'll also get tailored advice, guidance and resources in a supportive and safe environment, where your children are always welcome.

Services Australia Parent Pathways

Parenting Payment

To get this payment all the following must apply:

- you're under the income and asset test limits
- you meet principal carer rules for a child under 14 if you're single, or under 6 if you have a partner
- you meet residence rules
- your partner is not currently getting Parenting Payment.
- If you're single and your youngest child is 6 or over, you'll need to meet mutual obligation requirements unless we give you an exemption.

Parenting Payment is a separate payment from Family Tax Benefit and Parental Leave Pay. To find out more, visit the Services Australia website.

Services Australia Parenting Payment

Family Tax Benefit (FTB)

There are two parts to Family Tax Benefit:

- Part A
- Part B

Family Tax Benefit Part A is paid per child. Read more about FTB Part A eligibility.

Family Tax Benefit Part B is paid for a variety of family circumstances. Read more about FTB Part B eligibility.

Centrelink use your adjusted taxable income to decide if you can get FTB. Read more about adjusted taxable income or how we use adjusted taxable income.

You must meet certain residence rules and your child must be up to date with their immunisations to get FTB Part A and Part B.

Services Australia Family Tax Benefit

Early Childhood and Education Centres

The main types of childcare and early education are:

Home-based care

Home-based care is when your child is cared for in their own home. You might choose home-based childcare because other options aren't available when you need them or they don't meet your family's needs.

Lots of families use informal arrangements like when grandparents or other relatives look after children, either regularly or occasionally.

Centre-based care

Centre-based care includes long day care, occasional care, preschools and kindergartens.

Community kindergartens that are stand-alone centres offer education and care programs for children aged 3-5 years. Some preschools also offer occasional care days if other children are away.

Family day care

Family day care is when your child is looked after by an approved educator in the educator's home. Sometimes, family daycare might be a quieter environment, which some children prefer or need.

Educators may also be flexible – for example, if you just need care for part of the day although, they might be less reliable than centre-based care – for example, you might have to find back-up care if your carer gets sick.

Outside school hours care

Outside school hours care is **centre-based childcare** for families who need care before or after school, on student-free days and during the school holidays. It's only for primary school-age children.

Things to consider when you are choosing the right childcare for your family

- **Daily Routines – Do toileting, nappy changing and rest times meet your child's needs?**
- **What does the service do to help your child learn and develop?**
- **Do the educators report on your child's week or send photos?**
- **In what ways can parents get involved?**
- **Does the service supply meals and snacks? Do they follow the Australian dietary guidelines? Can they manage allergies?**
- **What fees are payable for days you don't attend?**
- **Does the centre or home have a relaxed and happy atmosphere?**
- **How do educators guide children's behaviour?**
- **Do you feel welcome to discuss issues with educators?**
- **Is the environment stimulating and safe enough?**
- **Relationships and engagement between educators and children**
- **Ratio of educators to children**



For more information on **types of child care in Australia** scan here.

Community Pre-Kindy and School Based Kindergarten

Community Pre-Kindy (the year they turn 3!)

Pre-kindy programs help children learn through play and activities. Through play-based learning, children build thinking, language, physical, social, self-regulation and problem-solving skills. Community pre-kindy allows children to become familiar with a school environment while engaging in play-based activities. The main difference between community pre kindy and early childhood education and care pre-kindy is that community pre-kindy focusses on supporting the child to be school ready and usually the staff have higher qualifications.

Enrolling your child

If your child turns four before the new school year, you may be looking for the right kindy for your child. If you're not sure when to enrol your child in kindergarten you can use this easy calculator to check.

www.education.wa.edu.au/enrolling-in-school

In Western Australia, all children can access 15 hours of kindergarten per week (30 hours per fortnight), no matter where they live in the state. Attending kindergarten prepares children for Pre-primary, the first year of full-time school.

- To find a WA public primary school or kindergarten for your catchment area at **www.det.wa.edu.au/schoolsonline/home.do**
- For a community kindergarten at **www.communitykindys.org.au/find-a-kindergarten-near-you**
- Find non-government schools at **www.education.wa.edu.au/non-government-schools**

If you get a kindergarten placement at a school outside your catchment area, they do not have to accept your child when you need to re-enrol for pre-primary. Contact your local school for more information and forms related to enrolling your child.

Public primary schools can request a voluntary contribution capped at $60 per student per year under the *School Education Act 1999*. While payment is not legally compulsory, these funds are highly encouraged as they directly supplement classroom resources, art supplies, ICT equipment, and library books.

Remember

School enrolments for the following year open early – check the dates and forms required with your local school!

Enrolment calculator

Child born between	Attend kindergarten	Attend pre-primary
1 July 2024 – 30 June 2025	2029	2030
1 July 2025 – 30 June 2026	2030	2031
1 July 2026 – 30 June 2027	2031	2032
1 July 2027 – 30 June 2028	2032	2033
1 July 2028 – 30 June 2029	2033	2034



If you and your family are on a visa

Enrolment options for children who are not Australian citizens depend on your or their visa details. Families will need to provide evidence of the visa subclass number and status. If your visa or subclass conditions change, you will need to tell the school.

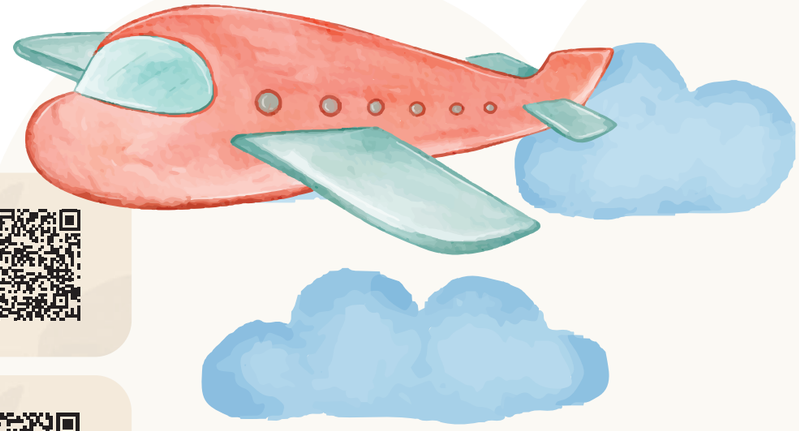
If your child is in the early stages of learning English, their school will assist them to learn English so they can participate in school activities and become a successful and confident learner. They may be able to attend an English language program at one of our intensive English centres. Intensive English centres are in the Perth metropolitan area. For locations and further information, read our Intensive English centre brochure.

Supporting my child to be school ready

The idea of starting kindergarten can be a bit daunting for some parents and families. It means that your little one is growing up! Kindergarten is a time when your child will have lots of fun with other children and learn many new things that will help them become confident and enthusiastic learners. Your encouragement will help your child settle into schooling.

You can talk to your child about how they are feeling about starting kindergarten – it can be such an exciting and daunting time!





How to enrol at a public school

Intensive English Centre Brochure

Information on fees and charges





Activities to support your child to be school ready!

1. Practice opening lunchboxes, containers, water bottles and packets.
2. Practice taking shoes and socks off and putting them back on.
3. Have them take their jumpers on and off – including the zip!
4. Practice independently toileting and wiping themselves. This includes pulling their own pants down and back up.
5. Help them learn to wash their hands!
6. Learning to say goodbye for drop-offs – you could try a hug button and draw a love heart on your hand and your child's. Charge it by hugging or hi-fiving. You or your child can press the heart at any stage of the day to remember that their parent/caregiver loves them.
7. How old is your child? Draw a cake with them and get them to draw candles on to show their age.
8. Talk positively with your child about starting school, maybe share a happy memory.
9. Read a book about starting school.
10. Get your child to try on their school bag!
11. Practice a bedtime routine.
12. Practice a morning routine.
13. Learn what kind of breakfast they like to have before school.
14. If possible, take them to their school and show them their class.
15. If they are attending Outside of School Hours Care, try and organise a play and stay where you can both meet the educators.

Some tips for the parents!

- Make sure everything in your child's bag is labelled
- Check which days your child is attending kindergarten
- Playgroups are a great place for your child to learn how to share, take turns, play and build independence
- In their bag – a spare set of clothes, broad brimmed hat, water bottle and lunch box
- Approach the teacher first with any concerns you have about your child
- Look after yourself! This is a big transition for your family. Reach out for support if you need it



Kindergarten

A typical day will vary between schools however it usually balances play with learning. Mornings typically include songs, and small group activities that promote literacy, numeracy and problem-solving skills.

Schools will typically have Crunch n Sip, recess and lunch. Crunch n Sip promotes eating fruits and veges and school usually have a No Nuts Policy to ensure that they are allergy aware. Usually, the children will get to enjoy both indoor and outdoor play – don't be afraid to ask your child's teacher what a typical day looks like!

At most schools, kindy and pre-primary children must be dropped off and collected at their classroom.

Your child will experience many different learning activities



Painting, drawing, cutting and pasting



Puzzles and construction play



Exploring books, listening to stories and storytelling



Talking and listening



Dressing up and imaginative play



Singing, listening to and playing music



Dancing and drama



Climbing, balancing, running and jumping



Using digital technologies



Playing with clay, play dough, sand and water



Opportunities to share with other children and develop independence



Pre-primary!

Congratulations! After a year of kindergarten, your child is now in their first year of compulsory, full-time school!

The Pre-primary classroom looks like the kindergarten classroom with lots of children's creations on display, as well as bright posters and charts around the room.

Many schools hold parent information sessions before the school year starts or during the first few weeks of term. Your child's teacher may send home written information, and it is important you take the time to read these messages. Sometimes these messages come in a Communication Book. Your involvement in the school helps your child settle quickly and helps you understand how you can best support them.

There may be set days when your child can take books out of the library. Make a note of these days and put them on a calendar at home so you and your child are prepared and can set aside some time to read together.

During Term 1, all Pre-primary children take part in an assessment for literacy and numeracy.

There is no pass or fail. Their teacher will collect information on children's skills in language, reading, writing, counting and numbers. This helps them plan lessons and tailor learning for each child.

Remember that you and your child may experience some big feelings after pick up, especially at the end of term. For young children navigating a day away from parents as well as all that school entails socially can be absolutely exhausting, and it is when they see their parents or primary caregivers that they can no longer hold it together and we often see kids 'fall apart'.

As hard as this is for them (and us) it is a huge compliment that they feel safe and secure enough to be their true selves with us.

Some tips to manage that after school collapse

- Centre yourself before collecting your child
- Meet your child where they are at in the moment
- Bring a snack!
- Limit the questions about their day until they have time to relax



If my child has a disability?

If your child has special educational needs or a disability, they can enrol at their local public school. They may also be eligible to enrol at a school or centre that has one of our primary or secondary specialist disability programs:

- Deaf education schools, centres and programs

  www.education.wa.edu.au/deaf-education-school-centre-and-program
- education support schools, centres or programs

  www.education.wa.edu.au/education-support-centres-and-schools
- specialist learning programs for students with autism

  www.oneclassroom.wa.edu.au/ssend/autism-specialist-learning-programs
- language development centres.

  www.education.wa.edu.au/language-development-schools-and-centres

Find the list of endorsed programs for students with disability on the **Department of Education** website.

How your child may be supported:

When your child's enrolment is finalised, you and the school staff will talk about:

- strategies to support your child's learning and engagement in school activities
- adjustments that may need to be provided during the school day
- how an individualised education plan could be tailored to meet their needs
- specialised equipment your child may need to support their learning
- assistance they may need to move safely around the school grounds
- assistance they may need for excursions and activities like swimming lessons
- transport to and from school, and whether your child might be eligible for assistance from School Bus Services.

www.schoolbuses.wa.gov.au

Find out more about learning and support for children with special educational needs, look at the Department of Education website – children with special educational needs.

www.education.wa.edu.au/children-with-special-educational-needs

Playconnect+ Playgroups by PlaygroupWA

Playgroup WA's free PlayConnect+ supported playgroups are open to children with developmental concerns or disability aged 0-8 years and their families. No diagnosis needed and siblings are welcome!

PlayConnect+ playgroups provide:

- Safe, supported and appropriate play experiences and peer engagement opportunities for children
- A space for parents, siblings and extended family to connect with and learn from other families and facilitators
- Access to information and resources and links to services in the community
- No referral is required, and no diagnosis is needed.

www.playgroupwa.com.au/programs-and-services/supported-playgroup-services/playconnect/

What supports are most common in early childhood?

Occupational Therapist (OT)

Occupational therapists are university-trained health professionals who help people get better at doing the everyday things that they want or need to do.

Occupational therapists help children:

- improve their ability to look after themselves – for example, feed themselves, dress themselves, wash themselves and clean their teeth
- take part in home, preschool, school and community activities
- take part in play
- move around more easily in physical environments – for example, with ramps
- regulate emotions, manage sensory sensitivities, and cope with difficult situations.

Occupational therapists might work with children who have difficulties because of injury or illness, psychological or emotional challenges, autism, learning difficulties, developmental delay, intellectual disability or physical disability.

Occupational therapists work in community health centres, public and private hospitals, schools and preschools, private clinics including early intervention services, and people's homes.

Learn more about **Occupational Therapists**

Speech Pathologist

A speech pathologist is a university-trained health professional who works with anyone who has communication difficulties.

These difficulties might include:

- speech disorders – for example, difficulty making or combining sounds in words and sentences
- language delay – for example, trouble understanding what other people say or trouble using words and sentences to express ideas
- stuttering
- voice problems like hoarseness or breathiness
- literacy difficulties, including spelling, reading and writing difficulties
- difficulties with social skills.

Speech pathologists also help children who have trouble feeding and/or swallowing food and drink. Speech pathologists work in kindergartens and schools, hospitals, early intervention programs, community health centres, mental health services and private practice. Find a speech pathologist is a tool to find local support.

Learn more about **Speech Pathologists**

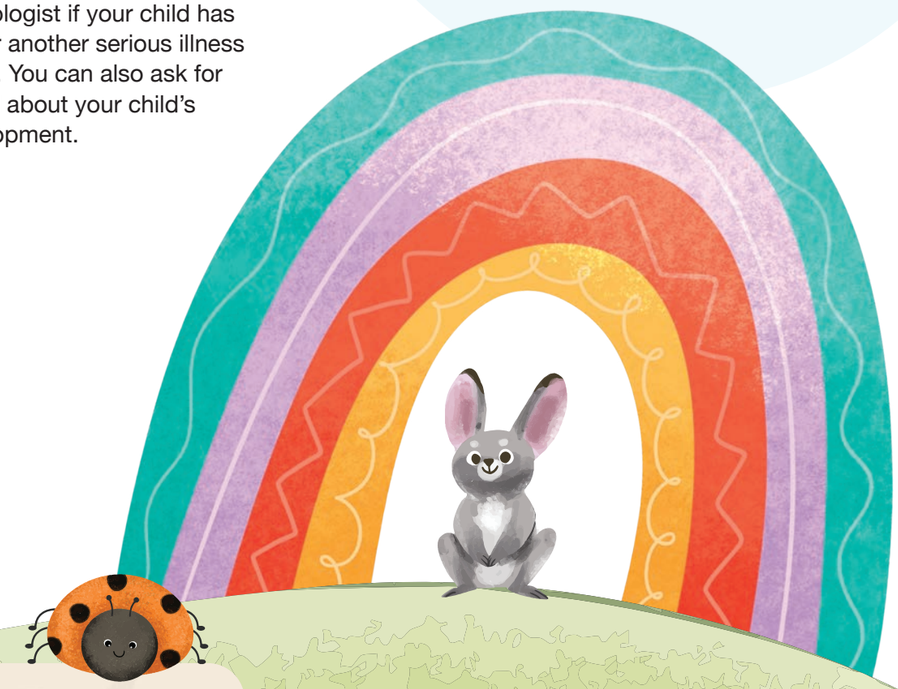


Audiologist

Your child might see an audiologist if they have deafness or hearing loss, a speech disorder, language delay, a communication disorder or learning difficulties or a learning disorder.

All Australian babies can have their hearing checked very soon after birth, as part of the state newborn hearing screening program. If your child passes their newborn screening test and you're still worried about their hearing or listening at any age, contact an audiologist or speak with your GP or child and family health nurse.

A health professional might recommend a hearing test with an audiologist if your child has repeated ear infections or another serious illness – for example, meningitis. You can also ask for a referral if you're worried about your child's learning or general development.



Learn more about
Audiologists

Frequently Asked Questions

Do I pay for schooling if I am not a citizen/I am an international student?

Local enrolment entitlement allows a student with a visa to enrol on the same basis as a student who is an Australian citizen. They can enrol at a local intake school provided the address of their usual place of residence is in that school's local intake area. Some students with a temporary visa do not have local enrolment entitlement.

Permanent residents can apply to enrol at a public school. They have the same rights as Australian citizens. The permanent visa subclasses are listed in the Enrolment options for visa holders and the Visa subclass list (link for staff use only). A student born in Australia is an Australian citizen if at least one parent was a permanent resident when their child was born

A student born in Australia is a temporary resident if the parents were temporary residents when their child was born. They have the same visa subclass as their parents. These students have an Australian birth certificate.

457 and 482 visa holders have a local enrolment entitlement. They pay a family tuition fee of $4,000 per year regardless of the number of Pre-primary to Year 12 children enrolled at a public school. No family tuition fee is payable if the oldest child is in kindergarten. TAFE International Western Australia (TIWA) manages the tuition fee directly with the family.

Does my child nap at school?

Children in pre-kindy are offered nap time. If they do not nap, they have quiet time. Children in school-based kindergarten and pre-primary are offered rest time where they can read books and have quiet time. This will differ from school to school so it is best to chat with your child's teacher.

What does my child need for the school day? Can my child buy lunch?

A bag, change of clothes, broad brimmed hat, closed in shoes, Crunch & Sip, lunch box and water bottle. They may also need a library bag. This will be outlined in the School Booklist. The booklist and classroom details will be released in the lead up to school returning. Each school has different canteen operations, please check with your school.

What do I do if my child has an allergy?

Check out the Allergy Aware website for some guidance. Please inform your school upon enrolment of your child's allergy and include it in their Health Care Summary. Please also inform the teacher. The school will develop an Allergy Action Plan which may include a plan in case of anaphylaxis.

Can my child see their Occupational Therapist, Social Worker or Speech Pathologist at school?

This is dependent on the school, but it can happen if the classroom teacher agrees and the parent provides consent. The workers will usually contact the school, sign paperwork and organise a quiet space to meet with your child.

How do I balance kindy/5 day fortnight with work?

It is tricky organising and balancing part-time schooling. Check in with your local childcare centre to see if they offer spots for your child on the days that they are not in school or tour an Outside of School Hours Care service. Sometimes schools have these services on site and they are usually open until 6pm.

What is the full-time kindy pilot?

The early years of life are the most important for a child's development. Children's brains grow faster from birth to five than at any other time.

When kids go to a good play-based kindergarten program, they build skills in:

- speaking and listening
- getting along with others
- thinking and problem-solving
- being confident and ready for future school years.

Full-time kindergarten will also:

- help families save on childcare costs
- support working parents
- give more children across WA a strong start to learning.

Schools in the pilot will get extra support to run safe, welcoming and play-based programs.

The program started in 2026 and has been continued into 2027. There is one school within the City of Armadale offering the program which is Roleystone Community College. Parents can choose if their child attends full time or part time.

How do I support my child to write/read/ hold scissors?

To support your child with holding and using scissors, you can:

- Teach your child the "thumbs up" rule so their thumb always faces the ceiling when cutting.
- Use a sticker or a smiley face on the top blade to remind them where to put their thumb.
- Start with easy items like playdough, straws, or thick cardstock before moving to regular paper.

To support your child's writing skills, you can try and improve their hand strength by playing with squishies, playdough, use tongs or play with spray bottles.

To support their reading skills, you can read out loud to your child most days and talk about the pictures in the books and make up a story.

Where do I get my uniform from?

The school will tell you the best place to get their uniform. Sometimes the uniform shop is at the school or off site like Perm-a-Pleat. Facebook Marketplace can be a great place to find second hand items

Where do I go for financial help? What are the fees?

If you cannot afford the Voluntary Contributions, that is okay! Chat with your school office and they may be able to ensure they don't follow up with you.

If you are struggling financially, you can contact:

- Anglicare Financial Counselling **1300 114 446**
- Citizens Advice Bureau **9497 5311**
- Crossways Community Services **9495 2033**

or look through the Hardship Resource Directory provides contact details and information for organisations within the City of Armadale that can assist with emergency accomodation, financial assistance, food relief, family domestic violence support, drug and alcohol support and general health and wellbeing.

What if I want my child to go to private school?

The fees vary for private schools; it is best to check with the school that you would like your child to attend. There can be long waitlists for private school, so it is best to contact them when your child is 1 – 3 years old. Some private schools are affiliated with religion like Catholic or Anglican schools or they are independent. Usually schools will provide a discount for subsequent children that are enrolled.

Is it bad if my child is speaking two languages?

Raising multilingual or bilingual children has many benefits according to the Raising Children's network. For example, it can improve communication and bonds in your immediate family. It can also be good for your family's sense of cultural identity and belonging, and your child's thinking, literacy and other language skills.



What do I do if there are court orders in place?

The court order may need to outline specific protections in relation to schools. Speak with the school directly about how to keep your child safe at school. The Department of Education currently states "if the school is aware that there is a dispute, particular arrangements or court orders between the parents, about the release of the student from school, then the school can contact the other parent, a relevant family member or responsible adult to determine the school's course of action."

Do I need a daily routine?

A daily routine can help your child cooperate because it helps children understand what is expected of them. A routine can also help you plan for times when children are likely to behave in challenging ways, like school mornings when there are time pressures on your child and you. In this situation, a routine helps children know what to expect – for example, you need to leave by 8am. It also helps them understand what you expect from them – for example, they can help by putting their lunch in their lunch box.

You can also build routines for young children around play, meals and sleep. When children have had enough good-quality sleep, nutritious food and plenty of play, they're more likely to behave in positive ways.

What if I am homeless or move houses?

Chat with the school support team about your current circumstances or to update your address. The school may support you to list a local service or GP as you address and help you list alternative communication methods.



Armadale Early Years Network

CITY OF Armadale

www.armadale.wa.gov.au

(08) 9394 5000

Please note that all information in this booklet is correct as at 7 October 2026.

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