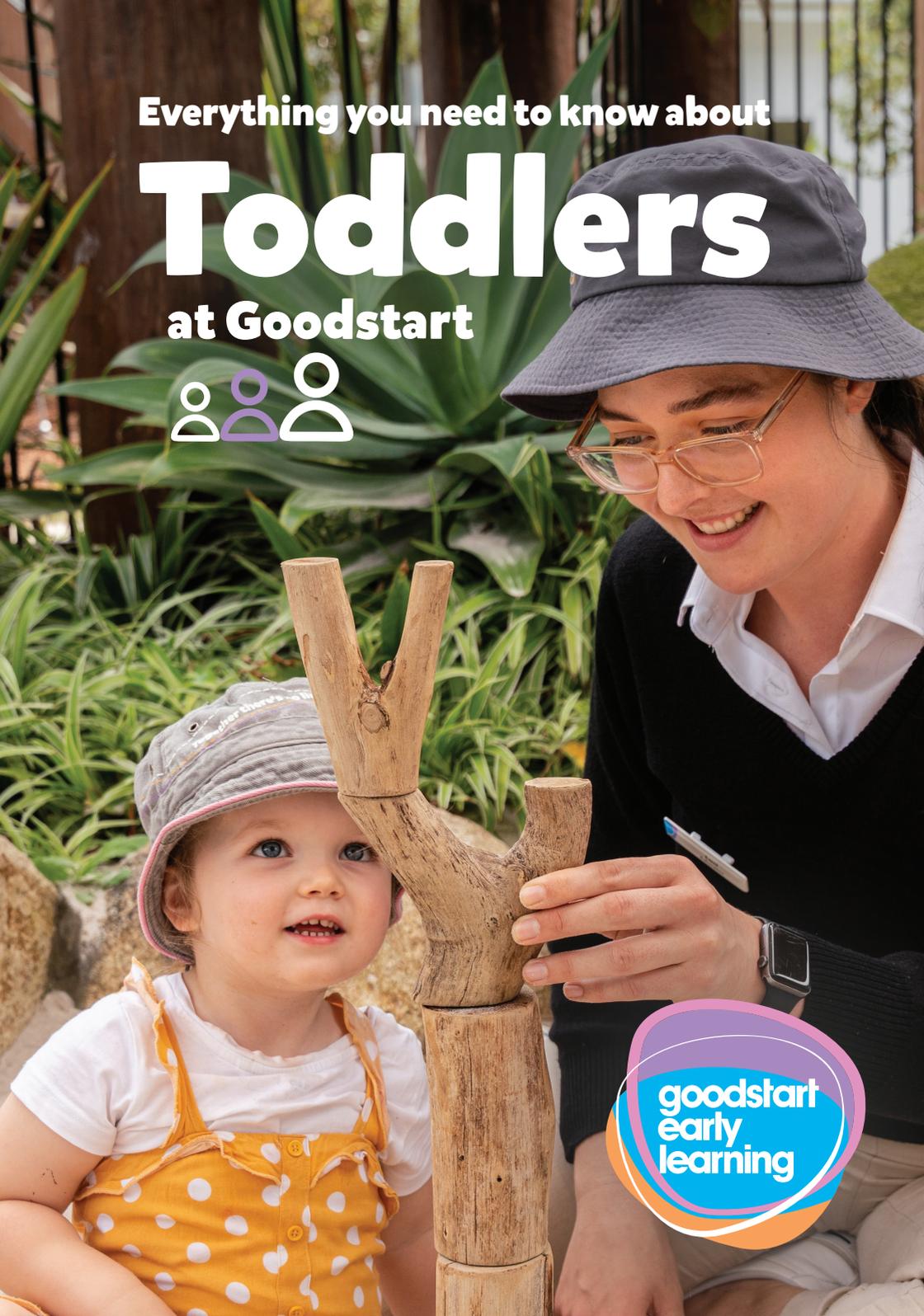


Everything you need to know about

# Toddlers

at Goodstart



3...2...1...

## Lift off!

Welcome to the toddler years! Now, you've got a little person on your hands. They're mobile and curious, and their personalities and preferences have become clear. There's no stopping them; the energy it takes to keep up has turned up a few notches.... and we LOVE this age at Goodstart.

Now's the time to lean into your toddler's determination to develop independence. Their insistence on role-playing is their thriving imagination at work, and their motor skills grow every time they play. They're building the foundation for a lifelong love of learning through inquiry and experimentation. It's all about encouraging them to explore their world – one step at a time – in a safe, nurturing environment.

What a precious time for learning!





# A warm and welcoming home away from home

We create inspiring and engaging learning environments with lots of fun, laughter and love. We're nurturing and friendly and want your child to be themselves like they would at home.

Children must trust their caregivers to feel secure. When your child starts with us, a key educator is assigned the tremendous task of ensuring that your child feels seen and belongs.

There will be plenty of welcome distractions with exciting new books, activities, and friends.

## Did you know...

building relationships with adults outside their family helps children build trust and explore with confidence?





# Routines for the win!

We know young children respond well to routines. They provide consistency, certainty and comfort in being predictable.

We'll work with you to ensure the routines you create at home run seamlessly into their world in our centre.

Drop off, pick up, and moving from one activity to another can be tricky for young children. We'll work with you to support your child through the day's significant transitions.

We'll give your child security, and from there, we'll foster their growing independence.





## Rest is best

Many children go from two naps a day to one (or even none) during the toddler years. There's no magic number.

Rest time at Goodstart is about encouraging your child to relax. They can sleep if they want to or do some quiet activities. During rest time, we dim the lights and play gentle music. Each child has their own bed and bedding, and we encourage them to help us set up the rest space together.

**We'll be  
guided by you**

**You know what works  
best for your child and  
their daytime sleeps.**

# Mealtimes

Mealtimes are great learning opportunities for children! They learn to feed themselves, take turns, and help clean up. We don't like to rush mealtimes – there's plenty of time for everyone to enjoy their food and hang out with their friends.

Most of our centres offer meals. Nutrition in the early years is so important, and our chefs and cooks work hard to provide a weekly menu that's nutritious (and tasty, too!).

# Breast and bottle-feeding

Supporting children and families is our priority. We know breastfeeding is critical to many families. The logistics of continuing to breastfeed is a huge stressor for parents when they return to work. It shouldn't be this way. Every parent should feel supported to feed their child the way they choose.

We invite you to come and breastfeed or bottle feed whenever you like in the centre. If you can't make it in person, we'll give your toddler either expressed breast milk or formula according to the feeding schedule you leave with us.

If you'd like a calm spot to snuggle and feed your toddler, speak to an educator, and we'll find a calm spot for you.

We're here to help, not hinder your return to work.





## Allergies and medical plans

It's common for children to have allergies and food intolerances. Hopefully, they'll grow out of them, but sometimes they may be ongoing. Many of our centres are nut-free because of the sensitivity of nut allergies and their severe allergic reactions. This reduces the risk for children at the centre who are vulnerable.

If your child has an allergy or intolerance, please include this information on your enrolment form. It's crucial we develop their medical management plan together. We need confirmation on what to do in a medical emergency and details about your child's primary care team.

# Language development

Children understand what's said to them before they can express themselves. Developing early communication and language skills is one of the most critical milestones in your child's development.

From around 15 months, your child's communication skills move steadily as they progress from baby sounds to words and phrases.

We nurture these early language skills by paying close attention to your child's facial expressions, gestures and vocalisations. This responsiveness builds their budding vocabulary.

*The first three years are critical for the foundation of lifelong language and literacy skills.*





## Our favourite four letter word - PLAY

Play is central to the lives of young children. It's how they learn, explore, make mistakes and try again. It's how they make sense of the world we share with them. As children become more active, developing their gross motor skills and confidence is thrilling for everyone. Through intentional play, movement and creativity, we help your child with their:

- coordination
- creative expression
- communication skills
- and social awareness.

We'll keep you updated on all their creative endeavours through our secure online community, Storypark. We share regular updates about your child, photos, videos and observations about their learning experiences.

# Milestones and independence

There's no correct age for babies and children to develop a skill, but sometimes it's tricky knowing if everything is on track. Our teachers and educators will support and nurture your child's development and update you on their progress.

Remember, you know your child best. Your observations get used with ours to get a clearer picture of where your child is at. We're a team working together with one goal: helping your child to be a happy, confident, kind, and lover of learning.





## Movin' on up

As your child hits new developmental milestones, they may be ready to move to the next learning group. The older age groups may have different child-to-educator ratios and learning activities matching their budding independence.

We'll work with you to pick the best time to transition your child. In the meantime, we'll encourage visits and play dates in their new room to make new friendships and become familiar with any new faces.

# You and Goodstart: The unbeatable team

“I’ve been so consistently impressed by our wonderful centre. The focus on the kids as individuals, the rigour around their processes and the strong relationships shown in the team of professional educators ... I couldn’t recommend this centre highly enough.”

**Marnie, Wendouree, Victoria**

“I am so impressed with the level of knowledge and the care factor that this centre has. The staff are always there to lend a helping hand in my child’s development. The feedback I get through Storypark with my child’s weekly activities and pics are amazing. I love seeing how happy he is.”

**Sarah, North Sydney, New South Wales**

“The teachers here have been a massive part of my child’s early development and I couldn’t ask for better carers. My child experiences a new world everyday through their creativity and imagination. I get to experience everything she does through an amazing online system called Storypark so I never miss a thing!” **Lisa, Woree, Queensland**







## We offer flexibility and strong support

We are Australia's largest provider of early learning and care and that sure has its perks. We are able to offer our families 9 hour, 10 hour or all day sessions to better support the demands of daily life.

You have the reassurance of a high-quality play-based program in every centre based on the Early Years Learning Framework, international evidence and best practice.

Every centre has access to central support teams to further enhance the safety, learning and wellbeing of all children in our Goodstart family.

## We are a big network, but our heart is local

While we have more than 650 centres across Australia in every state and territory, each centre is unique and passionate about embracing the diversity of their local community.

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**We're for  
children  
not for profit**

Goodstart was formed when a group of charities and philanthropists came together to transform early learning in Australia. Their goal? To make sure all Australia's children get the very best start in life, regardless of their circumstances.

Being not for profit means that any surplus we make is reinvested back into our centres. From upgrading playgrounds and centre facilities to buying new resources and investing heavily in training for our staff, it's all about making sure we provide the best possible learning environments for children.

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### Contact us

 goodstart  1800 222 543

### Connect with us

