



## **New look book 2 prepare 4 childcare** **FOR IMMEDIATE RELEASE**

**“Playtime Hometime – preparing for a happy day at preschool or childcare”**, is a unique photo book designed to reduce separation anxiety for children aged 2 to 5, who are starting or settling in to pre-school or childcare.

The concept of two Aussie Mums, Sarah Smith and Claire Gordon, the book uses photography and simple text to walk children through the day ahead at “kindy”. Through the morning routine at home, to the moment that they are picked up later that day and some of the typical stages of this new experience in between - **play time, lunch time, rest time, home time!**

“Playtime Hometime is a wonderful resource for parents sending young children off to enjoy more independent days. This book helps a child understand the routine and fun to be had away from home in a colourful, straightforward way. The images are so natural and just perfect for children to relate to!”  
Katie May, [www.kidspot.com.au](http://www.kidspot.com.au)

“My daughter Nina suffered from separation anxiety, so I know how useful Playtime Hometime will be in assisting children in making the transition to child care” – *Roxanne Elliot*, CareforKids.com.au

The book can also be read as a talking point for reflection on the child's own unique day in childcare i.e. the book reads “We can paint pictures to take home”, the parent may ask, “Did you paint today? What did you paint...?” and so on. This may be particularly valuable to the parent who is not always available to drop off or collect their child, but obviously wants to take an active interest in their day.

The idea for the book arose when Claire's daughter, Eliza started childcare for the first time, aged 2 and a half. She had not been in anyone else's care - other than a family member, before. Claire sketched a one page storyboard to help Eliza understand how this new day would unfold.

“The storyboard outlined what would happen between my dropping Eliza off and picking her up. We were able to talk through the different scenarios of the day and I could ask questions of her by pointing to the pictures i.e. Q: “What's happening here?” A: “Mummy/Daddy picks me up”.

“The storyboard helped us both. As well as helping my daughter to understand that we would return to take her home at the end of the day, the storyboard helped me to feel more at ease, having seen a degree of understanding from her about how the day would pan out. This made me feel more comfortable about setting off for my day at work” says Claire.

Both Sarah and Claire agree Playtime Hometime is just one of several proactive and simple steps parents can take, to ease their children into childcare. Tips and resources for obtaining further information on selecting and preparing for childcare, are also provided in the book.

Playtime Hometime can be bought or ordered through any good bookshop and is distributed nationally by Dennis Jones and Associates. RRP is \$14.95 and 5% of the wholesale price goes to Children's Hospital Foundations Australia [www.childrenshospitals.org.au](http://www.childrenshospitals.org.au)

**For more information:**

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**About the authors**

Sarah is a UK qualified childcare professional and Mum to Joshua 3 and Evie-Rose 1. Claire is a degree qualified marketer with 2 children, Eliza 4 and Daniel 2.

**About CareforKids.com.au**

Last year 800,000 parents visited CareforKids.com.au This online directory allows parents to check vacancy and fee information and register to be notified by centres when vacancies arise.

CareforKids.com.au contains a wealth of resources, including articles and checklists to take the stress out of looking for childcare. [www.careforkids.com.au](http://www.careforkids.com.au)

**About Kidspot**

Kidspot Australia is all about simplifying the journey that is parenting. Launched in 2005, Kidspot now boasts the most comprehensive directory for parents in Australia – making it fast and easy for parents to identify products, services and places of interest leaving more time for all to enjoy. [www.kidspot.com.au](http://www.kidspot.com.au)

**Children's Hospital Foundations Australia**

Children's Hospital Foundations Australia is the national fundraising partnership of our children's hospitals, dedicated to excellence in child health.

Royal Children's Hospital Foundation, **Queensland**

Sydney Children's Hospital Foundation, **NSW**

Royal Children's Hospital Foundation, **Victoria**

Princess Margaret Hospital Foundation, **Western Australia**

Women's & Children's Hospital Foundation, **South Australia**

Together the CHFA partners form the major, non-government funding bodies for clinical research in our children's hospitals and also provide equipment and patient/family hospital services that otherwise would not exist.