

# APPENDIX 2 - RESOURCES

This chapter-by-chapter compilation of helpful links to online resources is not prescriptive but is provided to enhance the teaching experiences with your child. These materials come in many forms and cover essential background information and knowledge, specific activity instructions and teaching aids that will facilitate the learning outcomes.

Due to the dynamic nature of the Internet, some of the web addresses and links in this Appendix may have changed since publication or are no longer valid. However, these links will be regularly maintained and available for access on the author's website. If you have any issues or questions, contact the author at [marglarden@gmail.com](mailto:marglarden@gmail.com).

**Last updated:** 8 November 2025

## CHAPTER 1

COURSES AND TALKS	
<a href="#">Adult Child and Baby First Aid Course—Red Cross (USA)</a> <a href="#">Caring for Babies and Kids—St John Ambulance (Aust)</a> <a href="#">First Aid for Babies and Children Course—Red Cross (Aust)</a> <a href="#">First Aid for Babies and Children Webinar</a>	<a href="#">How To Multiply Your Child's Intelligence Course</a> <a href="#">Introduction to Montessori Education</a> <a href="#">Newborn Course</a> <a href="#">Online Montessori Training Courses</a> <a href="#">Paediatric First Aid Course—Red Cross (UK)</a> <a href="#">Paediatric First Aid—St John Ambulance (UK)</a>
INFORMATION	BOOKS FOR PARENTS
<a href="#">A Parent's Guide to Kidsafe Homes</a> <a href="#">Healthy Eating for Kids</a> <a href="#">American Montessori Society</a> <a href="#">British Nutrition Foundation: Nutrition for Baby</a> <a href="#">Childproofing Your Home</a> <a href="#">Delvy.ai</a> <a href="#">Feeding Your Baby</a> <a href="#">Gentle Revolution</a> <a href="#">Keeping Children Safe from Poisonous Substances</a>	<a href="#">Kidsafe—Poisoning Information Sheet</a> <a href="#">Nidirect: Healthy Eating for Children</a> <a href="#">Nutritional Psychiatry: Your Brain on Food</a> <a href="#">Pregnancy, Birth &amp; Baby</a> <a href="#">Stanford Children's Health</a> <a href="#">The Institutes for the Achievement of Human Potential</a> <a href="#">Up and Away Initiative</a> <a href="#">USDA.gov</a>
APPS	BOOKS FOR PARENTS
<a href="#">Delvy - AI Research Assistant Tool</a>	<a href="#">How To Raise an Amazing Child the Montessori Way</a>

## CHAPTER 2

ACTIVITY INSTRUCTIONS	AIDS
<a href="#">Early Years Wellbeing Program</a> <a href="#">Empathy, Gratitude and Mindfulness Activities</a> <a href="#">Finding My Calm</a> <a href="#">Mindfulness for Little Ones</a> <a href="#">Teaching Character Development in Early Childhood</a> <a href="#">Teaching Self-Control</a> <a href="#">The Kindness Curriculum—Prior to School</a> <a href="#">What is Self-Esteem?</a>	<a href="#">Busy Box</a> <a href="#">Feelings Scale + Coping Skills</a> <a href="#">Gratitude Journal</a> <a href="#">Mindfulness Apps</a> <a href="#">Sand Timer</a> <a href="#">Yoga Mats for Kids</a> <a href="#">World Map Floor Puzzle</a>
BOOKS FOR CHILDREN	COURSES AND TALKS
<a href="#">All Are Welcome</a> <a href="#">Be Kind</a> <a href="#">Dinosaur Learns Empathy</a> <a href="#">Emily's Everyday Manners</a> <a href="#">Ferdie Makes a Friend, a Story About Caring</a> <a href="#">Grody's Not So Golden Rules</a> <a href="#">I Am Stronger Than Anger</a> <a href="#">I'll Wait, Mr. Panda</a> <a href="#">Kindness Makes Us Strong</a>	<a href="#">Llama Llama Red Pajama</a> <a href="#">Miss Rumphius</a> <a href="#">Rumpelstiltskin's Daughter</a> <a href="#">The Carrot Seed</a> <a href="#">The Quiltmaker's Gift</a> <a href="#">The Rag Coat</a> <a href="#">The Story of Conservation</a> <a href="#">The Thankful Book</a> <a href="#">Too Much Noise</a> <a href="#">Waiting</a>

## CHAPTER 3

INFORMATION	ACTIVITY INSTRUCTIONS
<a href="#">The Importance of Early Bonding</a> <a href="#">The Power of Touch</a> <a href="#">What is Secure Attachment and Bonding</a> <a href="#">Young Children Develop in an Environment of Relationships</a>	<a href="#">Nursery Rhyme—1,2,3,4,5 Once I caught a fish alive</a>
AIDS	BOOKS FOR PARENTS
<a href="#">Briefcase</a> <a href="#">Cleaning Tools</a> <a href="#">Hard Hat</a> <a href="#">Kitchen Tools</a> <a href="#">Medical Kit</a> <a href="#">Rechargeable Torch/Flashlight</a> <a href="#">Toolbox</a> <a href="#">Unbreakable Mirror</a> <a href="#">Wooden Tool Set</a> <a href="#">Work Bench</a>	<a href="#">Born For Love: Why Empathy Is Essential - and Endangered</a> <a href="#">How to Teach Your Baby to Read: The Gentle Revolution</a> <a href="#">Pink Brain, Blue Brain: How Small Differences Grow into Troublesome Gaps—and What We Can Do About It</a> <a href="#">The Gendered Brain: The New Neuroscience that Shatters the Myth of the Female Brain</a> <a href="#">What's Going on in There?</a> <a href="#">Whispers Through Time</a>

## CHAPTER 4

INFORMATION	
<a href="#">Aboriginal Art</a> <a href="#">American Academy of Pediatrics, USA</a> <a href="#">A Naturalist's Guide to the Butterflies of Australia</a> <a href="#">A Parent's Guide To KidSafe Homes</a> <a href="#">A Positive Approach to Discipline: Babies and Children</a> <a href="#">Books to Build Character and Teach Your Child Important Values</a> <a href="#">Build a Campfire—Boy Scouts of America Handbook Hacks</a> <a href="#">Care for a Goldfish</a> <a href="#">CDC Developmental Milestones</a> <a href="#">Chihuly Glass Creations</a> <a href="#">Childproofing Your Home</a> <a href="#">Collective Nouns for Groups of Animals</a> <a href="#">Companion Planting for Beginners</a> <a href="#">Constellations</a> <a href="#">Crop Rotation</a> <a href="#">Effective Discipline for Children</a> <a href="#">Familiar Butterflies of North America</a> <a href="#">FFY Developmental Milestones 1-2 Years</a> <a href="#">FFY Developmental Milestones 2-3 Years</a> <a href="#">FFY Developmental Milestones 3-5 Years</a> <a href="#">Firstfiveyear.org.au</a> <a href="#">First Man</a> <a href="#">First Phase Results (GUD) Australia</a> <a href="#">Flightless Birds</a> <a href="#">Flowers Leaves and Other Plant Parts</a> <a href="#">Glassmaking</a> <a href="#">Growing Up Digital (GUD) Alberta</a> <a href="#">Growing Up Digital (GUD) Australia</a> <a href="#">Guide to Ladybirds of the British Isles</a>	<a href="#">Helping Kids Identify and Express Feelings</a> <a href="#">How a Seed Becomes a Plant</a> <a href="#">How Farmers Shear Sheep</a> <a href="#">How to Prepare Tomato Seeds for Growing</a> <a href="#">Immune System</a> <a href="#">Keeping Children Safe from Poisonous Substances</a> <a href="#">KidSafe—Poisoning Information Sheet</a> <a href="#">Ladybirds</a> <a href="#">Marshmallow Roasting Safety</a> <a href="#">National Geographic Stargazer's Atlas: The Ultimate Guide to the Night Sky</a> <a href="#">Rainbow Facts for Kids</a> <a href="#">Raisingchildren.net.au</a> <a href="#">Requests and Instructions: Helping Children Cooperate</a> <a href="#">Roasting Marshmallows</a> <a href="#">Royal Society for the Prevention of Accidents, UK</a> <a href="#">Second Phase Results (GUD) Australia</a> <a href="#">Shell Fossil</a> <a href="#">SunSmart</a> <a href="#">Suzuki (Australia)</a> <a href="#">Suzuki (United Kingdom)</a> <a href="#">Suzuki (United States of America)</a> <a href="#">The Lifecycle of the Butterfly</a> <a href="#">The Royal Children's Hospital Melbourne, Australia</a> <a href="#">Up and Away Initiative</a> <a href="#">Various Articles on Discipline and Self-Discipline</a> <a href="#">What are Magnets?</a> <a href="#">Yamaha (Australia)</a> <a href="#">Yamaha (United Kingdom)</a> <a href="#">Yamaha (United States of America)</a>
BOOKS FOR CHILDREN	APPS
	<a href="#">Night Sky</a> <a href="#">SkyView® Lite</a>

**CHAPTER 4** *Continued*

ACTIVITY INSTRUCTIONS
<a href="#">Australian Aboriginal Art Coloring Book</a> <a href="#">Australian Aboriginal Dot Painting for Kids</a> <a href="#">Australian Aboriginal Crane Dance</a> <a href="#">Australian Scouts Program Resources Library</a> <a href="#">Backyard Bug Book for Kids</a> <a href="#">Beginner Yoyo Tricks</a> <a href="#">Blowing Out an Egg</a> <a href="#">Build a Rocket Using a Cardboard Paper Roll</a> <a href="#">Chocolate and Marshmallow Bananas in Coals</a> <a href="#">Color the Egg Using Vegetable Dye</a> <a href="#">Corner Page Bookmarks</a> <a href="#">DIY Pom Poms</a> <a href="#">Dry/Press Leaves and Make a Bookmark</a> <a href="#">Dry Your Strawberries in the Oven</a> <a href="#">Easy Christmas Origami</a> <a href="#">Finger Knitting</a> <a href="#">Fresh Pasta Recipe</a> <a href="#">Garbage Bag Kite</a> <a href="#">Homemade Playdough Recipes</a> <a href="#">How To Eat with Chopsticks</a> <a href="#">How To Hula-Hoop</a> <a href="#">How To Juggle</a> <a href="#">How To Make a Bookmark</a> <a href="#">How To Make Hand Shadow Puppets</a> <a href="#">How To Make Homemade Butter</a> <a href="#">How to Make a Native-American Headband</a> <a href="#">How To Make a Telephone with Cans</a> <a href="#">How To Play Baby Shark on The Xylophone</a> <a href="#">How to Play the Ukulele</a> <a href="#">I Love It When It Rains</a> <a href="#">Kite Coloring Book for Kids</a> <a href="#">Learning About Insects</a> <a href="#">Let's Get Gardening</a>

**CHAPTER 4** *Continued*

AIDS
<a href="#">A Raindrop's Journey</a> <a href="#">Animal Snap Card Game</a> <a href="#">Art of Conversation</a> <a href="#">Australian Cork Hat</a> <a href="#">Baby Bird Pull Along Toy</a> <a href="#">BabyBjorn Smart Potty</a> <a href="#">Baby Crib Mobile</a> <a href="#">Backyard Birds of North America</a> <a href="#">Ball for Baby</a> <a href="#">Basketball</a> <a href="#">Basketball Hoop with an Adjustable Stand</a> <a href="#">Beginner Juggling Balls</a> <a href="#">Bird Calls</a> <a href="#">Black And White Baby Mobile</a> <a href="#">Bubble Blowing Toy</a> <a href="#">Busy Book for Toddlers</a> <a href="#">Calm Music for Babies</a> <a href="#">Cleaning Tool Set</a> <a href="#">Clock Face</a> <a href="#">Cloud Chart</a> <a href="#">Concept of Diversity</a> <a href="#">Cookie Cutters</a> <a href="#">Corolle Doll and Accessories</a> <a href="#">Dance of the Sugar-Plum Fairy</a> <a href="#">Dartboard</a> <a href="#">Dragonflies</a> <a href="#">Dream Doll and Accessories</a> <a href="#">Drums</a> <a href="#">Early Education Activity Board</a> <a href="#">Explore my World: Honey Bees</a> <a href="#">Explorer Compass</a> <a href="#">Flashcards</a> <a href="#">Four Seasons by Vivaldi</a> <a href="#">Fruit Salad</a> <a href="#">George Meets the Orchestra</a> <a href="#">Glow in the Dark Stars</a> <a href="#">Magnetic Boats</a> <a href="#">Magnifying Glass</a> <a href="#">Match a Pair of Birds: A Memory Game</a> <a href="#">Match a Leaf: A Tree Memory Game</a> <a href="#">Milk from Cow to Carton</a> <a href="#">Montessori Children's Knife</a> <a href="#">Montessori Doctor's Tool Kit</a> <a href="#">Montessori Nature Resource</a> <a href="#">Montessori Wooden Busy Board</a> <a href="#">Multi-Purpose Floor Mobile</a> <a href="#">Musical Instruments for Toddlers</a> <a href="#">My Shadow by Robert Louis Stevenson</a> <a href="#">Papua New Guinean National Anthem</a> <a href="#">Percussion Instruments for Toddlers (1-3)</a> <a href="#">Plastic Ten Pin Bowling Set</a> <a href="#">Plastic Shape Sorter</a> <a href="#">Popsicle Molds</a> <a href="#">Pop Up Activity Toy</a> <a href="#">Pounding Bench</a> <a href="#">Push Toy</a> <a href="#">Rattle and Rock Maracas</a> <a href="#">Rocking Chair</a> <a href="#">Sand Timer</a> <a href="#">Scissors</a> <a href="#">Shapes</a> <a href="#">Shearing Sheep</a> <a href="#">Sippy Cups</a> <a href="#">Soft Stacking Blocks</a> <a href="#">Space Bingo</a> <a href="#">Sweeping Tools</a> <a href="#">Teach Me French</a> <a href="#">The Days of the Week</a> <a href="#">The First Years Stack Up Cup Toys</a> <a href="#">The Wheels on the Bus</a>

**CHAPTER 4** *Continued*

AIDS Continued	
BOOKS FOR CHILDREN	BOOKS FOR PARENTS
<a href="#">Harmonica</a> <a href="#">Indian National Anthem</a> <a href="#">Italian Music - Background Chill Out</a> <a href="#">Japanese National Anthem</a> <a href="#">Junior Learning Emotion Dominoes</a> <a href="#">Kids Talking Point Cards</a> <a href="#">Learning About Animals with the Wiggles</a> <a href="#">Lily</a>	<a href="#">Traditional Didgeridoo Rhythms</a> <a href="#">Trumpet</a> <a href="#">Tunnel</a> <a href="#">Ukulele</a> <a href="#">Ukulele Tuner</a> <a href="#">Unbreakable Mirror</a> <a href="#">Water Balloons</a> <a href="#">Wind on the Hill</a> <a href="#">Windsock</a> <a href="#">Xylophone</a>

**CHAPTER 5**

INFORMATION	
<a href="#">Brain Gym Australia</a> <a href="#">Brain Gym UK</a> <a href="#">The Brain Gym Program</a>	<a href="#">Music Neuroscience</a> <a href="#">Pencils or Crayons</a>
ACTIVITY INSTRUCTIONS	AIDS
<a href="#">Brain Gym</a> <a href="#">Brain Gym: The Complete Brain Warm-Up</a> <a href="#">Easy Christmas Origami</a> <a href="#">Finger Knitting</a> <a href="#">Finger Strings</a> <a href="#">Hide-and Seek</a> <a href="#">How to Eat with Chopsticks</a> <a href="#">How to Hold and Use Scissors</a>	<a href="#">How to Properly Grip Pencils</a> <a href="#">How to Use Cutlery</a> <a href="#">Lemonade Scone Recipe</a> <a href="#">Nursery Rhyme—1,2,3,4,5 Once I caught a fish alive</a> <a href="#">Readingeggs.com.au</a> <a href="#">Transition to School</a>
BOOKS FOR CHILDREN	BOOKS FOR PARENTS
<a href="#">At the Beach with Lizzie and Luke</a> <a href="#">Baby Animals Black and White</a> <a href="#">Beginnings and Endings with Lifetimes in Between</a> <a href="#">Curious George's First Day of School</a> <a href="#">First Book About the Orchestra</a> <a href="#">Little Kids First Big Book of Birds</a> <a href="#">Little Kids First Big Book of Space</a> <a href="#">My Culture and Me</a> <a href="#">The Big Book of Bugs</a> <a href="#">The Great Big Book of Families</a> <a href="#">The Very Hungry Caterpillar</a> <a href="#">This Is How We Do It</a> <a href="#">What If We Were All The Same!</a> <a href="#">Wind</a> <a href="#">When We Were Very Young</a> <a href="#">101 Poems for Children: A Laureate's Choice</a>	<a href="#">Contact: The First 4 Minutes</a> <a href="#">How Toddlers Thrive</a> <a href="#">How to Teach Your Baby to Read: The Gentle Revolution</a> <a href="#">Peaceful Parent, Happy Kids: How to Stop Yelling and Start Connecting</a> <a href="#">Positive Discipline: The First Three Years</a>
BOOKS FOR CHILDREN	BOOKS FOR PARENTS
<a href="#">Starting School</a> <a href="#">The Great Big Book of Families</a> <a href="#">The Invisible String</a>	<a href="#">How to Teach Your Baby to Read: The Gentle Revolution</a> <a href="#">Smart Moves: Why Learning Is Not All in Your Head</a>

## CHAPTER 6

INFORMATION	
<a href="#">It's Not as Simple as "Praise Effort"</a> <a href="#">Multiple Intelligences Developmental Assessment Scales</a>	<a href="#">The Connell Multiple Intelligence Questionnaire for Children</a>
ACTIVITY INSTRUCTIONS	
<a href="#">Big Life Journal Resources for 4 to 6-year-olds</a> <a href="#">Brain-Based Strategies to Reach Every Learner</a> <a href="#">Chess for Children</a> <a href="#">Chess for Children Activity Book</a> <a href="#">Hide and Seek</a>	<a href="#">How to Play the Harmonica</a> <a href="#">How to Play the Ukulele</a> <a href="#">Learning Activities That Connect with Multiple Intelligences</a> <a href="#">Snap</a> <a href="#">The Different Ways Your Child Learns</a>
AIDS	
<a href="#">Beginner Harmonica in the Key of C</a> <a href="#">Big Life Journal Resources for 4 to 6-year-olds</a> <a href="#">Charades</a> <a href="#">Dominoes</a> <a href="#">Explorer Compass</a> <a href="#">GPS Child Tracker</a> <a href="#">Growth Mindset Conversation Cards</a> <a href="#">Growth Mindset Poster</a> <a href="#">Jr. Boggle</a> <a href="#">Junior Monopoly</a> <a href="#">Junior Scrabble</a> <a href="#">Kid's Ukulele</a>	<a href="#">Magnetic Chess Set</a> <a href="#">Maracas</a> <a href="#">One Potato Two Potato</a> <a href="#">Readingeggs.com.au</a> <a href="#">Simon Says</a> <a href="#">Spellie</a> <a href="#">Ten-Pin Bowling</a> <a href="#">The ABC Song</a> <a href="#">The Gamesman-Children's Chess (Australia only)</a> <a href="#">Times Tables</a> <a href="#">Twister</a> <a href="#">Ukulele Tuner</a>
BOOKS FOR CHILDREN	
<a href="#">I Believe I Can</a> <a href="#">Mistakes Are How I Learn</a> <a href="#">The Girl Who Never Makes Mistakes</a> <a href="#">The Power of Yet</a> <a href="#">Your Fantastic Elastic Brain</a>	<a href="#">Frames of Mind: The Theory of Multiple Intelligences</a> <a href="#">In Their Own Way</a> <a href="#">Multiple Intelligences in the Classroom</a> <a href="#">The Art of Growing Up</a> <a href="#">The 7 Habits of Highly Effective People</a>

## CHAPTER 7

INFORMATION	
<a href="#">A Child's Need for Sleep</a> <a href="#">Australian 24-Hour Movement Guidelines for the Early Years (birth to 5 years)</a> <a href="#">Australian Parenting Website</a> <a href="#">Balance and Coordination</a> <a href="#">Benefits of Exercise on your Kid's Brain</a> <a href="#">Harvard Health: Get Your Baby Moving</a> <a href="#">Images of Rock Art in Newfoundland</a> <a href="#">Kids Alive</a> <a href="#">Negative Ions Create Positive Vibes</a>	<a href="#">Pedestrian Safety and Road Safety for Kids (AUS)</a> <a href="#">Physical Activity and Exercise Guidelines for Infants, Toddlers and Preschoolers</a> <a href="#">Road Safety and Pedestrian Safety (USA)</a> <a href="#">Rules for Pedestrians (UK)</a> <a href="#">Swimming Lessons Save Lives: What Parents Should Know</a> <a href="#">When Can a Baby Go in a Pool?</a> <a href="#">8 Benefits of Infant Swim Time</a>
ACTIVITY INSTRUCTIONS	
<a href="#">Hickory Dickory Dock</a> <a href="#">How to Paint Rocks</a> <a href="#">Make a Seashell Necklace or Bracelet</a> <a href="#">Pin the Tail on the Donkey</a> <a href="#">Play Ideas to Encourage Movement for Babies 3-12 months</a> <a href="#">Preparing Babies for Vestibular Activities</a> <a href="#">Preschool Handstands</a> <a href="#">Row, Row, Row Your Boat</a>	<a href="#">Spinning, Rolling and Swinging for the Preschooler</a> <a href="#">Teaching Your Child to Hula Hoop</a> <a href="#">Ten Vestibular Activities to do With Your Baby or Toddler</a> <a href="#">The Grand Old Duke of York</a> <a href="#">Tummy Time</a> <a href="#">Vestibular Activities</a> <a href="#">Yankee Doodle Went to Town</a>
AIDS	
<a href="#">Armagado Brachiation Ladder</a> <a href="#">Beanbags</a> <a href="#">Best Kid Friendly Trails in Australia</a> <a href="#">Best Kid Friendly Trails in England</a> <a href="#">Best Kid Friendly Trails in the USA</a> <a href="#">Explorer Compass</a> <a href="#">Forever Redwood Monkey Bars</a>	<a href="#">Funky Monkey bars</a> <a href="#">Hammock</a> <a href="#">Images of Rock Art in Newfoundland</a> <a href="#">Juggling Balls</a> <a href="#">Pedometer</a> <a href="#">Surveyor's Measuring Wheel - Imperial</a> <a href="#">Surveyor's Measuring Wheel - Metric</a>
BOOKS FOR PARENTS	
<a href="#">Fit Baby, Smart Baby, Your Baby! From Birth to Age Six</a>	<a href="#">Spark! How exercise will improve the performance of your brain</a>