

YOU CAN SHARE WITH ME

Parent Guide – Early Learning Program
Together we are growing kindness



**you can
sit with me**

What is YOU CAN SHARE WITH ME?

YOU CAN SHARE WITH ME is a kindness and inclusion program designed for young children. It helps children learn how to share, take turns, and include others in their play and learning.

The program teaches that a simple invitation like “you can share with me” can help another child feel welcome, valued, and part of the group.



This program provides the foundation for the YOU CAN SIT WITH ME initiative, which supports children as they move into primary school and continue learning about inclusion, empathy, and friendship.

Why is this important?

Social and emotional skills are just as important as academic learning. By practising kindness and sharing from an early age, children develop confidence, empathy, and a strong sense of belonging.

These learning outcomes align with the Early Years Learning Framework (EYLF), particularly:

- Outcome 1: Children have a strong sense of identity, feeling safe, secure, and supported.
- Outcome 2: Children are connected with and contribute to their world, showing respect and empathy for others.



you can sit with me

In the Australian Curriculum for Foundation to Year 2, this supports:

- Personal and Social Capability: Recognising emotions, showing empathy, and interacting positively with others.
- Health and Physical Education: Practising respectful relationships and safe, inclusive behaviours.

YOU CAN SHARE WITH ME helps children understand that everyone has the power to make someone feel included. These skills support healthy relationships both now and as children grow.

How can I support this at home?

Talk about sharing every day

Encourage your child to use kind and inclusive language when playing. You can say things like:

- That was very kind of you to let them have a turn.
- It's nice to share. How did it feel to help your friend?
- What can we do if someone looks like they want to join in?

Read and discuss books about kindness

Choose books with stories about sharing, helping, and including others.

After reading, ask questions such as:

- What did the characters do to help?
- How do you think that made them feel?
- What would you do in that situation?

Use kind words yourself

Children often repeat what they hear. When you play, read, or do activities together, say things like:

- You can share with me.
- Let's take turns.
- Would you like to join us?

Talk about feelings and fairness

If your child talks about a problem at kindy or preschool, use it as an opportunity to talk about feelings and how we can be kind. Help them think of ways they can include others or ask for help when they feel left out.

These practices support the General Capabilities of the Australian Curriculum, especially:

- Ethical Understanding: Making considered decisions about social interactions and fairness.
- Personal and Social Capability: Developing self-awareness and social management skills.

What if my child finds sharing hard?

Learning to share takes time and practice. It is normal for young children to struggle with turn-taking and fairness. You can help by:

- Talking about how it feels to share or to wait for a turn
- Setting up games and routines that involve taking turns
- Acknowledging your child's effort when they try to be kind, even if it is difficult

Praise specific behaviours such as trying again, waiting patiently, or inviting someone to play.

This supports EYLF Outcome 3: Children have a strong sense of wellbeing by developing self-regulation and confidence.

What will my child be learning at kindy or preschool?

At their early learning service, your child will be encouraged to:

- Invite others into their games and activities
- Share toys and space with peers
- Use kind words to include others
- Notice when someone is feeling left out and offer help

Educators support these ideas through play-based learning such as storytelling, songs, group games, and role-play, which relate to:

- EYLF Outcome 5: Children are effective communicators, using language and gestures to express ideas and needs.
- Australian Curriculum – Foundation English: Engaging in conversations and responding to others with interest and respect.

How does this help with starting school?

YOU CAN SHARE WITH ME helps children feel confident in social situations by giving them the words and behaviours to make others feel included. These same skills are continued through the YOU CAN SIT WITH ME program in primary school.

In primary school, children build on what they have learned by offering others a place to sit, listening to friends who may be feeling lonely, and speaking up for inclusion and fairness.

This gentle transition from early learning to school creates a consistent message: every child deserves to feel welcome.

Final message to families

By encouraging kindness and sharing at home, you are helping your child develop the skills they need to build strong friendships and to contribute to a caring and inclusive community.

YOU CAN SHARE WITH ME is more than a phrase. It is a powerful beginning that helps children understand they can make a difference.

Thank you for being part of this important journey. Together, we are helping to raise kind, thoughtful, and inclusive young people.