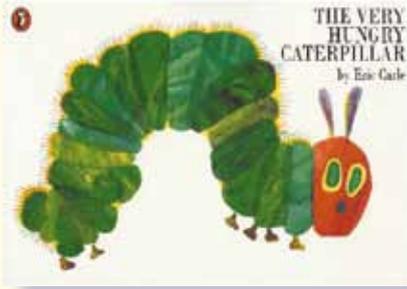


Resource reviews

by Lauren Boyle

The Very Hungry Caterpillar



Beautifully illustrated with collage-style paintings, *The Very Hungry Caterpillar*, is perfect for group reading time. With illustrations

that span the width of the page, this book covers numerous subjects while providing an easy to follow story that incorporates several key messages that will engage children aged two to five years old.

With the combination of colourful images, unique book design and an entertaining story, it is not surprising that 2009 marks *The Very Hungry Caterpillar's* 40th anniversary. As he eats his way through many different foods that children will easily identify, the story of the caterpillar covers several themes including life cycles, nutrition, counting, science and days of the week.

As the caterpillar is born and takes his journey through different food groups, children have the opportunity to count the variety of foods he eats and understand the progression of the days of the week. Slowly but surely the caterpillar eats too much food and becomes larger and larger. With a stomach full of food, the caterpillar builds a cocoon for himself and hides away for two weeks.

Children are always mesmerised by butterfly transformations, and Carle's book doesn't disappoint with a large, beautiful butterfly emerging at the end of the story. With an underlying message of nutrition and the importance of healthy eating, *The Very Hungry Caterpillar* is excellent for younger children who will respond to the bold, colourful illustrations ■

Everyday Goodbyes

In her book, *Everyday Goodbyes*, Nancy Balaban explores the powerful feelings associated with transitioning to child care or school from home. Separating from family members into a new environment can be a tumultuous time for children, with the power to stimulate feelings of fear and anxiety. Child care professionals can also experience stress when supporting children and families who are experiencing difficulties with separation.

Using observation of children's behaviour and learning experiences to aid the settling process, this resource offers constructive ways to alleviate the stress related to separation. Balaban asserts that by engaging in two-way communication, parents and child care professionals can help make the transition to school or child care a positive experience.

This book focuses on six main areas of understanding separation. These include: feelings associated to separation; the meaning of separation; separation reactions in children's behaviour; parents and child care professionals working together to alleviate anxieties; and service policies related to separation.

Using photographs and real-life anecdotes from children, child care professionals and parents, the book illustrates all aspects of the adjustment process. Suggested activities to support children's movement towards independence and self-



confidence, the sample 'phase-in' schedules and letters of introduction for families may be particularly useful to services.

This resource is also respectful of cultural differences and includes information about children with additional needs ■

Carle, E. (1969). *The Very Hungry Caterpillar*. Australia: Penguin books.

Balaban, N. (2006). *Everyday Goodbyes*. New York: Teachers College Press