

Asking for Help



Reader Notes:

These stories can help children become familiar with some things they may experience at an early learning centre or kindergarten. Every child, early learning centre, and kindergarten is different. Before reading, change the words, pictures and order so they match the child's early learning centre or kindergarten, routines, communication and support needs. The "add your own image" version can be used to include familiar photographs.

Read the story with the child. Invite them to notice what is the same or different, share how they feel and show what helps them feel safe, comfortable and included. Children may communicate through speech, gesture, movement, sign, symbols, a communication device or other ways.

Families and educators can use what the child shares to plan supports and reasonable adjustments. The aim is to support predictability, agency, belonging and participation while recognising that every child may engage with their early learning centre or kindergarten in different ways.



I am learning new things every day.

I am part of a group, and my teachers and friends can help me learn. Sometimes I can do things myself. Sometimes I need help.



When I am stuck, I can ask for help.

Asking for help can make me feel safe and calm.



There are lots of ways to ask for help.



I can tell or show a teacher when I need help.

I can say “Can you help me, please?” Or I can point, use signs, and pictures to show what I need. My teacher can understand me in many ways.



There are many reasons I might need help.

I might need help to open my lunchbox, put on my jacket, or find a toy. I can also ask for help if I feel sad, worried, hurt, or unwell.



We can all help each other.

I can ask other children for help, and I can help them too.



When I ask for help, I am learning and practising new skills.
I can ask for help when I need it. Asking for help is okay.

