

# HELPFUL RESOURCES

# SOCIAL-EMOTIONAL

## EARLYON PROGRAMS

### **Bounce Back and Thrive!<sup>OM</sup> (BBT)**

Bounce Back & Thrive is a resiliency skills training program designed to meet the needs of parents (and those in a parenting role) of children under the age of 8. BBT helps parents gain self-regulation and thinking skills that increase their capacity to provide caring relationships and role model resilience-building skills in daily interactions with their children. Then, it shows parents how to directly introduce basic resiliency skills to children, and that helps children bounce back and thrive. This is a 10 week program that is offered virtually. For upcoming dates or for more information, please contact Allison Beauchamp, Senior EarlyON Facilitator at [abeauchamp@middlesex.ca](mailto:abeauchamp@middlesex.ca) or 519-666-3227.

### **M.I.friends.**

This program supports families who have a child struggling with big feelings and worries and who could use some additional support. M.I.friends was developed to provide families with tools, videos, and resources to help children build resiliency. The program provides children with a comfort toy (named Poppy), access to support videos and activities to work through, while also giving parents strategies, tools, resources, and suggestions on how to support their child as they learn to self-regulate. This program is best suited for children over 3 years of age. This is a self-directed program that can be done at home and at your own pace. If you are interested in signing up for M.I.friends or for more information, please contact Ki Hulley, EarlyON Facilitator at [khulley@middlesex.ca](mailto:khulley@middlesex.ca).

### **Infant Massage**

Infant Massage is a 4-week program that will give you the tools and information you need to communicate with your baby through loving touch. For upcoming dates or for more information, please contact [earlyon@middlesex.ca](mailto:earlyon@middlesex.ca) or 519-666-3227

### **Zumbini®**

Zumbini® uses music and movement to support child development for children ages 0-4 years. This is a 5-week program. Created by Zumba and BabyFirst, Zumbini® is an early childhood education program that uses original music and movement to promote cognitive, social, fine/gross motor skill, and emotional development for children ages 6-months to 4 years, all while creating the ultimate bonding experience for families. For upcoming dates or for more information, please contact Sarah Sutherland-Sebo, EarlyON Facilitator at [ssutherlandsebo@middlesex.ca](mailto:ssutherlandsebo@middlesex.ca).

### **Little Sensory Seekers**

Visit our Sensory Light Space and experience the magic of light sensory play! Light sensory play uses lights, shadows, and transparent materials to stimulate imagination and creativity in child development. These spaces are made available throughout the year in Strathroy and Ilderton and pop-ups in other locations. For upcoming dates & locations or for more information, please contact [earlyon@middlesex.ca](mailto:earlyon@middlesex.ca) or 519-666-3227



# HELPFUL RESOURCES

# SOCIAL EMOTIONAL

## Check & Connect

Middlesex EarlyON offers quarterly Check & Connect drop-in clinics during regularly scheduled Play & Learn programs (children 0-6 years and caregivers) and Baby Time programs (children 0-12 months and caregivers). These clinics provide a supportive space where you can work with an early childhood educator to check in on your child's development in key areas such as communication, social skills, motor skills, and problem-solving. Identify your child's strengths, uncover new milestones to celebrate, and reveal any areas where your child may need support. Free and open to all families.

## Social-Emotional Learning for Families Lending Kits

Our Social-Emotional Learning for Families Kits include books, materials and a workbook with a variety of activities, each kit revolving around a social-emotional theme. Best suited for children 3 to 6 years of age. For more information, please contact [earlyon@middlesex.ca](mailto:earlyon@middlesex.ca) or 519-666-3227

## LOCAL AGENCIES



### Thames Valley Children's Centre

Thames Valley Children's Centre (TVCC) - Works to support children and their families to achieve the highest possible quality of life. Through a variety of services, supports and resources for children and youth with physical disabilities, communication disorders, developmental delays and autism spectrum disorders, we aim to help clients to be their best!



### Vanier Children's Mental Wellness

Vanier Children's Mental Wellness is the multi-service lead agency in London and Middlesex County, providing services for children, youth, and their families.



### Merrymount

Merrymount exists to help children and families as they navigate through and beyond crisis, to build stronger, healthier families. Merrymount's safe, supportive and strength-based intervention and care builds stronger families and children that have the support they need to grow up strong, form healthy relationships, and know they are valued and loved.

## VIDEOS



Social Emotional Video  
Learning Series from School  
Mental Health



Caring for Kids Video Series

## BOOKS



Middlesex County library has books of all kinds to borrow! Library cards are free for county residents, and children's items are fine free. To get a library card for yourself or your child, visit any Middlesex County Library with ID and proof of address. Visit [library.middlesex.ca](http://library.middlesex.ca).



[library.middlesex.ca/middlesex-earlyon](http://library.middlesex.ca/middlesex-earlyon)



[earlyon@middlesex.ca](mailto:earlyon@middlesex.ca)

