

# HELPFUL RESOURCES

# SCHOOL TRANSITION

This resource outlines the array of programs, services and resources that can support a successful transition to kindergarten offered through Middlesex EarlyON and Middlesex County Library.

## 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/caregivers 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).

**Kinder Connect:** Evening drop-in program offered monthly in Lucan, Ilderton, Dorchester (River Heights), Strathroy, Glencoe and Parkhill for Kindergarten-bound children. Meet new friends, participate in fun & engaging activities, and enjoy songs & stories. Ask questions of educators about successfully transitioning to Kindergarten. Early developmental screening also available with trained staff.

**Ready Set Learn** is a 6-session program that will provide caregivers and their child with a learning experience that will support a successful school start. Each session we offer activities that will support children in developing skills and behaviours integral to the school transition. As well, caregivers are able to engage in conversations with our Early Childhood Educator on a variety of learning and development topics. Registration required. For Middlesex County residents only. For upcoming dates or for more information, please email [earlyon@middlesex.ca](mailto:earlyon@middlesex.ca) or 519-666-3227.

### Ready Set Learn Virtual Classroom

The Ready Set Learn virtual classroom houses instructional videos and resources to support at-home learning. The resources in this classroom aim to parallel the experience of our in-person program. Videos and activities aim to help your child develop skills and behaviours important to the school transition. The classroom also includes parent information. **To access the classroom scan the QR code.**



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



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



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## Ready Set Learn Star Chart

A sample of activities that aims to support children in developing various skills for kindergarten (letter/shape/colour/number recognition, fine motor & creative, social & emotional, literacy).

Email [earlyon@middlesex.ca](mailto:earlyon@middlesex.ca) for a copy.

## Ready Set Learn Lending Kit

Our Ready Set Learn Lending Kits include books, materials and a workbook with a variety of activities. There are four areas of skill development activities that are included in this workbook including: Letter Recognition Activities; Number Recognition Activities; Colour Recognition Activities; and Sequencing Activities. The kit includes materials that correspond to the activities. There are only a few materials that you will need to acquire from home. Best suited for children 3 to 6 years of age.

## Ready to Learn Lending Kit for Indigenous Families

This Ready to Learn Kit for Indigenous families supports a successful transition to school through engaging, play-based activities. Designed to be borrowed as a two-part set, one kit focuses on physical, cognitive, and sensory development, while the second supports social-emotional learning. Activities and materials are grounded in Indigenous teachings and incorporate the Anishinaabemowin language throughout. Developed in partnership with Chippewas of the Thames First Nation, the kits include workbooks created by educators from Enji Maajtaawaad Early Years, COTTFN.

## 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.

## 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.

## LIBRARY PROGRAMS & SERVICES

### 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 Story Times

SCAN ME!



Storytime programs are available at select Middlesex County Libraries. Children, along with their parents and caregivers will enjoy stories, songs, rhymes and fun! To learn more, scan the QR code.



### Library Locations

Scan the QR code to learn more about library locations and hours of operation.



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



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

