

PROGRAMS, SERVICES & RESOURCES

Supporting a Successful Transition to Kindergarten

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.



519-666-6227



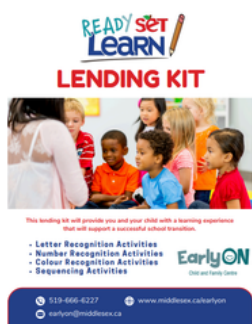
www.middlesex.ca/earlyon



earlyon@middlesex.ca

Lending Kits for the Kindergarten Transition

Starting school is an exciting milestone for children and their families. To help support the transition to Kindergarten, we are pleased to offer three specially designed Lending Kits. Each kit includes hands-on activities, games, and resources that build early learning skills, spark curiosity, and foster confidence. Whether practicing letters and numbers, developing social-emotional skills, or building independence, these kits provide fun, meaningful ways to support a successful start to Kindergarten. **Families can borrow for 7-days to explore together at home.**



READY SET LEARN LENDING KIT

The Ready Set Learn Lending Kits are designed to provide you and your child with a learning experience that will support a successful school transition. These kits contains activities and supporting resources that focus on the following areas: Letter Recognition, Number Recognition, Colour Recognition and Sequencing.

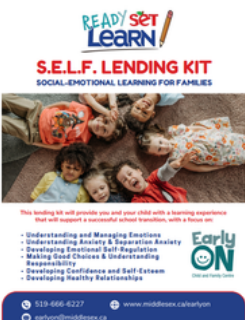


READY SET LEARN LENDING KIT FOR INDIGENOUS FAMILIES

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 (S.E.L.F.) LENDING KIT

Contains two kits that are intended to be borrowed together and each includes materials that correspond with the activities. The areas of social-emotional development covered in each kit include:

Kit A: Fostering Emotional Awareness and Self-Regulation 1) Understanding and Managing Our Emotions 2) Understanding Anxiety and Separation Anxiety 3) Developing Emotional Self-Regulation

Kit B: Fostering Positive Choices, Self-Esteem, and Connections 4) Making Good Choices and Understanding Responsibility 5) Developing Confidence and Self-Esteem 6) Understanding and Developing Healthy Relationships



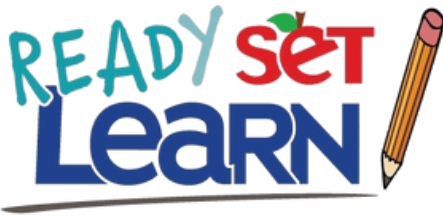
519-666-6227



www.middlesex.ca/earlyon



earlyon@middlesex.ca



Check out our
Ready Set Learn promo video



Programs

Ready Set Learn is a 4-week program that will provide caregivers and their child with a learning experience that will support a successful school start. Each week 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.

Kinder Connect: Evening programs offered in late winter-early Spring 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. Registration required. For Middlesex County residents only.

Other Supports

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.



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 for a copy.

Early Years Programs & Supports

We offer a variety of early years programs to help with your child's transition to school. Some of these are listed below. Call or email for more information!

Play & Learn: Each Play & Learn program will offer a play-based learning opportunity in one of our indoor library program spaces. Activities planned by our EarlyON facilitators encourage positive parent and child interaction and inspire play and learning! We also offer a circle time (songs and stories) at the end of program.

Open Play: Drop in to play, learn and connect at River Heights EarlyON Child & Family Centre.

Open Spaces Outdoor Adventures: Join us as we enjoy free play and adventures in learning in the great outdoors. We will let your child(ren) take the lead in these nature-based programs. We offer a circle time (songs and stories) at the end of program. Dress for the weather. Please bring a blanket for the circle time. Best suited for children 2 to 6 years of age, but children from 0-6 ages welcome. Registration required.



Bounce Back & Thrive!^{OM} (BBT) is a resiliency skills training programme designed to meet the needs of parents (and those in a parenting role) of children under the age of 8.

BBT helps parents navigate everyday stress and challenge and role model these skills in daily interactions with their children helping them and their children to bounce back and thrive.

BBT 10 week resiliency skills training programmes:

Helps parents to

- **Reach IN** to develop healthy ways to cope – with stress and tough times
- Explore skills that help to regulate and manage stress
- Understand the connection between our thoughts and feelings / reactions about the events that happen in our lives
- Learn how to notice and respond to emotions in ourselves and others
- Respond to challenges with flexibility and compassion
- **Reach OUT** to find support and offer it to others

Shows parents how to help children by

- Developing caring and responsive relationships
- Being positive role models
- Supporting children's regulation through co-regulation and calming skills
- Helping children develop the skills to express their own emotions
- Strengthening children's sense of self and belief in their own capabilities
- Assisting children to develop their own caring and responsive relationships with others

The skills training is delivered by Authorized BBT Trainers and is available in a variety of formats. Upon completion parents receive a BBT certificate to recognize their participation in the training.



www.wellington.ca/riro



Alternate formats available upon request.



^{OM} Official Mark of The Corporation of the County of Wellington

Email
earlyon@middlesex.ca for
more information on when
this program is being
offered locally.

M.I.friends

This program will support families who have a child struggling with big feelings and worries and who could use some additional support.



What situations lead to big feelings?

- Going to child care
- Bedtime
- Leaving a situation (transition)
- New situation
- Change in routine
- Turning off the TV/Internet
- Loud noises
- Weather (storms, rain, wind)
- At the dinner table (picky eating)
- Around new people or animals

What happens in these situations?

- Crying
- Yelling & screaming
- Refusal to leave
- Refusal to go
- Kicking and hitting
- Fear
- Silly/disruptive/concerning behavior
- Refusal to eat/gagging
- Lying
- Pleading to change plans
- Hiding
- Headaches/stomach ache

About the M.I.friends Program

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. Poppy can help manage stressful situations when big feelings arise. This program is best suited for children over 3 years of age.

What does the program entail?

Registered families will be provided with:

- Access code to the digital platform
- A comfort toy (named Poppy)
- Access to support videos and activities to work through with your child
- Access to parent strategies, tools, resources, and suggestions on how to support your child as they learn to self-regulate

Registered families are also invited to connect with our EarlyON Facilitator Ki Hulley who can help navigate the online program.

Program Development

This program was developed with the experts at The Mary J. Wright Child Youth and Development Clinic, Faculty of Education, Western University and educational advisors with decades of experience helping children and their families manage their feelings.

Thanks to Optimist Clubs, The Canadian Children's Optimist Foundation and generous community sponsors, this program is available to families at no cost.

For more information

If you think the M.I.friends program is of interest to you or if you have more questions, please email khulley@middlesex.ca.



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.



The ASQ can help caregivers monitor their child's development. It is parent completed and then reviewed by a trained professional. All full-time EarlyON Facilitators are trained.

This questionnaire goes from 1 month to 66 months of age and covers 5 areas of development.

ASQ:SE-2 focuses on social-emotional skills and behavior. This tool can be in conjunction with ASQ-3.

How can families participate in Check & Connect?

- Visit a Check & Connect Clinic
- We incorporate developmental screening into our Ready Set Learn and Kinder Connect program
- Visit a Baby Time program
- Visit a Play & Learn program
- Call or email anytime!

519-666-3227
or earlyon@middlesex.ca





LIBRARY CARD

The library has books of all kinds for early learners 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. To learn more, scan the QR code.



LIBRARY STORY TIMES



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.





Middlesex Family Connections



MIDDLESEX
FAMILY
CONNECTIONS

Helping Families Thrive

Connecting families to the services & supports they need in Middlesex County.

Middlesex Family Connections is
a portal on familyinfo.ca



middlesexfamilyconnections.ca