

Resources for Parents

Halton Region Resources

❖ Subsidy

- <https://www.halton.ca/For-Residents/Children-and-Parenting/Need-Help-with-the-Cost-of-Child-Care>

❖ Parent support

- <https://www.halton.ca/For-Residents/Children-and-Parenting>

❖ For additional information

- <https://www.halton.ca/>

Halton Resources – Learning Disabilities

Educational Games/App

- ❖ Khan Kids App by Khan Academy for ages 2+ allows children to play educational games and is for free. <https://learn.khanacademy.org/khan-academy-kids/>
- ❖ Knowledge Kids App is an app that allows children to watch videos and play games in different areas of interest. The app is unique as parents can set time limits in the app settings for how long their children can play or watch videos in the app. The app is free as well. <https://www.knowledgekids.ca/apps>
- ❖ Preschool! & Toddler kids learning Abby Games is a free app and easy to use. It can support in different areas like patterns, numbers, matching and letters. <https://apps.apple.com/us/app/preschool-toddler-kids-learning-abby-games-free/id526934974>
- ❖ <https://www.cbc.ca/kidscbc2/games>
 - This website can provide various game options which are educational and support all ages. The website can be accessed from any device.
- ❖ <https://pbskids.org/games/>
 - This website has various game options for children to play from which are educational and can be accessed from any device.
- ❖ Fish School – this is an app that can be downloaded for children to play (free of cost). This game is suited for ages 2+.

Behavioural

- ❖ <https://childmind.org/>
 - This website provides information on factors such as disorders, concerns parents may be having on different issues and more.
 - Overall it is a good link for parents to use to gain information and support they may need on different aspects.
- ❖ <https://childmind.org/article/managing-problem-behavior-at-home/>
 - This article focuses on how to approach certain behaviours children illustrate.

- ❖ <https://www.naeyc.org/>
 - This website provides resources for parents on various aspects (at the bottom of the page there is a section that says “for families”, here is where they can receive support on different aspects, below is the link that will take you to the family section
 - <https://www.naeyc.org/our-work/for-families>

- ❖ <https://www.naeyc.org/our-work/families/behavior-and-development>
 - This part of the website focuses on behaviour and development of children, providing various articles that can support parents.

- ❖ <https://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/How-to-Shape-Manage-Young-Child-Behavior.aspx>
 - The information in this link focuses on supporting children’s behaviour and what parents can do to help based on different behaviours.

- ❖ <https://raisingchildren.net.au/preschoolers/behaviour>
 - This link provides information on behaviours of preschoolers with different articles for parents to read and gain insight from.

- ❖ <https://raisingchildren.net.au/toddlers/behaviour>
 - This link provides information on behaviours of toddlers with different articles for parents to read and gain insight from.

- ❖ <https://raisingchildren.net.au/babies/behaviour>
 - This link provides information on behaviours of babies with different articles for parents to read and gain insight from.

Anxiety & COVID-19

- ❖ <https://www.anxietycanada.com/articles/talking-to-kids-about-covid-19/>
 - This article is useful for parents when it comes to dealing with children during covid-19. Information on how to start conversations and support themselves and their children are provided.

- ❖ <https://www.parentscanada.com/health/ways-to-help-kids-with-covid-19-anxiety/>
 - This link can support parents when it comes to helping their children during covid-19

- ❖ <https://www.nami.org/Blogs/NAMI-Blog/March-2020/How-to-Ease-Children-s-Anxiety-About-COVID-19>
 - This link mentions the anxiety children can have when it comes to COVID-19. The information provided can help parents support their children during this issue.

- ❖ <https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>
 - This link provides information on how parents can support their children during covid-19

- ❖ https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2

- This article is from the world health organization. It is specifically focused on helping children cope with the covid 19 issue and can be useful for parents to use and implement.

Anxiety

- ❖ The following links can support parents in dealing with their children's anxiety
 - <https://childmind.org/article/what-to-do-and-not-do-when-children-are-anxious/>
 - <https://www.anxietycanada.com/articles/parent-child/>
 - <https://www.anxietycanada.com/learn-about-anxiety/anxiety-in-children/#anxiety-articles>
 - <https://www.npr.org/2019/10/23/772789491/how-to-help-a-child-struggling-with-anxiety>

Language Delays

- ❖ The following links provided provide information on how parents can support children experiencing language delays.
 - <https://childdevelopment.com.au/areas-of-concern/diagnoses/language-delay/>
 - <https://www.cdc.gov/ncbddd/childdevelopment/language-disorders.html>
 - <https://www.asha.org/public/speech/development/activities-to-Encourage-speech-and-Language-Development/>
 - <https://raisingchildren.net.au/babies/development/language-development/language-delay>
 - <https://www.aboutkidshealth.ca/article?contentid=731&language=english>
 - <https://www.parents.com/baby/development/talking/9-ways-to-help-your-childs-language-development/>
 - <http://www.children.gov.on.ca/htdocs/English/earlychildhood/speechlanguage/index.aspx>

Self-Regulation

- ❖ The following links can help parents support their children when it comes to self-regulation
 - <https://www.foothillsacademy.org/community-services/parent-education/parent-articles/self-regulation-difficulties>
 - <https://childmind.org/article/can-help-kids-self-regulation/>
 - <https://raisingchildren.net.au/toddlers/behaviour/understanding-behaviour/self-regulation>
 - <https://www.scholastic.com/parents/family-life/social-emotional-learning/social-skills-for-kids/developing-self-regulation.html>
 - <https://www.torontochildrenstherapycentre.ca/self-regulation-what-is-it-and-how-do-i-help-my-child-develop-this-skill/>

Sleep Patterns

- ❖ The following links can help parents support their children when it comes to sleeping issues.
 - <https://kidshealth.org/en/parents/sleep-preschool.html>
 - <https://www.sleepfoundation.org/articles/sleep-strategies-kids>
 - ^ This link can support parents with sleep issues as different articles are provided and the site is focused on sleeping needs.
 - <https://childmind.org/article/encouraging-good-sleep-habits/>
 - <https://www.stanfordchildrens.org/en/service/sleep-disorders/good-night-sleep>
 - <https://raisingchildren.net.au/toddlers/sleep/better-sleep-settling/sleep-better-tips>
 - <https://www.verywellfamily.com/set-good-sleep-habits-in-your-child-620513>

- <https://www.healthychildren.org/English/healthy-living/sleep/Pages/Healthy-Sleep-Habits-How-Many-Hours-Does-Your-Child-Need.aspx>



How to transition child to sleep without parents

- <https://www.handinhandparenting.org/article/moving-your-child-to-his-own-bed-to-sleep/>
- <https://www.fatherly.com/parenting/how-to-transition-co-sleeping-to-childrens-bed/>
- <https://www.verywellfamily.com/how-to-get-your-child-to-stop-sleeping-in-your-bed-1094985>

Toilet Training

- ❖ The links posted below can support parents when it comes to helping their children with toilet training needs.
- ❖ <https://blog.mybrightwheel.com/top-tips-for-potty-training-with-your-daycare-center>
 - This blog provides tips on toilet training for parents
- ❖ <https://kidshealth.org/en/parents/toilet-teaching.html>
 - This link provides information about toilet training, tips on toilet training and other related information
- ❖ <https://childcare.extension.org/helping-children-with-toilet-learning-in-child-care/>
 - This blog provides support for parents when it comes to toilet training children.
- ❖ <https://raisingchildren.net.au/preschoolers/health-daily-care/toileting/toilet-training-guide>
 - This link provides guidelines on toilet training for children



Disciplining

❖ The following links can guide and support parents when it comes to disciplining their children.

- <https://raisingchildren.net.au/toddlers/behaviour/discipline/discipline-strategies>
- <https://raisingchildren.net.au/preschoolers/behaviour/discipline/discipline-strategies>
- <https://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Disciplining-Your-Child.aspx>
- <https://www.todayparent.com/kids/preschool/disciplining-children-age-by-age-guide/>
- [https://health.clevelandclinic.org/discipline-5-dos-and-donts-when-your-](https://health.clevelandclinic.org/discipline-5-dos-and-donts-when-your-kids-wont-listen/)

[kids-wont-listen/](https://health.clevelandclinic.org/discipline-5-dos-and-donts-when-your-kids-wont-listen/)

Routines

❖ The following links can support parents when it comes to finding routines for their children

- <https://www.ahaparenting.com/parenting-tools/family-life/structure-routines>
- <https://www.zerotothree.org/resources/223-creating-routines-for-love-and-learning>
- <https://www.petitjourney.com.au/10-reasons-a-daily-routine-is-important-for-your-child-and-how-to-set-one/>
- <https://afineparent.com/lighten-up/morning-routine-for-kids.html>

Preparing for Kindergarten

❖ The following links can support parents with it comes to preparing their child for kindergarten.

- <https://www.parenttoolkit.com/academics/advice/math/kindergarten-math-tips>
- <https://www.parenttoolkit.com/social-and-emotional-development/benchmarks/self-awareness/kindergarten-self-awareness-skills>
- <http://www.edu.gov.on.ca/kindergarten/howcanipreparemychild.html>
- <https://www.scholastic.com/parents/school-success/school-life/grade-by-grade/preparing-kindergarten.html>
- <https://www.ahaparenting.com/Ages-stages/school-age/Preparing-kids-child-kindergarten-ready>

Recognizing vision and hearing impairments & Halton resources

Recognizing Vision impairment

- <http://www.childrenshospital.org/conditions-and-treatments/conditions/c/cortical-visual-impairment/symptoms-and-causes>
- <https://kidshealth.org/en/kids/visual-impaired.html>
- <https://www.parentcenterhub.org/visualimpairment/>
- <https://raisingchildren.net.au/disability/guide-to-disabilities/assessment-diagnosis/vision-impairment>
- https://www.childcarequarterly.com/pdf/spring15_eci.pdf
- <https://olmstedcenter.org/low-vision-children/>
- <https://kidshealth.org/en/parents/hear.html>

Recognizing Hearing impairment

- <https://www.asha.org/public/hearing/Causes-of-Hearing-Loss-in-Children/>
- <https://www.hear-it.org/10-signs-that-your-child-may-have-a-hearing-loss>
- <https://www.healthyhearing.com/help/hearing-loss/children>
- <https://www.phonak.com/ca/en/hearing-loss/hearing-loss-in-children/signs-and-causes-children.html>
- <https://familydoctor.org/condition/hearing-problems-in-children/>
- <https://www.cochlear.com/us/en/home/diagnosis-and-treatment/diagnosing-hearing-loss/signs-of-hearing-loss-in-children>
- <https://www.cdc.gov/ncbddd/hearingloss/index.html>

Halton resources – Hearing & Vision

- <https://www.erinoakkids.ca/Services/Services/Infant-Hearing-Services/Audiology-Services-in-Halton,-Peel-and-Dufferin.aspx>
- <https://www.voicefordeafkids.com/>
- <https://www.halton.ca/For-Residents/Public-Health/Visual-Health-For-Children>
- <https://www.erinoakkids.ca/Services/Services/Vision-Services.aspx>
- <https://ldahh.ca/information-and-resources/professionals/>

Recognizing Learning Disabilities

- <https://www.nichd.nih.gov/health/topics/learning/conditioninfo/signs>
- <https://www.helpguide.org/articles/autism-learning-disabilities/learning-disabilities-and-disorders.htm>
- <http://www.ldao.ca/introduction-to-ldsadhd/what-are-lds/some-common-signs-of-lds/>
- <https://childmind.org/article/recognizing-learning-disorders-in-the-classroom/>
- <https://ldahh.ca/blog/learning-disabilities-signs-symptoms/>
- <https://www.healthychildren.org/English/health-issues/conditions/learning-disabilities/Pages/Learning-Disabilities-What-Parents-Need-To-Know.aspx>
- <https://raisingchildren.net.au/pre-teens/school-education/learning-difficulties/learning-disabilities-faqs>

- <https://ldahh.ca/>
- <http://haltoncentre.ca/ct-learning-difficulties/>

Useful Halton Resources for Parents

- ROCK - <https://rockonline.ca/>
- Halton Healthcare - <https://www.haltonhealthcare.on.ca/>
- The Halton Resource Connection - <https://thrc.ca/>
- Community Living Oakville - <https://oakcl.org/>

Recognizing Autism or Autism Spectrum

- <https://nationalautismassociation.org/resources/signs-of-autism/>
- <https://www.healthychildren.org/English/health-issues/conditions/Autism/Pages/Early-Signs-of-Autism-Spectrum-Disorders.aspx>
- <https://www.autismspeaks.ca/about/about-autism/learn-the-signs-of-autism/>
- <https://www.cdc.gov/ncbddd/autism/signs.html>

- <https://childmind.org/guide/guide-to-autism-spectrum-disorder/>
- <https://autismcanada.org/about-autism/early-signs/>

Supporting Parents – Autism/Autism Spectrum

- The following resources are to support parents of children with autism/autism spectrum
- <https://www.helpguide.org/articles/autism-learning-disabilities/helping-your-child-with-autism-thrive.htm>
- <https://www.autismspeaks.org/support-family-members>
- <https://www.hanen.org/SiteAssets/Articles---Printer-Friendly/Clinical---Program-Support/Supporting-Parents-of-Children-with-Autism-Spectru.aspx>
- http://www.children.gov.on.ca/htdocs/English/documents/specialneeds/autism/aprk/Autism_Parenting_Kit_English.pdf
- <https://www.autismontario.com/programs-services/under-18/family-supports>
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Additional resources

- <https://infoaboutkids.org/>
- <http://www.children.gov.on.ca/htdocs/english/earlychildhood/index.aspx>