



# Welcome to Kindergarten 2022

## Local Supports and Resources

### Early Identification

- [Front Door](#) provides support in accessing mental health services and supports in Waterloo Region for children and youth.
- [KidsAbility](#) provides programs and services for children and youth. Programs and services include: occupational therapy, speech and language, autism services, behaviour support services and more.
- [Zero2Six](#) is a program geared to families with children birth to six years of age to support areas such as positive parenting strategies, social and emotional development, behavioural challenges and others. This program offers one-time individual consultations and/or ongoing home-based support.

### Multicultural Resources

- [Kitchener-Waterloo Multicultural Centre](#) provides support and assistance to newcomers to our community and then later to provide interpretation and translation services.
- [YMCA of Three Rivers Immigrant Services](#) provides support, programs, services and workshops for families and individuals who are newcomers to Waterloo Region.
- [Anishnabeg Outreach](#) Provides indigenous people with access to culturally appropriate services and supports.

### Recreation and Child Care Support

- [Fee Assist](#) provides opportunities for families to access fee assistance for activities and programs offered by the YMCA of Three Rivers including recreation programs, camping and more!
- [OneList Waterloo Region](#) provides opportunity for families to register for licensed child care as well as some before-and-after school programs in Waterloo Region.
- [The Region of Waterloo's Child Care Subsidy Program](#) provides financial assistance for qualifying families to support access to high-quality Child Care programs within Waterloo Region.

### Referrals and Parenting Resources

- [Carizon](#) provides a variety of programs and services to support children, youth, adults, families and/or couples in achieving overall well-being.
- [EarlyON | Waterloo Region](#) provides free, engaging, high-quality programs and services for children up to six years old and their parents, and caring adults.
- [Family Compass Waterloo Region](#) is a one-stop hub for locating services, resources and supports in Waterloo Region for families, children and youth.
- [Parenting Now](#) is an online support for parents who want to connect with others about their parenting journey, locate resources and find support within the community.
- [Region of Waterloo Public Health and Emergency Services](#) provides resources and supports on a wide variety of topics including: children with special needs, dental health, child safety, parenting support, positive parenting, and more.



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### Child Development and Early Intervention

- [Family Compass Waterloo Region](#) One-Stop Hub for Locating Services, Resources and Supports in Waterloo Region for Families, Children and Youth
- [LookSee](#) Developmental Checklists for Children 1 Month to 6 Years of Age
- [Eye See...Eye Learn](#) Optometry Program Providing a Free Pair of Glasses to Children Entering Junior Kindergarten
- [KidsAbility Communication Checkup Tool](#) Screening questions that can help determine if a referral for assessment is needed to a speech and language pathologist, provides peer connections and shares community resources designed for families and exceptional individuals both with and without a diagnosis, creating life-long impact.
- [Waterloo Region Family Network](#) facilitates peer connections and provides community resources to support exceptional individuals and families with or without a diagnosis.

### Developing a Love of Reading

Your **local Library** provides access to books, resources, programs and services for children, youth, families and adults. We encourage all families to [Cuddle Up and Read](#) together. It is important to continue to talk, sing and read in your child's [home language](#). Please see below for local information:

- [Region of Waterloo Library](#) membership is free and available to residents of Townships of North Dumfries, Woolwich, Wellesley and Wilmot within Waterloo Region.
- [Idea Exchange](#) membership is free to residents of the City of Cambridge.
- [Kitchener Public Library](#) membership is free to residents of the City of Kitchener or who live within Waterloo Region.
- [Waterloo Public Library](#) membership is free to residents of the City of Waterloo and select other communities.

### Getting Ready for School

- [Getting Ready for Kindergarten](#) Waterloo Region District School Board Handout Available in Multiple Languages
- [Learning to Play and Playing to Learn: Getting Ready for School](#) Resource for Parents from Best Start
- [Ministry of Education Full Day Kindergarten Website](#) Province of Ontario Full Day Kindergarten website
- [TVO Learn for Kindergarten](#)

### Healthy Eating and Nutrition

- [School Lunch Your Kids Will Munch](#) Region of Waterloo Public Health and Emergency Services Handout
- [Canada's Food Guide](#) Government of Canada Resource
- [UnlockFood.ca](#) Nutrition information and resources from Dieticians of Canada
- [Nutri-Estep](#) Toddler and Preschooler Nutrition Information and Screening