



# Welcome to Kindergarten 2021

## Local Supports and Resources

### Links to Community Services and Resources to support your family

#### Child Care Support

[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.

#### 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.

#### Employment and Newcomer Resources

[YMCA of Three Rivers Employment Services](#) supports individuals who are looking to build skills, find employment and/or explore career opportunities as well as other employment related supports.

[YMCA of Three Rivers Immigrant Services](#) provides support, programs, services and workshops for families and individuals who are newcomers to 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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## Transitioning to Kindergarten Supports and Resources

### 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

### Developing a Love of Reading

Your **local Library** provides access to books, resources, programs and services for children, youth, families and adults. 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 Wilmont 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

### 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