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# Things to do while you are waiting for Early Intervention Services in Simcoe County

Given that waitlists are a reality in our world, we have worked hard to compile what we believe to be the 10 most helpful things that you can do while waiting for our services to begin.

Research tells us that the experiences and relationships your child has in the first few years of life actually shape his or her developing brain. Therefore YOU are your child's first and most important teacher. So let's get started!

# 1

## Watch "Next Steps with Early Intervention"

<https://www.simcoe.ca/dpt/ccs/early>



In this 15-minute module you will learn about different early intervention services that your child has been or may be referred to. You will learn about how these services may support you and your child. You will hear from other parents who have engaged with our services.

## Involve your child in appropriate activities



Children learn best during every day routines, activities and conversations. Get outside! Check out the library and consider visiting your local EarlyON Child & Family Centre.

# 2

# 3

## Use Screen Time Wisely

For children under 2, discourage screen media other than video chatting given its interactive nature. For children 2 to 5, limit screen time to one hour per day. Avoid using screens to calm your child when upset as this could affect their ability to calm on their own.

# 4

## Watch "Calm, Alert & Ready to Communicate"

Are you concerned about your child's speech-language skills, activity level and/or ability to participate in daily routines? Watch this 2-part presentation on RVH CDS YouTube Channel.

<http://bit.ly/CalmAlertReady>



# 5

## Access New Path Child & Family Services

*Because mental health can't wait.*

Consider attending a free New Path Walk-in Clinic if you have concerns with your child's behavior or social-emotional development. Visit [www.newpath.ca](http://www.newpath.ca) for more information.

# 6

## Watch "From Cries to Words", "From Words to Sentences", or "From Sentences to Stories"



Learn about important pre-language skills, strategies to build vocabulary, oral language and early literacy skills. Modules vary in length from 13 to 16 minutes and are located on RVH Children's Development Services YouTube Channel.

<http://bit.ly/Cries2Stories>

## Printable Resources

For a variety of handouts ranging from the importance of tummy time to getting your child ready for school, visit [www.earlyintervention.simcoe.ca](http://www.earlyintervention.simcoe.ca) and click on Printable Resources.

# 7



# 8

## Favorite Websites

Check out some of our favorite websites:

[www.hanen.org](http://www.hanen.org)  
[www.firstwordspj.com](http://www.firstwordspj.com)  
[www.stutteringhelp.org](http://www.stutteringhelp.org)  
[www.autismnavigator.com](http://www.autismnavigator.com)

[www.self-reg.ca](http://www.self-reg.ca)  
[www.canchild.ca](http://www.canchild.ca)  
[www.pathways.org](http://www.pathways.org)  
[www.zerotothree.org](http://www.zerotothree.org)

## Consider Private Services

# 9

Check your health care benefits to see if private therapy services are covered.

For SLP: [www.caslp.com](http://www.caslp.com)

For OT: [www.coto.com](http://www.coto.com)

For PT: [www.collegept.org](http://www.collegept.org)

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