

ONE KIDS PLACE – TIER 1 RESOURCES

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OCCUPATIONAL THERAPY

TOPIC	AGE	RESOURCES	LANGUAGE
SELF REGULATION	All Ages	Self-regulation for caregivers/ Autorégulation pour les parents <ul style="list-style-type: none"> - Heavy work suggestions for home/ Suggestions d’activités pour la maison - The proprioceptive system/Le système proprioceptive - The vestibular system/ Le système vestibulaire 	English/ French
	All Ages	Self-regulation for teachers/ Autorégulation pour les enseignants <ul style="list-style-type: none"> - Air cushion/Coussins d’air - Body sock/Chaussette corporelles - Compression vests/Vestes de pression profonde - Weighted vests/ Vestes Lourdes - Weighted animals lap pads/Animaux et coussins lourds - Core strength/Force du tronc - Heavy work suggestions for the classroom/Suggestions d’activités proprioceptive pour la salle de classe - Self-regulation for the classroom/ Stratégies d’activités pour la salle de classe - The proprioceptive system/Le système proprioceptive - The vestibular system/ Le système vestibulaire - Rocker seats/Chaise berçantes - Wobble stools/Tabourets occillants - Integrating movement in the classroom/Intégration du mouvement dans la salle de classe 	English/ French
VISUAL PERCEPTUAL SKILLS	All Ages	Visual perception for caregivers and teachers/Perception visuelle pour les parents et les enseignants <ul style="list-style-type: none"> - Visual closure/Fermeture visuelle - Visual discrimination/Discrimination visuelle - Visual figure ground/Perception figure fond - Visual form constancy/Constance de la forme - Visual memory/Mémoire visuelle - Visual sequential memory/Mémoire visuelle séquentielle - Visual spatial relations/Relations visuo-spatiales 	English/French
SELF CARE	All Ages	Self-care for caregivers and teachers/Prendre soin de soi pour les parents et les enseignants <ul style="list-style-type: none"> - Buttoning skills/Manipulation des boutons - Zipper skills/Manipulation des fermetures éclairées - Drinking from an open cup/Boire d’un verre ou une tasse sans couvercle - Feeding 6 – 12 months/Trucs pour l’alimentation des bébés de 6 – 12 mois - Feeding your baby; moving from purées to table textures/ Nourrir votre bébé; des purées aux solides - Toileting/Entraînement à la propreté - Wiping after toileting/S’essuyer après avoir été a la toilette - Tying shoelaces/Attacher ses lacets - Dressing/Stratégies pour l’habillement - Tips for picky eating/ Trucs pour les mangeurs difficiles 	English/French

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TOPIC	AGE	RESOURCES	LANGUAGE
FINE MOTOR	All Ages	Fine motor for caregivers/Motricité fine pour les parents <ul style="list-style-type: none"> - Crossing midline/Traverser la ligne médiane - Developing pencil grasp/Développement d'une prise de crayon - Developing scissor skills/ L'apprentissage du découpage - Developing cutting/L'apprentissage du découpage - Pre-cutting skills/ Utilisation des ciseaux - Finger isolation/Dissociation des doigts - Hand control development/Contrôle de la main - In-hand manipulation/Manipulation dans la main - Tips to help left handed students/Comment aider être gaucher 	English/ French
	All Ages	Fine motor for teachers/ Motricité fine pour les enseignants <ul style="list-style-type: none"> - Crossing midline/Traverser la ligne médiane - Developing cutting/L'apprentissage du découpage - Pre-cutting skills/ Utilisation des ciseaux - Finger isolation/Dissociation des doigts - Hand control development/Contrôle de la main - In-hand manipulation/Manipulation dans la main - Tips to help left handed students/Comment aider être gaucher 	English/ French
SCHOOL READINESS	3.5 years and up	Preparing for school for caregivers/Préparation à l'école pour les parents <ul style="list-style-type: none"> - Preparing for JK/Préparation à la maternelle - Preparing for SK/Préparation au jardin - Preparing for Grade 1/Préparation pour la première année - Preparing for Grade 2/ Préparation pour la deuxième année - Fine motor and self-care checklist; 3-4 years old/Développement de la motricité fine et des soins personnels; 3 – 4 ans - Fine motor and self-care checklist; 4 year old/Développement de la motricité fine et des soins personnels; 4 ans - Fine motor and self-care checklist; 5 year old/Développement de la motricité fine et des soins personnels; 5 ans - Fine motor and self-care checklist; 6 year old/Développement de la motricité fine et des soins personnels; 6 ans 	English/French
	3.5 years and up	Preparing for school for teachers/Préparation à l'école pour les enseignants <ul style="list-style-type: none"> - Setting up your classroom Kindergarten/ Préparation de la salle de classe pour la maternelle - Setting up your classroom Grade 1/ Préparation de la salle de classe pour la première année - Setting up your classroom Grade 2/ Préparation de la salle de classe pour la deuxième année 	English/French

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VISUAL MOTOR SKILLS	All Ages	<p>Visual motor for caregivers/Visuo-moteur pour les parents</p> <ul style="list-style-type: none"> - Pencil grips/ Adaptateurs de crayon - Alternative pencil grips/Adaptateurs de crayon alternatifs - Heavy pencil pressure/Forte pression sur le crayon - Light pencil pressure/Faible pression sur le crayon - Colouring/Desinner - Copying drawings/Copier des dessins - Developing pre-printing/Développement d’habiletés de pré-écriture Journal strategies for pre-printers/Stratégies d’écriture pour le journal - Drawing lines/Dessiner des lignes - Drawing shapes/Dessiner des formes - Printing lines/Lignes d’écriture - Printing practice at home/Exercices d’écriture pour la maison - Letter and number formation/Formation de lettres et des chiffres - Printing program/Programme d’écriture 	English/French
	All Ages	<p>Visual motor for teachers/Visuo-moteur pour les enseignants</p> <ul style="list-style-type: none"> - Pencil grips/ Adaptateurs de crayon - Alternative pencil grips/Adaptateurs de crayon alternatifs - Heavy pencil pressure/Forte pression sur le crayon - Light pencil pressure/Faible pression sur le crayon - Weighted pencils/Crayons à poids lourds - Colouring/Desinner - Copying drawings/Copier des dessins - Drawing lines/Dessiner des lignes - Drawing shapes/Dessiner des forms - Printing lines/Lignes d’écriture Journal strategies for pre-printers/Stratégies d’écriture pour le journal - Letter and number formation/Formation de lettres et des chiffres - Visual motor development in the classroom/Développement des habiletés visuo-motrice pour la salle de classe - Written work modifications/Modifications des travaux d’écriture 	English/French

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SPEECH AND LANGUAGE

TOPIC	AGE	RESOURCES	LANGUAGE
RECEPTIVE (Understanding) AND EXPRESSIVE (Using) LANGUAGE	All Ages	Help Your Child Learn More Than One Language / L'apprentissage de plus d'une langue	English/ French
	0 – 3 years	Help Your Child Develop Early Language / Développez le langage de votre jeune enfant	English/French
	2 – 4 years	Help Your Preschooler Develop Language / Développez le langage de votre enfant préscolaire	English/French
	All Ages	Using Songs to Promote Language / Encouragez le langage avec les chansons	English/French
	All Ages	Using Play to Promote Language / Encourager le langage avec des jeux	English/French
	All Ages	When Communication Causes Frustration / Quand les problèmes de communication sont source de frustration	English/French
	0 – 5 years	Tips for Building Your Child's Speech and Language Skills ; This website provides videos, information and tips from the Eastern Ontario Health Unit on Speech and Language developmental milestones;	English
	0 – 5 years	Why Interaction Matters ; These videos from the Hanen Centre explain why so much of what we work on in speech and language is based on back and forth interaction https://www.youtube.com/watch?v=KAFcJVJHLCU https://www.youtube.com/watch?v=QJAgWdYM_og&t=18s	English
	6 months - 5 years	Speech and Language Milestones ; Children begin communicating with the world around them from the moment they are born. Approximately one in 10 children with difficulties have a speech or language challenge. You can learn more about what milestones you should be looking for your child to reach at each stage in their development	English
	0 – 5 years	Being the Bridge (e-learning) This e-learning course was created to provide parents with information and strategies to promote your child's understanding and use of language at home https://childdevelopmentprograms.ca/elearning-modules/being-the-bridge/	English
	0 – 5 years	The Power of Play (e-learning) This e-learning course provides information on how play skills and peer interaction skills develop, as well as strategies on promoting your child's understanding and use of language within playful activities at home https://childdevelopmentprograms.ca/elearning-modules/the-power-of-play/	English
	0 – 5 years	Best Beginnings- A Guide for Promoting Social and Emotional Health of Children (e- learning) This guide provides information and tips to understand and promote social and emotional development. https://childdevelopmentprograms.ca/elearning-modules/best-beginnings/story_html5.html	English

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SCREEN TIME	All Ages	This document gives you some guidelines and information on what can you do to make the most of “Screen Time”? Screen Time Handout 2.docx	English
SPEECH SOUND DEVELOPMENT (Articulation)	All Ages	Speech Sound Development / Développement des sons de la parole	English/French
	3.5 years and up	E-Learning Modules- Let’s Make sounds; These modules have been developed to help you work on your child’s articulation at home Module 1 - https://childdevelopmentprograms.ca/elearning-modules/Introduction/index.html Module 2 - https://childdevelopmentprograms.ca/elearning-modules/Background/index.html Module 3 - https://childdevelopmentprograms.ca/elearning-modules/Making%20Sounds/index.html	English
STUTTERING AND FLUENCY	All Ages	Help Your Child Who Stutters / Comment aider un enfant qui bégaie ers.pdf	English/French
VOICE	All Ages	Taking Care of Your Child’s Voice	English
SOCIAL COMMUNICATION /AUTISM	All Ages	Help Your Child Develop Social Communication Skills / Aider votre enfant à développer la communication sociale	English/French
	0 - 16 months	First Word Project This website looks at Early Social Communication Milestones: https://firstwordsproject.com/about-16by16/	English
LITERACY	0 – 5 years	Using Reading to Promote Language Development/ Promouvoir le langage par la lecture	English/French
	2 – 4 years	What Young Children Should Know Before They Start School This video by the Hanen Centre gives some information about what emergent literacy skills are and why they are so important https://www.youtube.com/watch?v=JI63WXPVsnw	English
	0 – 4 years	These documents provide information on the importance of early literacy skills, as well as tips on promoting literacy	English/French