Additional Resources for Practical Supports for Early Learners

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Toilet Training

Resources

Helpful websites:

- Potty Training – Healthy Children.Org by the American Academy of Pediatrics
  https://www.healthychildren.org/English/ages-stages/toddler/toilet-training/Pages/default.aspx
- Create a Potty Training Plan for Your Child – Healthy Children.Org by the American Academy of Pediatrics
  https://www.healthychildren.org/English/ages-stages/toddler/toilet-training/Pages/creating-a-toilet-training-plan.aspx
- Signs of Toilet Training Readiness – Parenting Science
  Signs of toilet training readiness: When to start, and when to wait (parentingscience.com)
- Comparing Toilet Training Techniques – Parenting Science
  https://parentingscience.com/potty-training-techniques/
- "Fast Track" Toileting – Parenting Science
  https://parentingscience.com/toilet-training-techniques/
- Toilet Learning – Caring for Kids by the Canadian Paediatric Society
  https://caringforkids.cps.ca/handouts/behavior-and-development/toilet_learning
- Why Toilet Training is Important – Surrey Place
  https://www.surreyplace.ca/resources/how-to-get-started-with-toilet-training/

Sleep

- How to help your child get a good sleep – Sunnybrook Hospital:
  https://www.youtube.com/watch?v=8ufR3ukFwY8

- Bedtime Calculator - American Academy of Sleep Medicine https://sleepeducation.org/healthy-sleep/bedtime-calculator/
- National Sleep Foundation https://www.thensf.org/
- Bedtime Routine Tips – Hands the Family Help Network https://thefamilyhelpnetwork.ca/wp-content/uploads/2022/05/Bedtime-Routine-Tip-Sheet-EN-04.25.22.pdf
- Bedtime Tips for School-Aged Children – Healthy Children https://www.healthychildren.org/English/healthy-living/sleep/Pages/Bedtime-Routines-for-School-Aged-Children.aspx
- Bedtime Routines - Connectability https://connectability.ca/2011/10/04/bedtime-routines/
- The Bedtime Pass – American Academy of Pediatrics https://www.apa.org/pubs/books/supplemental/pediatric-sleep-problems/The_Bedtime_Pass.pdf
- Bedtime Pass for Managing Sleep Problems – Kids Health https://www.kidshealth.org.nz/bedtime-pass-managing-sleep-problems

Fine and Gross Motor Skills

- Centre for Disease Control and Prevention: *CDC's Developmental Milestones.* https://www.cdc.gov/ncbddd/actearly/milestones/index.html
- CanChild: *Children with DCD at Home at School and in the Community.*
- https://www.canchild.ca/en/resources/112-children-with-dcd-at-home-at-school-and-in-the-community-booklet
- Develop Learn Grow – Fine motor and writing articles. https://developlearngrow.com/category/fine-motor/
- Develop Learn Grow – Sensory learning and brain breaks articles. https://developlearngrow.com/category/sensory-activities/
- Empowered Parents: *The Stages of Drawing Development in Children: 0-6 Years*. https://empoweredparents.co/child-development-drawing-stages/
- Move and Play Paediatric Therapy: *Low Muscle Tone – what is it, and what does it mean for my child?* https://www.moveplaypaedtherapy.com.au/low-muscle-tone-what-is-it-and-what-does-it-mean-for-my-child/
- Learning Without Tears – free webinars. https://www.lwtears.com/webinar
- Healthline: *W-Sitting Concerns* https://www.healthline.com/health/baby/w-sitting#concerns
- Growing Hands on Kids – *Scissor Skill Development Checklist for Ages 2-6* (with pictures). https://www.growinghandsonkids.com/scissor-skill-development-checklist-for-ages-2-6.html

Stuttering

For additional resources stutteringhelp.org.

Sensory Processing

Videos:

- Brain Highways: *The Proprioceptive System.* https://www.youtube.com/watch?v=b2iOliN3fAE

Websites:

- Aide Canada: *Sensory Processing Differences Toolkit*, by Dr. Fakhri Shafai, Moira Peña, Elsbeth Dodman. https://aidecanada.ca/resources/learn/sensory-regulation/sensory-processing-differences-toolkit
- Child Mind Institute: *How Sensory Processing Issues Affect Kids in School.* https://childmind.org/article/how-sensory-processing-issues-affect-kids-in-school/
- STAR Institute: *Resources for Parents and Professionals.* https://sensoryhealth.org/basic/resources-for-parents-and-professionals
- STAR Institute: *Your Eight Senses.*https://sensoryhealth.org/basic/your-8-senses#f8
- For more information about how each sensory system works, you can visit https://sensoryhealth.org/basic/your-8-senses#f8

Books:

- *Building Bridges Through Sensory Integration, 3rd Edition: Therapy for Children With Autism And Other Pervasive Developmental Disorders* (2015). Paula Aquilla, Ellen Yack & Shirley Sutton.

Self-Regulation

Videos:

- Co-regulation In Action Video Series Co-Regulation in Action Video Series: Introduction (youtube.com) https://www.youtube.com/watch?v=3fW1l30Y1E4

Helpful Websites:

- Harvard Health: *Co-regulation: Helping children and teens navigate big emotions*. https://www.health.harvard.edu/blog/co-regulation-helping-children-and-teens-navigate-big-emotions-202404033030
- The Hanen Centre: *Why self-regulation is important for young children.* https://www.hanen.org/Helpful-Info/Articles/Why-Self-regulation-Is-Important-for-Young-Childre.aspx#:~:text=Self%2Dregulation%20is%20a%20key,Attention%20and%20problem%2Dsolving%20skills
- The MEHRIT Centre: https://self-reg.ca/self-reg-101/
- The Whole-Brain Child handouts from Dr. Dan Siegel https://drdansiegel.com/whole-brain-child-handouts/
- Zones of Regulation: *Learn more about the zones*. https://www.zonesofregulation.com/learn-more-about-the-zones.html

Sample Self-Regulation Programs:

- Social Thinking programs, by Michelle Garcia Winner, including You Are a Social Detective, The Incredible Flexible You, We Thinkers, and Superflex Programs. For more information, visit: https://www.socialthinking.com/
- The Alert Program, by Williams, M.S. & Shellenberger, S. (1995). For more information, visit: https://alertprogram.com/resources/
- The Incredible 5 Point Scale, by Kari Dunn Baron. For more information, visit: https://www.5pointscale.com/
- The Zones of Regulation, by Leah Kuypers (2011). For more information visit: https://zonesofregulation.com/how-it-works/

Books:

- Calm, Alert and Learning, by Stuart Shanker (2013).
- Self-Reg: How to help your child (and you) break the stress cycle and successfully engage with life, by Stuart Shanker (2016).
- The Whole-Brain Child, by Daniel Siegel and Tina Payne Bryson (2012).
- The Zones of Regulation (manual), by Leah Kuypers (2011).

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