St. Joseph School: Ready, Set, Learn

https://sjn.cisnd.ca/o/sjs/page/ready-set-learn

Helpful links and resources

Early Learning Framework

A Guide for Families - https://www2.gov.bc.ca/assets/gov/education/early-learning/teach/earlylearning/elf-a-guide-for-families.pdf

B.C.'s Early Learning Framework guides and supports early childhood educators, Strong Start BC facilitators, early years professionals, service providers, communities, and governments in providing rich early learning experiences for children from birth to age 8.

https://www2.gov.bc.ca/gov/content/education-training/early-learning/teach/early-learning-framework

Interior Health

Information about school health services provided by public health staff.

Welcome to Kindergarten & Health Hints for kindergarten:

https://www.interiorhealth.ca/sites/default/files/PDFS/823125-letter-to-kindergarten-parent.pdf

https://www.interiorhealth.ca/sites/default/files/PDFS/health-hints-for-kindergarten-colour-version.pdf

Child Care Resource and Referral (CCRR)

Child care Resource and Referral Centres have lists of quality child care options for each community across BC. Staff can discuss types of child care, affordable child care benefit, ways of supporting your child through transitions and share community resources. CCRR's also provide workshops and professionals development opportunities for early years professionals.

https://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children

CCRR: West Kootenay - https://kootenaykids.ca/programs/child-care-resource-and-referral/

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Anxiety BC: Separation Anxiety during the first days of Kindergarten

Tips for parents and child care providers to support children through the transition process and separation anxiety:
http://anxietycanada.com/wp-content/uploads/2018/08/Separation-Anxiety-Doc-FINAL-2.pdf

Play

https://www2.gov.bc.ca/gov/content/education-training/early-learning/support/play#letsplay

Resources and ideas to support your child's engagement in play.

- **Play Today:** https://www2.gov.bc.ca/assets/gov/education/early-learning/teach/earlylearning/play_today_family_guide.pdf
- **Let's Play:** https://www2.gov.bc.ca/assets/gov/education/early-learning/teach/earlylearning/lets-play-activities-for-families.pdf
    - **Set 1 Let's Play, Engagement:** https://www2.gov.bc.ca/assets/gov/education/early-learning/teach/earlylearning/lets-play-engagement.pdf
    - **Set 2 Let's Play, Communication:** https://www2.gov.bc.ca/assets/gov/education/early-learning/teach/earlylearning/lets-play-communication.pdf
    - **Set 3 Let's Play, Identities:** https://www2.gov.bc.ca/assets/gov/education/early-learning/teach/earlylearning/lets-play-identities.pdf
    - **Set 4 Let's Play, Well-Being:** https://www2.gov.bc.ca/assets/gov/education/early-learning/teach/earlylearning/lets-play-well-being.pdf

Appetite to Play

Healthy Eating and Physical Activity in the Early Years
https://appetitetoplay.com/