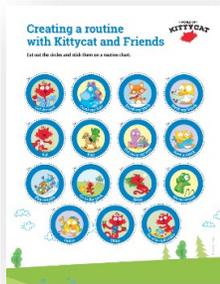


# Tons of Fun Ways to Help Your Child Get Ready for School!



Connexions is pleased to offer you and your pre-schooler this **2021 School Readiness Kit** to help you guide your child to a successful transition into pre-k or kindergarten. Parents and guardians play a major role in preparing their child for that first day of school, so we hope this School Readiness Kit helps you along the way.

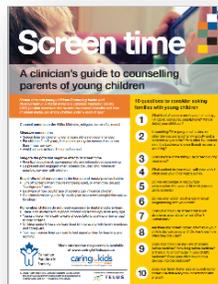
Here is a sneak peek at some of the useful resources we have included just for you!



Routine



Physical Activities



Screen Time

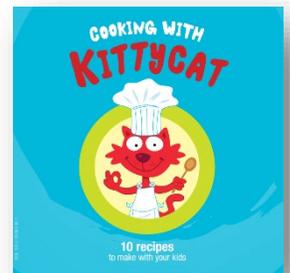


Parenting Tips



The Connexions team has also put together some cool activities that you and your child can enjoy together! You will find crayons & scissors, colouring pages, activity sheets with mazes & *Find the Difference* games, and more fun stuff that will help your child improve their fine motor and hand-eye coordination skills. We have even included some craft sticks, so your child can colour, cut and create their very own Reading Buddies. 😊 And make sure to use that extra room in your duo-tang to add your own fun activities.

Because healthy cooking and healthy eating is such an important part of our day-to-day, we have added tools to make this activity even more fun and educational for your child. Check-out *Canada's Food Guide* for revised guidelines (*Eat well, Live well*), have fun cooking recipes with Kittycat, and involve your child in making colorful lunches with rainbow-coloured ideas!



As speech language development in early childhood is among Connexions' priorities for the coming years, we have also included some helpful Talk Box resources that include talking & listening tips, as well as myths and facts about bilingualism. In the coming months, we will be hosting events on this topic.

**So make sure to stay in the know! Subscribe as a Connexions member and receive our special email notices on upcoming events** ([centreconnexions.org/membership](https://centreconnexions.org/membership)). Pssst: It's free 😊

This project, which will provide over 700 School Readiness Kits for pre-schoolers in the Outaouais, was made possible through the collaboration of the following organizations:



**Connexions Resource Centre** is your link to a healthy community. Connexions provides health and social service information, referrals and supports to help the English-speaking population access health and social services in the Outaouais (see document in Kit).

For more information, visit: [centreconnexions.org](http://centreconnexions.org).  
Discover our amazing list of resources for families & children:  
[centreconnexions.org/community-services/children-families/](http://centreconnexions.org/community-services/children-families/)



**The Western Quebec School Board** focused on the important issues around school success. They provided guidance on the content of the School Readiness Kit and facilitated the distribution of the Kits through its schools.

Bookmark their website at: [westernquebec.ca](http://westernquebec.ca).  
Make sure to check-out their webpage on Kindergarten as they provide tons of great tools:  
[westernquebec.ca/registration/kindergarten/](http://westernquebec.ca/registration/kindergarten/)



A special thank you to **Naître et Grandir** who provided several items included in this kit.

Make sure to check-out their website for a great list of resources for parents, from pregnancy to the early years (0-8):  
[naitreetgrandir.com/en/feature](http://naitreetgrandir.com/en/feature).



Without the financial support of Centraide Outaouais, this School Readiness Kit would not have been possible.

Find out more about this organization by visit their website at:  
[centraideoutaouais.com/en](http://centraideoutaouais.com/en)