

Home for the Holidays Webinar Transcript 2020-12-15

Welcome & introductions

It's my pleasure to welcome everyone. My name is **Diane Savage**, and I'm Vice President of experience and transformation at Holland Bloorview Kids Rehabilitation Hospital. Thank you for joining us for an exciting conversation this evening: Home for the Holidays: Sharing tips and resources for families with children with special needs. You would have received a tip sheet earlier today with webinar information about zoom, as well as some contact information for our very own Greg Vanden Kroonenberg - contact information available only for this webinar unfortunately - Greg is absolutely awesome and he'll do his very best to help you if you find that you're having any technical issues. A reminder that closed captioning is available for this webinar and the webinar is being recorded so that for at least a month, you will have access to review the content and a link will be sent to you after this presentation over the next couple of days. The Toronto District School Board and Holland Bloorview Kids Rehabilitation hospital are partnering as one team to offer ideas and tips to support you and your family in navigating this year's holiday season at home. COVID continues to have an impact on all areas of our lives. And we know this holiday is a time unlike any other. As parents and caregivers there's a lot on your shoulders, and we hope this will be the first in a series of webinars, where we partner with you to share and discuss the things that are most important to you, your children and youth. This is just one way we are coming together to make sure the voices of our children and families are heard. I will turn things over now to Sandra.

Hello, my name is **Sandra Puglielli** and I'm a special education inclusion coordinator with the leadership learning and school improvement department of the Toronto District School Board. My role includes special education program support and management, as well as liaising with community agencies to ensure student success and positive transitions. TDSB is very happy to be partnering with the Holland Bloorview and the Bloorview School Authority on this webinar.

And my name is **Sarah Nauman** and I am the principal of the Bloorview School Authority. Our school is fortunate to be housed in Holland Bloorview, and we have access to advice from our medical colleagues and we also have strong connections to the school board as many of our staff and students come from Toronto District School Board. We know that as parents of children with special needs, you are looking for information from healthcare and education that is specific to your child's needs and at Bloorview School we realized we were the perfect bridge to link our health care and education communities to create something truly special. We hope you find this webinar

helpful. There will be a feedback form sent out later. Please share your thoughts and ideas for future webinars. These are being designed for you so please tell us what you need. I will now turn it over to our panelists who will take us through the rest of the webinar. Enjoy.

[Sandra] Okay, so I'll be sharing some resources with you tonight after Laura and Payal share their tips.

Hi everyone my name is **Laura Howson-Strong**. I'm an occupational therapist and team lead at Holland Bloorview Kids Rehabilitation Hospital. I work both in the areas of the Transition Strategy for the start early stream, as well as for early learning and development. And now I'll pass it over to Payal.

Hello everyone, My name is **Payal Khazanchi**. I've been a family leader for over two years at Holland Bloorview Kids Rehabilitation Hospital, and my daughter who is a grade nine student receives therapeutic services at this hospital. In my role as family as faculty I co facilitate educational workshops and coaching sessions for parents, as well as students. Now I'll pass it back to you, Laura.

[Laura Howson-Strong]


Thanks Payal. And just to review we kindly ask that you use the Q&A section for your questions or comments throughout. And this is a safe space to ask those questions. So please be respectful of your language and your comments. And as discussed, there is closed captioning by clicking on the icon, that's there below.

So, just briefly in the next hour, we hope to share information and examples about building routines that support child and family wellbeing. And we hope to demonstrate parents support and information resources and networks. And just to know we will be emailing you this a copy of the slides as well as additional handouts, including further resources to you after this session.

Routines – why?

Routines - why?

- Children thrive with routine
 - The day is predictable. They know what is expected.
 - They can make choices within that routine.
- Routines enable habits and life skills
 - Example: First clean your room, then watch TV.
- Routines are especially important during times of stress
- Research shows a link between participating in family routines and emotional and social wellbeing



So to get started, we are just so grateful to welcome you all here today as we think together about the holidays and potentially what excitement or downtime that may bring, and also what changes, additional time, or potential stress that may also bring. So I'm going to begin by spending a minute talking about why we feel routines may be beneficial during these holidays, and then Payal will share her personal experiences.

So, to start, children benefit from routines as they offer predictability and research also shows that routines are important during times of stress or change, and are a way to support the wellbeing of your child or youth and your family. And in the case of the holidays, routines also give us a chance to understand and be made aware of these upcoming changes, and sometimes allow us to get excited or anticipate these upcoming activities. Routines provide us with habits, a sense of belonging and a sense of completion or a sense of mastery once you're able to work through those activities are those routines. And finally, routines also provide us with opportunities for practicing lifeskills, chores and responsibilities, including opportunities for increased independence. So once children become familiar with routines, they can begin to anticipate and from anticipation builds opportunities to practice starting or initiating those routines or activities. Maybe it's reminding others about those routines, or it could be completing those routines and perhaps when completing them with increased independence and that is of course recognizing that independence and participation will look different for all children and youth, and in all different households. Payal, what are your plans for the holiday? And maybe, what are the feelings that are associated with them – yours or your family members'?

[Payal Khazanchi]

Thanks, Laura. Actually I and my family members are really excited for the holidays, but this is holiday season will be very different as this has been a tough year like no other. Since all the family members would be home during the lockdown. Lots of planning will have to go into setting up a routine and schedule for the holidays to not only ensure the wellbeing of all the members, but also to have fun-filled holidays together. As parents, we have plenty on our plates already and building a routine, or a schedule will be one more thing added to that list. I will have to add extra time to my daily routine to plan and to create that schedule for each family member, but I believe it is important to invest this time now to build a family schedule by engaging in discussion with everyone for the upcoming holiday season.

From a parent's perspective, I also feel the outcome of having a schedule for the child and other family members would not only help everyone in the household, to know their share of chores and activities, ahead of time, but also the small efforts in building any routine can have big results for our children in the growing years and overall learning.

[Laura Howson-Strong]

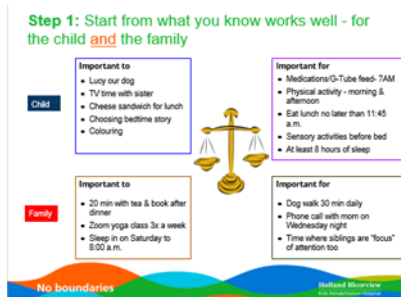
Routines – how?

Routines - how?

1. Start from what you know works well.
1. Create a daily schedule with a good variety of activities.
1. Build in "novel" activities.



Thanks Payal. So next up, this is just a small overview of where to start when building your own routines, and we're going to go through and talk through each of these steps and actually build an example to with Payal. So we'll just start with a general example or routine to begin.



When thinking about routines, it's important to consider the child's needs and also the needs of the parents or caregivers and other family members, so we try to balance what's important to a person, and in this case the child. So considering their interests, their strengths, their preferences. And we balance that with what's important for them. So to be healthy and safe and participate in their daily activities to the best of their abilities. And then we do the same prioritization and considerations for the family members. What's important to what's important for, and just remember the ideas listed above are just examples, and we know that your routines will be individual to your child or youth and your family's needs your family schedules and interests and so on.

So now we're going to go through the same process of thinking about Payal's priorities for herself, her daughter, her family - in order to create a routine for the holidays. So I will let Payal speak to this process in more detail next, but I will first just mention some questions and prompts that Payal and I used to think through these together. So when thinking about priorities for Payal's daughter, we talked about things like "What's important to your daughter's day that she really enjoys?" Or "What are parts of your daughter's day that she must do in order to participate best - like rest times or movement before work or bed for instance?" "Are there any medical or therapy aspects of her day that we need to capture and at what times?" "What chores or responsibilities does she currently do?" Or "Is there currently anything that you are working on that you'd like to dedicate specific time for? So for instance, maybe it's practicing brushing teeth. Maybe it's been practicing making breakfast or another goal that you and your are working on, or something to do with self care?"

Payal: Could you walk us through the process of the thinking that you did about what was important to and important for your daughter and your daily routine?

[Payal Khazanchi]

For my daughter's holistic development, this is the overview of activities that are both important to her and important for her on a daily and weekly basis. Since my daughter is attending school virtually nowadays, and attends a online, it is very important for her to have her room all spic and span. Every morning she makes her bed, and arranges the table before she switches her webcam on for the class. After lunch, to give her eyes some rest, she usually takes a break from a laptop and spends some time, time either

coloring, or playing board games with us. Evening time she utilizes by engaging in some kind of physical activity, either by taking a walk in the park, playing with the slime or building blocks. My daughter is actually very fond of food, both cooking, as well as eating! Therefore she loves helping me in the kitchen during dinner time with either washing vegetables cutting salad or by placing plates on the dining table.

And with regards to what is important for her, I have tried to adapt some of her school activities at home, such as yoga, that helps her feel calm and relaxed. Since she is doing homeschooling and does not have similar interactions with her classmates, as she would have had in pre COVID times, I did not want her to regress from her speaking skills. Therefore she connects with her cousins, grandparents, and friends on video calls through Skype and zoom and she speaks with them a few times in a week. She also attended a weekly conversation skills program at Holland Bloorview hospital to stay in touch with other youth, and that has really helped enhance her speaking skills. Online schooling has furthermore allowed her to have more time for her grooming and personal care, and she utilizes it nicely, by making her hair in different styles with colorful headbands. And because her daily intake of multivitamins are very important for her health, she has a reminder setup for herself to take them every evening before her dinner.

[Laura Howson-Strong]

Thanks Payal for sharing a little bit of your thoughts and prioritization for the discussion that you and your daughter had. We appreciate that. And so let's go through the same when thinking out what's important to and important for your family and all again just start by providing some examples of questions and prompts that we thought about with regards to your family priorities and scheduling. So some questions we discussed included "What's important to you and your family for the holidays?" "What do you need as a mother or caregiver throughout your day to ensure you might have energy, or some of your needs met?" Or "What other activities needs or self care time do other family members require?"

[Payal Khazanchi]

Thanks, Laura, actually, among the activities that have worked well for what is important to our family is to primarily have a family schedule for the week days around online work priorities meetings, and on weekends for grocery shopping. It has saved plenty of time for us by planning advance what meals are to be cooked for the week and doing some preparation for the same on the weekends. Having quiet time by either reading a book, or just having time by ourselves has really worked wonderfully for both myself and my husband, and helped us organize our days better. With regards to what is important for our family is having quality family time together, especially during these times. And we usually gather in the evening to either play board games such as Scrabble or watch a movie that is chosen by our kids. Since my other child is also doing online classes we ensure that he gets some quiet time as well, to study and to prepare for his upcoming exams. And in the current circumstances because we cannot meet or visit extended family and friends we have made it a point to schedule a time on the weekend to call or text, our friends and families and check in with them about their wellbeing.

Step 2: Create a daily schedule

Tentative times	Child/Youth	Parent / Other family members
8:00- 8:30 AM	Wake up/morning hygiene routine	Email catch up/work time
8:45- 9:30 AM	Breakfast & chores- make bed/ tidy room	Household chores or phone calls
10:00- 11:30 AM	Holiday activity time	
11:30 AM- 12:00 PM	Exercise- yoga	Yoga with family
12:00-1:00 PM	Lunch	Lunch with daughter
1:00- 2:30 PM	Screen time/teat	Quiet/ reading time
3:00- 4:00 PM	Practice conversation- Zoom with grandparents	
4:30-6:30 PM	Evening Walk/indoor games	Family time
6:00- 7:30 PM	Chores- help make dinner/ cookies etc.	Chores/ Dinner prep/ Plan for the next day

No boundaries Holland Blountview
The Blount County Family

[Laura Howson-Strong]

Thank you Payal for going through your considerations and thoughts when thinking about priorities for your family and their routines. So next up, here we go. We will look at Step two: Parts to making a routine. So let's review the next steps of creating this tentative daily schedule.

So we then took Payal's examples from - drawing from the ideas - thought through on the previous slide. And what Payal knows works in terms of timing and scheduling for her and her family. We included a mix of activities like the activity box examples on the right hand side of the slide, which we will go into in more detail on another slide. And we added these pieces to a daily schedule for all family members, and to note, we made this in a chart in kind of a Word document, but you may already have a schedule or outline that works for you and your family.

So Payal and I, we also thought about being deliberate about putting in a variety of activities throughout the day and the routine, including being deliberate about the timing of these activities. Payal and I, and then Payal, and subsequently Payal and her family, and Payal and her daughter considered what activities may calm her daughter down, and also thought about which activities may make her excited or make her want to move her body. And we ensured that they were offered at good times throughout the day. So for instance, perhaps having the calming activity before a learning activity or a movement activity and getting that energy out, before bedtime. And to remember this specific schedule is quite personal to Payal's individual needs, schedules and family, so yours will look different, and this is just a start to a very general routine. Payal, could you take us through your process of kind of taking your priorities and putting it into this daily schedule?

[Payal Khazanchi]

Sure, Laura. Actually I review this schedule with all my family members on a weekend. I usually have a handwritten plan for the week pasted over my refrigerator, so that it is visible and accessible to everyone. I review the plan with my daughter twice every week to remind her of the chores and activities and to see if she wants to add or change anything in there. As you said Laura this is just a general start but preparing a daily schedule like this helps us go through our day smoothly. I have timing set in here as to what works for me and my family. Parents and caregivers attending our session today, please feel free to change the timings all the times of the day that work the best for you

and your family and child's needs. As you can see, I have left some blank spots in the family's routine and I usually do so to have some flexibility around deciding on some activities on the spot such as engage in an indoor family game or bake some cookies together or go maybe for a walk depending on the weather or just help my daughter in cleaning her work room.

Step 2: continued Daily schedule tips

- Write it out. Post the schedule so everyone can see.
- Review the schedule at the start of each day and throughout the day.
- Involve children in choices and adjustments that make sense for their developmental stage. Examples:
 - **6 years:** Do you want to eat snack in the red bowl or blue bowl?
(alternates: type of snack, where to eat)
 - **14 years:** What type of lunch do you want (out of these 3 choices)?
What time of day should we schedule lunch?



[Laura Howson-Strong]

Thanks Payal for giving us a little insight into your holiday daily schedule that was very helpful. So next up. I'm going to briefly review some additional tips for building daily schedules. As Payal mentioned it's helpful to write out and post your schedule or have an option for everyone your family to see it. As well as Payal mentioned, it's helpful to review it at the beginning or end of your day, or perhaps the day prior or as your family needs - according to their schedule. It truly is important to involve your children in the routines, whether it be adjusting routines, creating and/or choosing activities for your routines, including providing choices and choice making within a routine, as this allows children/youth to feel an increased sense of control over their day. And it can sometimes assist with motivation to complete an activity because sometimes we might know what exciting activity is coming up next so we're motivated to get there.

Choice making will look differently for every child. So it may be, eye gazes, it may be that you know what's best. You know your child best and what their preferences are and how they react to preferred activities. It may be choice making using visuals or a communication device, or verbally or and so on.

So an example of a choice in a routine for children in the early years could be: "Do you want the red cup or the blue cup for snack?" Or choosing between two activities during a specific playtime. For others, or for older youth choice making in a routine could maybe be choosing the order of the daily activities or co-creating the schedule alongside you.

Step 3: Build in "novel" activities and special events to the regular daily routine

	Mon	Tues	Wed
Movement activity	Musical chairs	Youtube dance videos	Chair yoga
Holiday family activity	Bake cookies	Colour/make cards	Bring cards to neighbours
Lunch	Raptors theme lunch	Indoor picnic	"Green" lunch
Walk	Play "I spy"	Play "Follow the leader"	Play "Count off"



So another step and what we're going to talk about next to build in your holiday routine could be to add in novel activities or special events to your holiday schedule. These can add some excitement or silliness to your day or add some novelty to familiar or existing routines that you've been doing already. And to note, making something novel, can also be perceived as a change some and sometimes that is hard for children and youth, and that is okay, if it does not work out initially. It does not reflect your parenting, and it also does not mean that your routine is not working. It's just that coping with change is part of learning and growing up. Remember, give your routines time and be flexible. So now we'll pass it over to Payal to walk through how Payal added special events and novel activities to your holiday schedule.

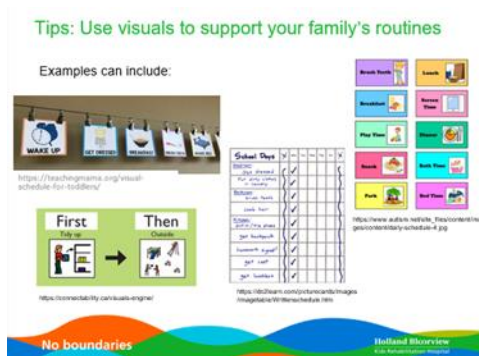
[Payal Khazanchi]

Thanks, Laura as we all know this year's holiday season for children will be very different from the usual ones as families and friends will be connecting with each other, either through their computer screens or phones, instead of in person visits. So we have to plan the activities in a novel way, as we all will be at home for the holidays and we will celebrate and participate from our home because of the pandemic lockdown. As we modify and adapt to this year's way of celebrating holidays what I have done here is provided a balance of both routine activities as well as special activities with some unique options. The children might also get bored of being at home, throughout the holiday season and kids are expecting some different kind of fun celebration and engagement from their parents. Some of the activities listed here might be helpful for you to plan your upcoming holidays. And for me for this year's holidays, I have a couple of plans to initiate along with my daughter, such as doing online shopping, making greeting cards for friends and neighbors, and then later dropping them off at their doorsteps. Build a gingerbread house, make phone calls to each of my daughter's friends to check in how they are doing and close our day by watching holiday movies on TV.

[Laura Howson-Strong]

Thanks so much Payal for sharing some of those examples they sound wonderful. And just to note for the audience. There were some ideas here that were new but quite innovative so green lunch is an example of really eating foods that are all green, or a specific color, but it just makes it a little novel or fun and similarly "count off". If it's applicable and meaningful to your child or youth, it really means you know "we're going to choose how many green trees we see or how many red cars we see, then count

them off but it really is just a way, just some ideas about making some novel choices within your routines.



So next up. There we go. We're just going to talk about using visuals as part of the routines, because using visuals is an important part of creating and communicating your holiday routines and any routines. It makes routines more concrete, and for, and for children who benefit from it. They can refer to this schedule throughout the day. And again, visuals are going to look different based on the needs of your family, your child and communication used in the home. So these are just some examples here, but your routine might be using pictures or visuals, it might be written on a black or a whiteboard or a piece of paper. It could be via a communication device or on an app, and so on. And so now we'll pass it over to Payal to provide an example of how you're sharing your family routines at home.

[Payal Khazanchi]

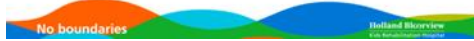
Thanks, Laura, actually in my home, a written schedule for the week has worked the best, and I revisit the daily schedule with my family, every evening. And this has benefited my daughter, a lot as sharing the list of chores has given her a sense of responsibility and a sense of control. It also enhances her strength of good memory, and she feels a sense of accomplishment by doing her share of chores. The excitement of achieving successes in her routines have helped in promoting feelings of confidence, and independence for her.

[Laura Howson-Strong]

Thanks Payal, what a great example. Thank you for sharing and Payal as I go to the next slide, do you think you could give us just some general tips including tips for adjusting your routines at home?

Tips: Adjust as you go

- Review and plan for your next day together.
- New routines or activities take time to learn and participate in - and that's okay!
- Be flexible. Take time to reflect - what is working well?
 - Adjust your expectations and plans if you need to. Not all things you try will work!

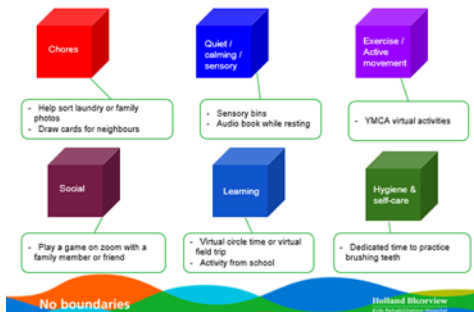


[Payal Khazanchi]

Sure Laura. Actually at my place I always engage my daughter in planning activities together at home. We co-create our schedules and that allows her to feel an equal participant in chores at home and her motivation has really increased over time. But I had to make some adjustments as new routines and initiatives take time to learn to understand and engage in. And I feel that's absolutely okay. It took me some time to realize that my daughter was curious to learn and do certain activities, but we needed to make some adjustments as she was hesitant to take the initiative and was not very confident, if she could do it all by herself.

One example of chores that I would like to share where we made some adjustments, is that of cutting salad. As I mentioned earlier, my daughter is extremely fond of food, especially vegetables. So we started off by practicing how to slice cucumbers with a plastic knife. Then we moved slowly on from the plastic knife to a butter knife, and she was able to chop cucumbers in different sizes. Now she is very comfortable in cutting salad, all by herself using a kitchen knife. These were small steps, and small successes that we were really thrilled about, and in my daughter's eyes were achievable tasks. This activity not only gave a confidence to chop cucumbers, but improved her hand eye coordination, as well, and strengthened her fingers and hands too. Now, it is in her daily evening routine to chop all kinds of vegetables, including onions, and she is so fond of cutting salad that she ensures a family's daily intake of salad is maintained!

Examples of resources



[Laura Howson-Strong]

Thank you Payal for that great example. And it sounds like maybe if you didn't kind of break it down into those smaller steps and maybe just started with the plastic knife that

it might not have gone as well and maybe she might not have done it, or wanted to do it as much. Interesting. Thank you.

And so for the final slide of our section. We just wanted to go back to those kind of activity examples that we found on several boxes before, and they're just review some of the examples of activity related resources and ideas that could be used within a routine. And do remember that there will be a handout that will be emailed at the end of this presentation or tomorrow, and it will include these resources and resources that Sandra will discuss as well as further resources to support creating a routine and filling in that routine with a variety of different activities that are different for every child and youth. So you can read these but I'll just give a few examples.

A learning activity could be a virtual circle time or a virtual field trip or an activity from school, like Payal referred to. Maybe the YMCA virtual classes could be a nice option for a new movement activity or a way to include maybe some physio pieces into a home activity or home. Home routine chores as Payal referred to could be helping a family member with laundry if they prefer physical tasks, or maybe it's sorting photos are doing virtual grocery shopping, dropping off cards to a neighbor's doorstep. I just love that idea, Payal. And then there's the other ones here as well. Giving dedicated time to hygiene and self care practice, you know some quiet, or, or low key rest activities like audio books or sensory bins. And of course these ideas and opportunities will also be informed by what you know your child or youth already likes, as well as looking through some of these new resources.

So next up, I'm going to pass it over to Sandra, who will present the section on resources and I'm also going to stop sharing the screen so that Sandra can share her screen and do a little bit of sharing websites with us. Thanks Sandra.

Resources

[Sandra Puglielli]



Toronto District School Board
Resources

[Special Education Family Resources](https://www.tdsb.on.ca/in-Person-Learning/Special-Education-Resources-for-Families)

<https://www.tdsb.on.ca/in-Person-Learning/Special-Education-Resources-for-Families>



Thank you Laura. Okay. So we just want to share some parent support and resources that are available to everyone over the holidays. Our [TDSB] website is a great website in that. [Sorry, just trying to advance and it's not letting me. There we go.] Okay, so with regards to resources we want to have people know that there are resources available to them over the holidays, or even going into the holidays that they can access without necessarily with the schools being open. Our website has wonderful and has so many

resources available to people but we want to make sure that you can see what there is available without having to go through the website entirely so we want to make sure that you see all of this, so this is somewhat what you would see when going into our website.

We also have some resources that really support what Laura and Payal have been talking about with regards to structure and routine and visuals. And so I just want to point out some of the resources that are available through our website as well, to really support that idea and what you can access with regards to all of this. So we have here our special education and Family Resources - I will show you this here. So this is our website where you can tap into different things like curriculum resources, sensory resources, wellbeing. So this will lead to other areas in our website that you can get more ideas. We have our community supports of things you may want to look at, at any type of resource that available to you as you are setting routines. So we're seeing a common theme here. So going back to the presentation here.



[Autism Team Resources and Information](https://sites.google.com/tdsb.on.ca/autismservices)
https://sites.google.com/tdsb.on.ca/autismservices

[Effective Educational Practices for Students with Autism Spectrum Disorders](http://www.edu.gov.on.ca/eng/general/elemsec/speced/autismSpecDis.pdf)
http://www.edu.gov.on.ca/eng/general/elemsec/speced/autismSpecDis.pdf



We have our autism services and support, Even though this, we're talking about autism services and support, a lot of the suggestions and resources that are available here are not only good for students and children with a diagnosis of autism, but just good resources in general. So here you'll see there re some virtual learning resources here for students who are in learning virtually, we have our key documents so these are a couple of policies and then this is another resource here it's called effective educational practices for students with autism spectrum disorder, but in the back of this resource. It's amazing they have a lot of great visuals that you can actually print off, so it's quite good.

And then over here you'll see different strategies like your first-then boards and your positive reinforcements. Your task analysis. So these are the things that you can actually look up and use when you're looking to putting together that routine that you're trying to put together for the holidays.



So in the next slide, we have our mental health support and links. We understand it's been a difficult year and we want you to know that the Toronto District School Board feels it's very important that we support all of our learners and their families. So these are different resources that people can look into with regards to mental health support. Here we have our everyday mental health, classroom resources. So this is the website here just want to show everybody the website so they know what it looks like, but also what they have to offer. And these are all resources that are available through our website. We've got our stress management and coping, we've got our healthy relationship skills, self awareness and self identity. So there's a lot of great pieces here. Then we also have our What'sUp Walkin clinic. Now we know we're not doing walk ins at this point because of COVID but the nice thing is they're offering call in. So sometimes when we just having a rough time and we need to talk or we need to connect with someone with regards to mental health support, there is a way to call into our What'sUp Walkin clinic, so we get that support we require for our families as well ourselves.

We have here our Mental Health TO a wonder website that you can you can access a 800 line that you can call for mental health support as well we have our Kids Help Phone. So we want to make sure you know that that you have all these resources available to you and your family if you should need them over the holidays. So this is something that's very important to have and we wanted to have give you these resources. Again, like Laura had mentioned, these will be emailed to everyone so you don't have to go searching for them, they'll be available to you.

So, I just want to get back into present mode so you can see... Okay. so here we also want to talk about our social work services. Our school social workers assist children, their families, teachers and administrators to maximize a child's educational experience when students are burdened with undue stress and emotional obstacles in their lives. They often have trouble functioning well in the classroom, school social workers work in a variety of ways to help children overcome these obstacles and achieve their full potential. Their services include advocacy, agency liaison, community referrals, multicultural outreach, finding funding resources and trauma response, just to name a few.

So, the way to access your social work services they actually help with quite a few things and also just being creative and resourceful in any type of major situation a family might have so they're great even with connecting you with the proper support that you would require at that time so it's just about even being resourceful. So the one way to connect with your social worker is at school, and that's an ongoing service by the way

through the school. You just contact your child's school to explore school social work support, and how they can be of assistance to you and your family. So it could be that you have a question about certain needs. And if the social worker can assist you with it and often they can or at least point you in the right direction of how they can assist you. So it's a great resource to have available to you and your and your children who are students of the Toronto District School Board, so that you can maximize the any type of resources that are available to you, but also get the help you require.

[About Children's Mental Health Ontario website www.cmho.org]

We wanted to bring your attention to some of the websites that are available to us here. This is the Children's Mental Health Ontario website. They have some really great information available through these websites and again, most people will access these even through their phone so it's just a click away. We have a family care center that's available through the Children's Mental Health Ontario. We have here they talk about seven tips to get ready for the holidays. Because we wanted you know as Laura and Payal were talking about, you know even being off [school] we want to make sure we have some structure and routine because we want to minimize any frustration or boredom that can lead to something that would might not be so desirable. So you want to make sure we have a routine in place again with some flexibility, but we want to make sure that we're supporting our children and have some kind of routine and even for yourself to know what to expect every day, so that you know that you have a plan in place.

[About connectability.ca website]

We also have a wonderful website connectability.ca. It has a plethora of resources available to you like your local community news they talk about ... They talk about courses here. They have community hub. So there's so many things this website is an amazing website. So, you know if you can just go into it and play with it a little bit, you would see that there's so much to be offered through this. As well we here are even talking about again visuals so this is a common theme that you're hearing tonight. So really it's just such an important tool. So you got your visuals engine you've got you're connecting families a resource directory, and they also have different tips depending by the depending on the topic that you're looking into. So again, a really great website to look into.

Contact for additional information

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So we just wanted to make sure that you knew that you know if you have if something wasn't addressed here with regards to resources or if you want any additional you can call you can contact the Holland Bloorview info line at the number there or as a TDSB representative I don't mind at all if you contact me with a specific questions that you have regarding any other resources or how to get supported through you school for different for different needs. So, my email is located there on the slide and please feel free to contact me if you have any questions about any of the items that I have presented tonight.