

Here are some tips and resources for navigating through school years with your child!

1. Think about what your child may need at school and in the community: Prepare an “All About Me” to help communicate these needs to others. Some examples in an educational context:
  - a. <http://www.oafccd.com/documents/allaboutme.pdf>
2. Educate yourself! Access education resources and information from the Ministry of Education and School Boards:
  - a. Ontario Ministry of Education- Special Education:  
<http://www.edu.gov.on.ca/eng/parents/speced.html>
  - b. Waterloo RDSB:  
<https://www.wrdsb.ca/learning/programs/special-education/>
  - c. Waterloo CDSB:  
<https://www.wcdsb.ca/programs-and-services/special-education/>
  - d. Wellington CDSB:  
[https://www.wellingtoncdsb.ca/apps/pages/index.jsp?uREC\\_ID=1083012&type=d&pREC\\_ID=1362985](https://www.wellingtoncdsb.ca/apps/pages/index.jsp?uREC_ID=1083012&type=d&pREC_ID=1362985)
  - e. Upper Grand DSB:  
<https://www.ugdsb.ca/programs/special-education/>
3. Access community resources:
  - a. Waterloo Region Family Network: Offer parent mentoring, school support, information and resource support  
<https://wrfn.info/>
  - b. Family Compass (Waterloo Region): Website that serves as a resource for all child and family related information in the region  
<https://www.familycompasswr.ca/en/index.aspx>
4. Connect with KidsAbility:
  - a. Website: <https://kidsability.ca/>
    - i. School years services and supports: <https://kidsability.ca/school-years>
    - ii. Youth services: <https://kidsability.ca/youth-services>
  - b. Intake can support you with getting to the right place for potential services and supports and other community resources.
    - i. <https://kidsability.ca/referrals>

## Common Acronyms:

### *KidsAbility Specific*

OT- Occupational Therapy  
PT- Physiotherapy  
SLP- Speech and Language  
SW- Social Work  
TR (or RT)- Therapeutic Recreation  
HP- Home Programming

ACS- Augmentative Communication Services  
CH- Client History  
CTC- Children's Treatment Centre  
CSA- Client Service Assistant  
CSR- Client Service Representative

### *Community Services/Supports*

DSRC- Developmental Services Resource Centre  
SSAH- Special Services at Home  
ACSD- Assistance for Children with Severe Disabilities  
WRFN- Waterloo Region Family Network  
DTC- Disability Tax Credit  
WWLHIN- Waterloo Wellington Local Health Integration Network

### *School-Based*

IEP- Individual Education Plan  
SERT- Special Education Resource Teacher  
EA- Education Assistant  
ECE- Early Child Educator  
CYW- Child & Youth Worker  
WCDSB- Waterloo Catholic District School Board

### *Other*

OAP- Ontario Autism Program  
ASD- Autism Spectrum Disorder  
ABA- Applied Behavioural Analysis  
IT- Instructor Therapist  
GP- General Practitioner

Add your own: