



What You Can Do While Waiting For a Consultation:

1. Build the Foundations of a Healthy Mind and Emotional Regulation
2. Learn about Supporting Positive Growth
3. Child and Youth Supports in our Community

Build the Foundations of a Healthy Mind and Emotional Regulation

Exercise: Exercise improves behaviour, attention, mood and regulation. Children benefit from movement breaks at school and from consistent daily exercise of at least 60 minutes a day.

Healthy diet: Children need regular meals and a balanced diet. This provides good nutrition without any special supplements needed.

Sleep: Poor quality sleep or not enough sleep can affect attention and cause irritability and moodiness. Avoid using screens for at least 1 hour before bedtime and keep all screens out of your child's bedroom. They interfere with sleep, and poor sleep affects attention.

Less screen time: Screens are very stimulating, and time spent on them can make it harder to pay attention to the less stimulating real world – with too much screen time children are at increased risk of being inattentive, aggressive, and less able to self-soothe. Screen time is a lost opportunity for your child to develop frustration tolerance and self-regulation skills, to socialize, and to create a sense of self.

Learn about Supporting Positive Growth

- Websites:
 - Collaborative Mental Healthcare - www.shared-care.ca/toolkits
 - Canadian Paediatrics Society - www.caringforkids.cps.ca
 - American Academy of Pediatrics – www.healthychildren.org
 - Child Mind Institute – Healthy Minds, Thriving Kids - www.childmind.org/healthyminds/



Child and Youth Supports in our Community

We have included the following services, as they are available in our community and they are self-referral. This means you can call them directly to get assistance. We encourage you to consider contacting them in the time while you are waiting for your consultation appointment.

1. Children’s Mental Health Services
www.cmhs-phe.on.ca
1(844) 462-2647

Belleville (613) 966-3100
Trenton (613) 392-433
Picton (613) 476-8252
Madoc (613) 473-1685
Bancroft (613) 332-3807

Meaningful mental health treatment services for all children, youth and their families throughout Ontario.
Offer a variety of services including telephone or in-person intake as well as walk in clinics (in Belleville and Trenton)

2. Triple P Parenting
1(877)968-1144
www.triplepontario.ca

Positive Parenting Program

Group courses and private sessions to help families raise happy, confident kids and manage misbehaviours.

3. Counseling Services of Belleville and District (CSBD)

www.csbd.on.ca (613) 866-7413

A community-based agency offering many resources and supports to families.

Some of their services:

- Infant and Child Development Program Assists families who have infants and children up to 5 years old.
- Behavioural Consulting Services A community support program for individuals over 2 years of age who have a diagnosis of developmental disability.

4. Resource Consultant Program
www.familyspace.ca
(613) 966-9427

Service for families of children from birth to twelve years who have special needs or require extra support to access licensed childcare.