

- [Play & Learn](#) provides expert reviewed games and activities that are appropriate for different age groups.
- Through [Comfort Play Teach](#) interactions parents and caregivers can support their child's wellbeing. *The Comfort, Play and Teach* resource offers parents suggestions for engaging with their infant, toddler or preschooler and understanding how that experience supports their child's development and wellbeing.
- Visit the Ministry of Children, Community and Social Services (MCCSS) to learn about programs that can support your child's [growth and development](#) from the time they're born until they start school.
- Visit the Ministry of Children, Community and Social Services to find out what to expect at your baby's [Enhanced 18-Month Well-Baby Visit](#).
- The [Good Baby Box](#) is a weekly program providing the opportunity for families of infants and toddlers to access healthy, nutritious foods early in life.
- The [Good Food Box](#) program offers fresh, healthy, nutritious fruits and vegetables at a fraction of the retail costs.
- The [AboutKidsHealth](#) is a health education resource for children, youth and caregivers that is approved by health-care providers at The Hospital for Sick Children. Resources include information about caring for your child, common health concerns and child development.
- Canada 211 is a helpful resource to find all types of supports in your communities across Canada. [Canada 211](#)
- Children's Treatment Centre – Quinte Health SmartStart Hub is a resource to access if you have concerns about your child's overall development.
[SmartStart Hub, Children's Treatment Centre - Quinte Health](#).
- [Licensed Child Care Resource](#) Looking for Licensed Childcare?