



# WarmLine

## FAMILY RESOURCE CENTER

WarmLine Family Resource Center is a non-profit organization serving families of children with disabilities from birth to 26 years old.

[Visit Our Website](#)

**We're Here to Help!** WarmLine continues to serve families during the shelter-in-place order. If you have questions about your child's development, Early Intervention services or special education, our staff can help. Please call 916-455-9500 and leave a message or send an e-mail to [warmline@warmlinefrc.org](mailto:warmline@warmlinefrc.org) and someone will get back to you within 1-3 business days.

## For Your Information

*Information designed to help parents during the COVID-19 crisis.*

**Read:** [COVID-19: Information for Families of Children and Youth with Special Health Care Needs](#) from HealthyChildren.org

**Resource:** [How to Talk to Kids About Coronavirus](#) from The New York Times

**Resource:** The [CA Meals for Kids Mobile App](#) from the California Department of Education helps you find nearby California Afterschool and Summer Meal Programs Sites on iOS, Android, or Microsoft devices

**Watch:** [An Online Social Story: My Coronavirus Social Story](#) is a short online "picture" book which tells the story of the Coronavirus from Easterseals and the Illinois Autism Partnership

**Resource:** [Distance learning tips for parents of children who have special needs](#) from WarmLine

**Resource:** [Distance Learning: 8 Tips to Get Your Child Ready to Learn at Home](#) from Understood

**Read:** Answers to [Top Questions from Family Advocates](#) about services from the State Council on Developmental Disabilities



**California schools need funding. You can help.**



*Include any children living at your address on your Census form. When you do, you help ensure that our kids' schools get the funding they need for the next 10 years. Learn more at [2020Census.gov](https://2020Census.gov).*

## Family-Friendly Activities

*Resources for families with children who are sheltering in place.*

**Watch:** [Stuck at Home? These 12 Famous Museums Offer Virtual Tours You Can Take on Your Couch](#) from Travel + Leisure

**Resource:** Calm has curated a page of guided meditations and mindfulness exercises, all of which which you can access in your browser without having to download the app. [Learn More](#)

**Watch:** [15 Adorable and Mesmerizing Animal Livestreams You Can Watch from Home](#) from Insider

**Resource:** [Day-by-day activities to keep kids reading, thinking and growing](#) from Scholastic

**Watch:** Free videos, games and newsletter with daily activities and tips to help kids play and learn at home from [PBSKids.org](https://PBSKids.org)

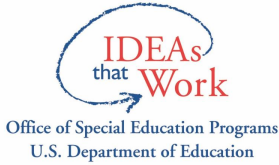
**Resource:** [20 Learning Activities to Keep Kids Busy](#) from Understood

## Stay Connected

WarmLine hosts two Facebook groups where families who have children with developmental



delays and disabilities can connect with each other, share information and ideas in [English](#) and [Spanish](#). We also post information on both [Facebook](#) and [Instagram](#). Check it out!



*Funding for WarmLine is provided by the U.S. Department of Special Education, Office of Special Education Programs as a Parent Training and Information Center (PTI) in Northern California; the California Department of Developmental Services; First 5 Sacramento, and Sacramento County Office of Education Infant Development Program.*



GEORGE & LENA  
VALENTE  
FOUNDATION

**Thank you to the George and Lena Valente Foundation for their ongoing support of WarmLine and our families!**

**WarmLine Family Resource Center ~ 2424 Castro Way, Sacramento CA 95818 ~ (916) 455-9500**