Dear families,

We are springing into fun with the winners of our Family Fun photo contest. We asked families to share how they are having fun during the pandemic and received such an enthusiastic response! Enjoy a few of our favorites below and thanks to all the families who participated! In addition to the many WarmLine and community activities included in this edition, we have also compiled useful Activities for Daily Living resources ranging from cooking to haircuts to share.

Wishing you a great month ahead,

Pam Chueh
These are just a few of our winners. More photos will be featured in upcoming newsletters.

WarmLine Trainings & Activities

WarmLine Activities for April

*All activities are virtual*

**Parent Support Group**
*Wednesday, April 7, 2021 @ 4:00-5:30pm*
It's the start of a new year, but we are still in a pandemic that is leaving us isolated. Please join WarmLine parent and social worker, Jamie, to chat with other parents, offer support and understanding to each other.

**Sibshop (Ages 8 to 12 years old) Hosted by Parents Helping Parents**
*Saturday, April 10, 2021 @ 10:00 - 11:00 am*
Sibshops is a much-needed program for brothers and sisters of children with special needs. The goal of Sibshops is to address the needs of siblings by allowing them to share, play and learn with other children through age-appropriate fun activities.

**Music to Grow On Play Date**
*Friday, April 16, 2021 @ 11:00 - 11:45 am*
Music To Grow On, Music Therapy Services presents an immersive 45 minute virtual music group for kids 0-5 and parents to play, sing, move, and grow. Music Therapy encourages participation, engagement, social and language skills and is motivating for kids and families alike.

**Turning 3 Years Old**
*Saturday, April 24, 2021 @ 10:00 am - 12:30 pm*
Parents of children with developmental delays who are turning 3 years old have questions about upcoming changes in services. WarmLine has created this training just for YOU! Please join us to talk about special education services in preschool and more.

**Cumpliendo 3 Años**
*Sábado, 24 de Abril de 2021 @ 10:00 am - 12:30 pm*
Los padres de niños con retrasos en el desarrollo que cumplen 3 años tienen preguntas sobre los próximos cambios en los servicios. WarmLine ha creado este entrenamiento sólo para usted! Por favor, únase a nosotros para hablar sobre los servicios de educación especial en preescolar y más.
Family Yoga
Monday, April 26, 2021 @ 4:00 pm - 5:00 pm
Do you need more energy and calm to handle the demands of family life during the pandemic? Join us for an hour-long, relaxing and recharging yoga class. Please wear comfortable clothing. This class is available to the whole family. Please register only once per family. You will be provided the link to the Zoom session a few days before the class.

Register Today

Activities for Daily Living

Task Breakdown App: break down virtually any task into a sequence of easy-to-follow steps.


Adaptive Cooking Tools from Accessible Chef
- [https://accessiblechef.com/project/adaptive-cooking-tools/](https://accessiblechef.com/project/adaptive-cooking-tools/)

Do visual tools help your child to learn? If so, check this out:
- [Visual Recipes (able2learn.com)](https://able2learn.com)

We all need to eat and who doesn’t like waffles?
- Let’s Cook Life Skills. Kids with Autism making Waffles [https://www.youtube.com/watch?v=QbjNqqDQ7QU](https://www.youtube.com/watch?v=QbjNqqDQ7QU)

Teaching kids to tie their own shoes can be tricky. Try using some of these tips and tools from the OT Tool Box:

Are hair cuts an issue in your home? Maybe this blog post from Behavior Frontiers can help:
- [Preparing Your Child with Autism for a Haircut — Behavior Frontiers](https://www.behaviorfroniers.com)

Click for more resources
Community Activities

- Activity calendars from neighborhood Birth and Beyond Resource Centers: [https://www.birth-beyondfrc.com/calendars](https://www.birth-beyondfrc.com/calendars)
- Activity Calendar for young adults from Access Leisure: [Activity calendar with City of Sacramento, Access Leisure](https://www.birth-beyondfrc.com/calendars)
- Therapeutic Recreation Services, Sacramento County: [Welcome to Therapeutic Recreation Services (saccounty.net)](https://www.birth-beyondfrc.com/calendars)
- Drive–By ExplorAbility on 4/4 and 4/18 [Sacramento Children's Museum (sackids.org)](https://www.birth-beyondfrc.com/calendars)
- City of Davis, Adaptive Recreation: [Recreation for Persons with disabilities / City of Davis, CA](https://www.birth-beyondfrc.com/calendars)
- UC Davis MIND Institute, is offering *GET MINDFUL*, an education and support group for parents and caregivers of individuals on the autism spectrum. For more info call 916–436–1596; or email shjcohen@ucdavis.edu

[Click for more recreation resources]

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**Early Intervention**

The Early Start program is California's early intervention program for infants and toddlers with disabilities and their families. Early Start services are available statewide and are provided in a coordinated, family–centered system.

800 – 515 – BABY (800 – 515 – 2229) or [earlystart@dds.ca.gov](mailto:earlystart@dds.ca.gov).

Families can also connect with WarmLine at warmline@warmlinefrc.org 916–455–9500

[Visit the CA Early Start website](https://www.dds.ca.gov/earlystart/parents.htm)
Support WarLine FRC – Amazon Smile

Support WarmLine while you shop! When you shop at smile.amazon.com, Amazon donates to WarmLine Family Resource Center.

Go to smile.amazon.com

Shop now!

Movement for Self Regulation

This new 5 minute video will show you moves to help regulate your emotions.

Follow us on social media for resources & updates for you and your family

WarmLine Family Resource Center

FOLLOW US