



WarmLine Connections / January 2022

Dear families,

From the
Executive Director

Happy New Year to you and your family! We hope the holidays offered a restful time with loved ones after another hectic year of changes.

We closed out 2021 with our first ever holiday drive-thru with stations decorated in the theme of our favorite holiday movies. It was wonderful seeing the smiling faces of WarmLine families as we greeted them with treats and goody bags! Thanks to Santa and our partners for joining us as well! To kick off the new year, we're offering a range of workshops from strategies for meal times to improving sleep. Please also consider stopping by our monthly Parent Support Group (via Zoom) to meet the terrific community of parents and new facilitator, Cassie.

Wishing you a happy and healthy 2022!

Pam Chueh

En Español



WarmLine Family Resource Center Holiday Movie Village Drive-Thru



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- New Year's Resolutions
- Support WarmLine



Parent Support Group

Meet Our New Facilitator



Sadly, we said goodbye to our long-time group facilitator, Jamie Sani-Flores, who is leaving to pursue the next step in her career as a social worker. We thank Jamie for launching the group, and for all her guidance and support! We will miss her, but wish her the best in her new endeavors.

Warmline proudly announces a new group facilitator, Catherine (Cassie) Morgan Look. Cassie has been a Community Parent for Warmline for two years, and has supported the group along with Jamie. She has worked with both children and adults with disabilities throughout her career, and is very excited to be able to connect with Warmline families through the Parent Support Group!

En Español

Upcoming Trainings

Parent Support Group

Thursday, Jan. 6, 2022 4:00 - 5:30 PM

Please join WarmLine parent and Social Worker, Catherine (Cassie) Morgan-Look, virtually to chat with other parents, offer support and understanding to each other. This is a monthly parent group, with a new topic each session. There's no commitment to attend each session, but here you will find a warm, safe fellowship of parents and families who are on the same journey

Cuidado Personal y Salud Mental

Miércoles, 12 de enero, 2022 6:00 - 8:00 PM

Sabías que es esencial que dediquemos tiempo para consentirnos, para hacer actividad física, para tener una adecuada alimentación y conocernos. Ven y acompañamos en esta breve plática y conoce más de ti misma y de cómo debes cuidarte.

Understanding Special Education & Your IEP

Tuesday, Jan. 18, 2022, 6:00 - 8:30 PM

We can answer your questions about special education and help you prepare for your child's special education meetings in a positive, proactive way so you can attend meetings with confidence.

Como Hacer la Hora de Comida Mas Divertida

Miércoles, 19 de enero, 2022 6:00 - 7:00 PM

La hora de la comida puede ser estresante para cualquier persona con niños pequeños. Las dificultades con la selectividad alimentaria y otros desafíos a la hora de comer son aún más comunes entre las personas con autismo. Esto puede provocar déficits nutricionales y dificultades para participar en las rutinas sociales. En este seminario web, se compartirán consejos para facilitar la rutina de la comida, así como estrategias para aumentar la aceptación de los alimentos y las interacciones sociales.

Making Meal Times More Enjoyable

Wednesday, Jan. 19, 2022 7:00 - 8:00 PM

Meal time can be stressful for anyone with young children. Difficulties with food selectivity and other meal-time challenges are even more common amongst people with autism. This can lead to nutritional deficits as well as difficulties participating in social routines. In this webinar, tips will be shared for facilitating peaceful meals as well as strategies to increase food acceptance and social interactions.

Estrategias para Dormir Mejor

Miércoles, 26 de enero, 2022, 6:00 - 7:00 PM

Los problemas del sueño suelen afectar a los niños, especialmente a los diagnosticados con discapacidades del desarrollo. En esta presentación, aprenderá a desarrollar e implementar estrategias para mejorar el sueño de su hijo.

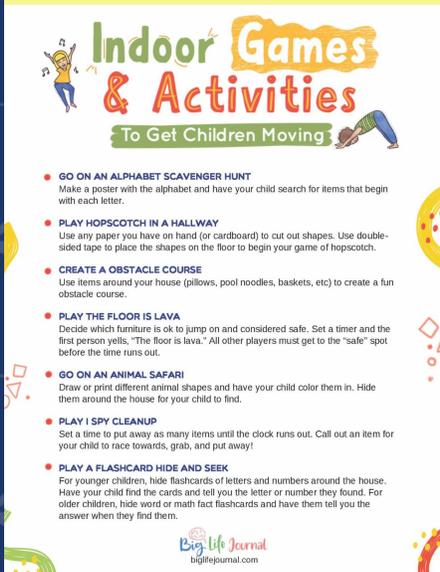
Strategies for a Better Night's Sleep

Wednesday, Jan. 26, 2022 7:00 - 8:00 PM

Sleep issues commonly affect children, especially those diagnosed with developmental disabilities. In this presentation, you will learn to develop and implement strategies for improving your child's sleep.

**Register Today / Regístrese
Hoy**

Indoor Games & Activities



GO ON AN ALPHABET SCAVENGER HUNT
Make a poster with the alphabet and have your child search for items that begin with each letter.

PLAY HOPSCOTCH IN A HALLWAY
Use any paper you have on hand (or cardboard) to cut out shapes. Use double-sided tape to place the shapes on the floor to begin your game of hopscotch.

CREATE AN OBSTACLE COURSE
Use items around your house (pillows, pool noodles, baskets, etc) to create a fun obstacle course.

PLAY THE FLOOR IS LAVA
Decide which furniture is ok to jump on and considered safe. Set a timer and the first person yells, "The floor is lava." All other players must get to the "safe" spot before the time runs out.

GO ON AN ANIMAL SAFARI
Draw or print different animal shapes and have your child color them in. Hide them around the house for your child to find.

PLAY I SPY CLEANUP
Set a time to put away as many items until the clock runs out. Call out an item for your child to race towards, grab, and put away!

PLAY A FLASHCARD HIDE AND SEEK
For younger children, hide flashcards of letters and numbers around the house. Have your child find the cards and tell you the letter or number they found. For older children, hide word or math fact flashcards and have them tell you the answer when they find them.

Big Life Journal
biglifejournal.com

Here are some fun ways to keep your kids active during the cold days when it's tough to go outside and play.

Creating an Infographic About Your Child

Creating an 'All About Me' Infographic can help you advocate for your child and make it easier to explain their needs. Infographics use images and small amounts of text to share information in a way that is meaningful and easy to understand. A series of learning modules and resources has been created to help you and/or your child create your infographic. Find workshop modules [here](#). Find a [free template](#) online.

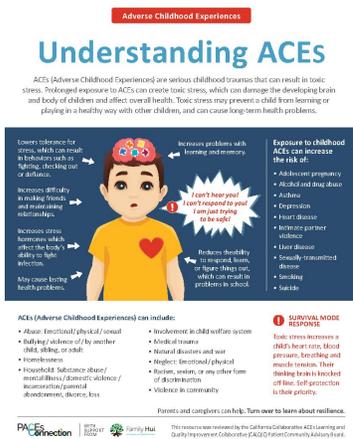
Action for Happiness

Action for Happiness is a movement of people committed to building a happier and more caring society. The calendar is available in more than 10 languages.

<https://www.actionforhappiness.org/january>

To Learn More

Understanding ACEs



Adverse Childhood Experiences

Understanding ACEs

ACEs (Adverse Childhood Experiences) are serious childhood traumas that can result in toxic stress. Prolonged exposure to ACEs can create toxic stress, which can damage the developing brain and body of children and affect overall health. Toxic stress may prevent a child from learning or playing in a healthy way with other children, and can cause long-term health problems.

Lower tolerance for stress, which can result in behaviors such as fighting, checking out, or defiance.

Increases difficulty in making friends and maintaining relationships.

Increases stress hormones which affect the body's ability to fight infection.

May cause learning and health problems.

Increases problems with learning and memory.

I can't hear you! I can't respond to you! I am just trying to be safe!

Protects flexibility in response, focus, or focus changes out, which can result in problems in school.

Exposure to childhood ACEs can increase the risk of:

- Adolescent pregnancy
- Alcohol and drug abuse
- Anxiety
- Depression
- Heart disease
- Injuries or other violence
- Liver disease
- Sexually transmitted disease
- Smoking
- Suicide

ACEs (Adverse Childhood Experiences) can include:

- Abuse: Emotional/physical/sexual
- Bullying: violence or by another child, sibling, or adult
- Homelessness
- Household substance abuse/mental illness/domestic violence/parental divorce/separation
- Incarceration of a family member
- Involvement in child welfare system
- Medical trauma
- Natural disasters and war
- Neglect: Emotional/physical
- Racism, sexism, or any other form of discrimination
- Violence in community

SURVIVAL MODE RESPONSE

Toxic stress increases a child's heart rate, blood pressure, breathing and muscle tension. These feelings can be locked off like self-protection to live safely.

Parents and caregivers can help. Turn over to learn about resilience.

PAICES | **Family Hub**

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En Español

New Year's Resolutions

13 New Year's Resolutions Every Special Needs Parent Should Make.



Follow us on social

Go to the gym, eat healthier, turn off the smartphone at dinner, spend more time with family... It's that time of year when we take the opportunity to wipe our slate clean by making (and hopefully keeping) New Year's resolutions.

media for resources &
updates for you and
your family

[13 New Year's Resolutions Every Special Needs
Parent Should Make](#)

Help WarmLine help families in your community



Your tax-deductible donation allows us to continue providing families with phone consultations, parent support groups, trainings, and fun activities for the kids. No donation is too small. Thank you for making a difference for WarmLine families!

[*En Espanol*](#)

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