



WarmLine Connections

July 1, 2021

Dear families,

The days are warm and school is out! Looking for ways to engage your kids through the summer? We've gathered a variety of sources for summer enrichment activities below.

We're also sharing resource info for supporting your child's development through facilitating executive function skills and positive experiences for healthy outcomes.

Enjoy the summer and happy 4th!

Pam Chueh

From the
Executive Director



Upcoming Events with WarmLine FRC

All events are virtual

Parent Support Group

Thursday, July 8, 4 - 5:30 PM

Please join WarmLine parents virtually to chat with other parents, offer support and understanding to each other. Here you will find a warm, safe fellowship of parents and families who are on the same journey. This session will include a Presentation on "Creating Healthy Routines and Avoiding Social Isolation During COVID."

Understanding Special Education & Your IEP

Tuesday, July 13, 6 - 8:30 PM

Join us for an overview of the special education process, learn contents of the IEP and tips for preparing for your IEP meeting.

Music to Grow On Play Date

Wednesday, July 14, 10 - 10:30 am

Music To Grow On, Music Therapy

Go Noodle



Go Noodle offers a treasure trove of videos with songs, dance, and games to get kids moving. Read more at:

[Gonoodle.com](https://www.gonoodle.com)

Parks and Recreation

Did you know you can ask for reasonable accommodations from your local Parks and Recreations Department? Make your request at the time of registration or 2-3 weeks in advance of the activity. Discuss your request with department staff or the ADA coordinator prior to the start of your activity.



Executive Function from

Services, presents an immersive 30 minute virtual music group for kids 0-5 and parents to play, sing, move, and grow.

[Register today](#)

Summer Enrichment Activities:

The 2021 Summer Guide

A Summer Guide from the Sacramento County Office of Education with activities in the greater Sacramento area. Read more:

[2021 Summer Guide](#)

WeEmbrace Summer Programming

Dance, music, fitness classes & more.

[WeEmbrace Activity List](#)

Community Support Network of Nevada County: Summer activities

[Summer Camp & Play Group](#)

Yolo County Help Me Grow

Activities include sensory play groups, family dance parties and story time at the park.

<https://helpmegrowyolo.org/resources>

Pathways.org



Kids develop executive function skills through playtime, social interactions, and everyday activities. Help your children improve their executive function skills by developing their ability to achieve goals, such as making cookies or finishing homework. Activities to develop executive function skills are broken down by age: 6-12 months, 13-24 months, 2-3 years, 4-5 years, 5+ years.

[READ MORE](#)

Early Start Survey

If you currently have a child in Early Start or had a child in Early Start within the last 3 years, please consider taking our short survey to help us improve how we serve families like yours.

[Take our Survey](#)

HOPE: Healthy Outcomes from Positive Experiences



Building HOPE in the Face of Adversity

Covid-19 has disrupted the lives of both adults and children. Children will remember these days for the rest of their lives; they will carry the effects of their positive and negative experiences with them. During webinars, workshops, and interviews with guest experts, we have heard stories of inspiration and resilience. Some families are spending more time together than ever, bolstering close relationships. Some individuals have found ways to maintain social contact with friends and loved ones, despite social distance. Community members are reaching out to support each other and advocate for systemic support. Now, more than ever, it is important to identify and cultivate HOPE and the 4 Building Blocks in our lives. For many of us, this requires a change in mindset. Our training and experience have made it easier for us to see risks over protective factors. Healthy Outcomes from Positive Experiences, however, focuses on the positive, on how positive childhood experiences (PCEs) shape health and the developing brain.

Here are some suggestions for retraining our brains to more easily see protective factors, done by bringing the principles of HOPE into our practices of self-care. See below for some ideas on how to practice HOPE on a daily basis:



Be mindful of the positive.

Kids playing? Adults holding hands?
How people you encounter make the best of challenging situations?



See and hear beauty.

Find time for nature. Read poetry.
Listen to music.



Daily practice. Keep a journal? Meditate?

Learning something new takes practice, repetition, and reflection.



Share stories of HOPE and inspiration.

Have you seen or experienced something inspiring? Talk about it. Inspiring stories help all of us.



Practice HOPE

Learn to practice HOPE in your own life. For inspiration, read personal and professional stories of HOPE during and before the pandemic on our [Stories of HOPE](#) page. You can submit your own story of HOPE for the page using [this form](#). Share how you build HOPE in your life!

To learn more about HOPE, the 4 Building Blocks, and more:
visit positiveexperience.org or
email HOPE@tuftsmedicalcenter.org.



Building Hope

This handout provides examples and tips for practicing HOPE in your life. Retraining ourselves to see protective factors by building core HOPE concepts into our self-care routines.

[READ MORE](#)

Movement for Speech

Do your kids like animals? Do they have energy to burn? Try this 8 minute video called movement for speech. In this video, you will incorporate movement with sounds. Think about making the "S" sound while moving like a swimmer or making the "M" sound while moving like a monkey!



Warmline Family Resource Center - warmlinefrc.org

