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

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

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
Pathways.org

Executive Function
FREE tools to maximize child development
Integrating a child’s executive function.

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

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
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

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!