



# NETWORKER

## WarmLine Family Resource Center

Serving Families and Professionals Involved with Children with Special Needs in Sacramento, Placer, Yolo, Nevada, El Dorado, and Alpine Counties Since 1993

### Sacramento:

2025 Hurley Way, Ste. 100  
Sacramento, CA, 95825  
916-922-9276 \* 800-660-7995  
Español-916-922-1490

email: [warmline@warmlinefrc.org](mailto:warmline@warmlinefrc.org)  
[www.warmlinefrc.org](http://www.warmlinefrc.org)

### Roseville:

151 N. Sunrise Ave., Ste. 1307  
Roseville, CA 95661  
916-782-7147  
Español-916-922-1490

email: [placerrwl@warmlinefrc.org](mailto:placerrwl@warmlinefrc.org)  
[www.warmlinefrc.org](http://www.warmlinefrc.org)

### Davis:

(In Socially Speaking)  
907 3rd Street, Davis, CA 95616  
530-759-1127  
Español-916-922-1490

email: [yolowl@warmlinefrc.org](mailto:yolowl@warmlinefrc.org)  
[www.warmlinefrc.org](http://www.warmlinefrc.org)

Volume 20, Number 3

"The WarmLine Networker Newsletter"

November 2010

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### Support Groups

For a listing of support groups in WarmLine's six county area, please go to

[www.warmlinefrc.org/faq.html](http://www.warmlinefrc.org/faq.html)

## Good-Bye, Al



Al Millan has announced that he will be leaving WarmLine Family Resource Center at the end of 2010 to spend more time with his family. Al has been the Executive Director since 2002, and before that served as a Family Resource Specialist at WarmLine for four years.

Al was drawn to the work of supporting families of children with special needs after his daughter, Molly, was born with cerebral palsy and became an inspiration to him. He has said more than once that his one regret with having the job of Executive Director is that it has taken away from the time he has been able to spend with the parents who call and visit WarmLine. Al hopes that after he has had the chance for some well-deserved rest, he will be able to resume some of his activities that involve direct family support.

In addition to the WarmLine families Al has touched, he has been instrumental in teaching scores of professionals how to more effectively interact with families with sensitivity, patience and empathy.

Al will be sorely missed by the families he has worked tirelessly with and for, the professionals who support them, and the staff he has influenced to carry on his message of the importance of family-centered care which is delivered in a family-friendly manner.

Good-by Al. We'll miss you.

## "Rosa's Law" is Signed

(Excerpted from Special Olympics website)

A journey that began as one Maryland family's battle for respect and acceptance for their daughter and sister, Rosa, became a significant milestone in the ongoing battle for dignity, inclusion and respect of all people with intellectual disabilities when ... President Barack Obama signed bill S.2781 into federal law on October 5, 2010.

Known as "Rosa's Law", the law removes the

terms "mental retardation" and "mentally retarded" from federal health, education and labor policy and replaces them with people first language "individual with an intellectual disability" and "intellectual disability."

The bill, championed by Sen. Barbara Mikulski (D-Md.) and Sen. Mike Enzi (R-Wy.), garnered unanimous support in passing both the House of Representatives and the Senate. "Rosa's Law" was commemorated in a White House ceremony on October 8...

(See "Rosa's Law, back page)

Dear Parents, Grandparents,  
Siblings, Teachers, Therapists, Nurses,  
Physicians & Many Valued Friends,

WarmLine Family Resource Center is a place for families to turn when they discover that their child has a special health care or developmental need. We are parents who have "been there" and our goal is to provide a link to whatever you may need on your journey, including parent-to-parent support and other important services.

Families *and* professionals are encouraged to contact WarmLine for assistance. We offer information, referral and support. We also have resources including books, videos, workshops and opportunities for families and professionals to share and learn with each other about a wide variety of conditions, educational options and supports. WarmLine Family Resource Center is a community of families, friends and professionals working together for each other and for our children.

WarmLine Staff:

*Diane (530-759-1127) & Lori in Yolo County; Candace, Courtney & Malane in Placer County; Nancy in South Lake Tahoe; Laura, Cid, Raymond & Al in Sacramento County*

WarmLine Board Members:

*Joseph Androvich, Cathy Mikitka, Teresa Androvich, Michael Rosenberg, Ron Mainini, Anker Christensen, Shirley Skadan-Smith, Sue Winar, Rebecca Akroyd*

*WarmLine Family Resource Center  
Mission Statement*

"Our mission is to provide support, information, and education to promote and strengthen the foundation of families and children with special needs so they can face the challenges of the present and create new dreams."

## Thank You

Many thanks to Karen and Patrick Diffley for their \$500 donation to WarmLine last May. Their generous contribution was matched by Patrick's employer, McDonald's Corporation, which brought the total raised at the Golf Tournament to \$17,689.



Thank you to Gina Guarneri for the donation she made in the name of Sandra Suitor and to Bonnie Sivesind for her generous donation.

## Website Updated

WarmLine's website ([www.warmlinefrc.org](http://www.warmlinefrc.org)) has been updated to include the address and phone number of our office in Davis and the 2010 updates to our booklet, "The Local Directory", which can be downloaded from the website, along with our other publications.

## Websites to Watch—

### Access Leisure & Different Needz



[www.accessleisuresac.org/](http://www.accessleisuresac.org/)

Access Leisure is a program of the City of Sacramento Parks and Recreation Department and provides sports, residential camping and outdoor education as well as social and fitness programs for children, teens and adults with disabilities.

[DIFFERENTNEEDZ.COM](http://DIFFERENTNEEDZ.COM) is a web store that offers families a one-stop shop to buy and sell their gently used medical supplies, disability equipment and adaptive toys. Their goal is to support and unify a community that has not been properly served by product suppliers or other resale sites.

A portion of all monies paid to DIFFERENT-NEEDZ.COM are donated to the [The DifferentNeedz Foundation](http://TheDifferentNeedzFoundation), a 501(C)(3) non-profit foundation whose purpose will be to provide DifferentNeedz equipment to qualified special needs families and community projects

The world is round and the place which may seem like the end may also be the beginning.  
Ivy Baker Priest

## Sutter Has Extensive Care for Patients with Neurological Diagnoses

Sutter's Neuroscience Center, in the new Sutter Medical Plaza at 1625 Stockton Blvd., has specialty clinics to treat a wide range of pediatric neurological conditions, including: seizure disorders, autistic spectrum disorders, motor and speech delays, childhood headaches, genetic disorders with neurologic impairment, learning disorders, and a variety of general neurological conditions such as brain tumors, hydrocephalus, and spina bifida.

Some of the improved pediatric services that the center offers are; two neuropsychologists to diagnose and manage autism and other developmental issues in the autism program and new monitoring rooms and better service for diagnosing epilepsy syndromes in childhood. There are also improved services for providing epilepsy surgery care in the epilepsy program. Additionally, the rehabilitation program, which includes Occupational, Physical and Speech Therapy, has relocated to the new site in order to better coordinate services with the Child Neurology Clinic.

The Sutter Transition for Autism and Neurodevelopmental Disorders (STAND) Clinic is a unique resource that is dedicated to patients 18 and older with autism and neurodevelopmental disorders. The STAND Clinic's specialists in neuroscience provide expert consultation for ongoing medical care and assist primary caregivers in maximizing quality of life for their patients.

The STAND Clinic is for those with neurological care or behavioral issues related to their disability, including:

- ✓ Epilepsy,
- ✓ Management of medications for behavior, anxiety, aggression, sleep, or other conditions,
- ✓ Autism Syndromes,
- ✓ Genetic Disorders,
- ✓ Cerebral Palsy,
- ✓ Intellectual Disability

The Pediatric Neurology Clinic and the STAND Clinic are led by Drs. Shawn Kile and Michael Chez. Dr. Chez has almost 20 years experience in the innovative use of drug and immunological therapies for autism, in epilepsy research and treatment, and recently published a book entitled, "The Medical Man-

WarmLine Family Resource Center Networker



agement of Autism: A Guide for Parents and Professionals."

The STAND Clinic is held monthly at Sutter Neuroscience Medical Group's offices at the adult neurology clinic located at 2800 L Street, Suite 500 in Sacramento.

For appointment information for either clinic, call (916) 454-6667.

## The Parent Perspective

Tracey Benedict

*The following was excerpted from this year's letter that Tracey wrote to her son, Avery on his birthday.*

*Avery,*

"Thank you" for letting me take time away from you to go to go to school and fulfill my education. This has been very tough for me, not only because of the class, but because I had to be away from you. For this there are not enough words.

This made me think about how strong you are and how much you do every day at school, and for this I want to say, "Thank you" for putting all of your efforts into what you do and for always going right back for more.

Through all the changes that have happened over the last year and when things seem too tough, you come over and give me one of those slobbery kisses and everything seems to melt away. For this I want to say, "Thank you."

Thank you for being my strength, my admiration and my focus.

You have so much love for your aunt, who has been extremely helpful to both of us. For this I need to say, "Thank you" to you both.

"Thank you" for these past ten years of your pure, real and unconditional love and support.

I love you so much. Thank you for making me a better person.

Happy Birthday and Thank you,

Love,

Mom

Each day comes bearing its gifts.  
Untie the ribbons.  
Ann Schabacker





## WarmLine Sacramento Upcoming Events



Date	Time	Event
Dec. 14, 2010	6 pm-8pm	"Feeding Issues or Concerns?" - Parents struggling to feed their babies and young children 0-5 years old who have special needs will be provided with helpful strategies from feeding /speech specialist. WarmLine Office, 2025 Hurley Way, Suite 100, Sacramento. Call 916-922-9276 or email <a href="mailto:Cid@warmlinefrc.org">Cid@warmlinefrc.org</a>
Jan. 4, 2011 Jan. 11, 2011 Jan. 18, 2011 Jan. 25, 2011	6-8 pm	"Behavior Support for Children 0-5 Years Old" - A behavioral specialist from Capitol Autism Services will conduct a four-part training focused on children with any diagnosis who have behavior challenges. Due to space limitations, <i>these free trainings are open to parents and family members only.</i> WarmLine Sacramento Office, 2025 Hurley Wy, Suite 100, Sacramento. Call 916-922-9276 or email <a href="mailto:Cid@warmlinefrc.org">Cid@warmlinefrc.org</a>
Feb. 16, 2011	6:30-8:30 pm	"Do You Have Questions about Your Child's IEP?" - An advocate from Area Board 3 will help you better understand the IEP process. WarmLine Sacramento Office, 2025 Hurley Way, Suite 100, Sacramento. Call 916-922-9276 or email <a href="mailto:Cid@warmlinefrc.org">Cid@warmlinefrc.org</a>
1st Tues. of month	10 am—12 pm	"Transition to Preschool" - Learn to prepare for your three year old's first IEP in a positive, proactive way in a 1:1 or small group setting. WarmLine Office, 2025 Hurley Way, Suite 100, Sacramento. Call 916-922-9276 or email <a href="mailto:Cid@warmlinefrc.org">Cid@warmlinefrc.org</a>
3rd Tues. of month	10 am–12pm	"IEP Training" Learn to prepare for your child's IEP in a positive, proactive way in a 1:1 or small group setting. WarmLine Office, 2025 Hurley Wy, Ste 100, Sac. Call 916-922-9276 or email <a href="mailto:Cid@warmlinefrc.org">Cid@warmlinefrc.org</a>



## WarmLine Yolo County Upcoming



Date	Time	Event
Jan. 31, 2011	7-9:30 pm	"Advocacy Skills" Good advocacy skills help parents obtain the supports their children need. Learn skills to ensure that IEP team members truly hear your perspective, take you seriously, and know that you understand the IEP process and your rights. Presented by Disability Rights Education & Defense Fund (DREDF). Sponsored by WarmLine Yolo County and Yolo County Special Education Local Plan Area. (SELPA). Davis Senior Center, 646 A Street, Davis. Call 530-759-1127 or email <a href="mailto:Diane@warmlinefrc.org">Diane@warmlinefrc.org</a> to RSVP
Feb. 28, 2011	7-9:30 pm	"Behavior Support" Research shows that when educators have the knowledge and expertise to provide appropriate positive behavior support interventions, behavior challenges can be avoided and learning increases. Learn about behavior interventions, new discipline provisions under IDEA 2004, and children's rights. Presented by Disability Rights Education & Defense Fund (DREDF). Sponsored by WarmLine Yolo County and Yolo County Special Education Local Plan Area. (SELPA). Davis Senior Center, 646 A Street, Davis. Call 530-759-1127 or email <a href="mailto:Diane@warmlinefrc.org">Diane@warmlinefrc.org</a> to RSVP

### WarmLine Yolo County News

By Lori Custodio

Many of the services and supports available to our children have changed drastically. This makes it more important than ever to make connections to other parents of children with special needs and learn how they are meeting the new challenges. Networking is a useful way to expand a parent's knowledge base to help educate themselves and their children. Some ways to connect with parents is to check WarmLine's list of parent support groups at [www.warmlinefrc.org/faq.html](http://www.warmlinefrc.org/faq.html), ask parents of your child's classmates or search on-line for groups near you. There are many types of parent

support groups. Visit several to find a good fit for you and your needs.

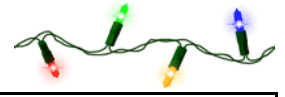
In October, parents of children in the Yolo Early Start Program in Woodland and West Sacramento came together for a play date for their children and the opportunity to learn more about Warmline. Lori Custodio, WarmLine's Yolo County Resource Parent met with parents to present information about Warmline and network with parents. "Thank you" to Yolo Early Start Program for making it possible.

To contact Lori Custodio, please call WarmLine's Sacramento office at 916-922-9276 and leave a message.





# WarmLine Placer County Upcoming Events



Date	Time	Event
Nov. 23, 2010	11:00 am-1:00 pm	"Pizza with the Kids" Join WarmLine staff for a pizza lunch at Cool River Pizza, 6200 Stanford Ranch Road, #700, Rocklin. For families of children birth to 5 years old. Reservations are required. Please call 916-782-7147.
Feb. 10, 2011		"2nd Annual WarmLine Bunco Tournament" Last year's tournament was a blast and raised over \$600 to help support the work WarmLine does for families of children over 5 years old. Details will be available soon.
1st Wed. of month	10 am—12 pm	"Transition to Preschool" - Learn to prepare for your three year old's first IEP in a positive, proactive way in a 1:1 or small group setting. WarmLine Office, 151 N. Sunrise Ave., Suite 1307, Roseville. Call 916-782-7147 or email <a href="mailto:Malane@warmlinefrc.org">Malane@warmlinefrc.org</a>
3rd Wed. of month	10 am—12pm	"IEP Training" Learn to prepare for your child's IEP in a positive, proactive way in a 1:1 or small group setting. WarmLine Office, 151 N. Sunrise Ave., Suite 1307, Roseville. Call 916-782-7147 or email <a href="mailto:Malane@warmlinefrc.org">Malane@warmlinefrc.org</a>
1st Mon. of month	6:30 pm-9:00 pm	"Mom's Night Out" - Support group for mothers of children with special needs. Round Table Pizza, 8755 Sierra College Blvd, Roseville. Call 916-782-7147 or email <a href="mailto:Malane@warmlinefrc.org">Malane@warmlinefrc.org</a>
Last Tues. of month	7:00 pm-9:00 pm	"Trailblazers Father's Forum" - Support group for fathers of children with special needs. Round Table Pizza, 8755 Sierra College Blvd, Roseville. Call 916-782-7147 or email <a href="mailto:Raymond@warmlinefrc.org">Raymond@warmlinefrc.org</a>
4th Wed. of month	11 am-1 pm	"Spanish Support Group" - For Spanish speaking parents of children with special needs. WarmLine Office, 151 N. Sunrise Ave., Suite 1307, Roseville Call 916-922-1490 or email <a href="mailto:Laura@warmlinefrc.org">Laura@warmlinefrc.org</a>

## Special Education Training in Nevada City



Sponsored by the Special Education Parent Advisory Committee, WarmLine will present a training on the Individual Education Program (IEP) process on Tuesday, January 18, 2011 from 9:30-12:30 pm at a location to be determined. Please call Randy McKean at 530-265-6011 ext. 203 for more information or to RSVP.

## WarmLine Offers Special Education Trainings in English and Spanish

WarmLine staff are available to come to your location to provide trainings on the Individual Education Program (IEP) process in English and Spanish to groups of five or more at no charge. We will also provide each participant with valuable resource materials and a binder to help organize records.

Please call 916-922-9276 or email

[Cid@warmlinefrc.org](mailto:Cid@warmlinefrc.org) (English) or [Laura@warmlinefrc.org](mailto:Laura@warmlinefrc.org) (Spanish).

## Santa Day at Alta California Regional Center

Alta California Regional Center will host Santa Day on Friday, December 17 from 10:00 am to 4:00 pm at 2135 Butano Dr., Sacramento.

Please join Santa, Mrs. Claus and their many helpers for refreshments, crafts and games. RSVP is not necessary.



## ...And Santa Visits WarmLine Roseville!

Santa will make an appearance at WarmLine's Roseville office at 151 N. Sunrise Ave., Roseville on Wednesday, December 22 from 10:00—12:30. There will be refreshments and activities in addition to "Santa time".

RSVP is required for this one. Please call 916-782-7147 or email [Malane@WarmLinefrc.org](mailto:Malane@WarmLinefrc.org)

One kind word can warm three winter months.  
Japanese Proverb

Dear Friends of WarmLine Family Resource Center,

Please join us for WarmLine Family Resource Center's 8th Annual Golf Tournament at beautiful Whitney Oaks Golf Club in Rocklin on Friday, April 29, 2011. The last tournament was the best so far, with 101 paid players, 14 holes sponsored and \$17,689 raised. We'll need your help to make the next tournament even more successful!

Having a child with special needs affects the whole family for a life-time. Because at WarmLine we are parents who have "been there" with our own children, we know how important it is for the well-being of families that they feel supported and included by the community. When they feel that support, they are able to participate more fully in the things that, in turn, strengthen the community.

You can support the golf tournament and WarmLine in any or all of the following ways:

- Sponsor a hole for \$250. WarmLine will acknowledge your business with signage the day of the tournament, in an upcoming newsletter and on the website.
- Play in the tournament. Put together a foursome or sign up as an individual player. Registration is \$155 per player before 12/31/10 and \$175 after 12/31/10.
- Sponsor a player. If you cannot play, WarmLine welcomes your sponsorship of golfers.
- Donate goods or services to the event to be offered for raffle prizes.
- Join us for lunch for only \$25.
- Make a tax deductible donation to WarmLine Family Resource Center...anytime! (WarmLine's tax I.D. number is 68-0391212.)

In these difficult financial times, WarmLine needs your assistance more than ever to continue the support that we provide *at no charge* to families who are experiencing the grief, isolation and uncertainty that can accompany having a child with special needs.

When you support WarmLine's golf tournament, you help parents of children with special needs up to 22 years of age (and the professionals who work with them) to receive training, support, and answers about:

- Special education and the IEP process,
- Transition from both Early Start and high school,
- Finding child care for children with special needs,
- A "listening ear" when parents just feel the need to talk,
- Whatever support the family might need on their journey through life with a child with special needs... a journey that can be as filled with doubts and fears as it is filled with joy.

Thank you in advance for your support and commitment to the work of WarmLine. We hope to see you in April for a morning of golf!

Sincerely,  
*Cathy Mikitka*  
Golf Tournament Committee Chair

*To see the current list of players, sponsors and donors, please visit*

[www.warmlinefrc.org/2011GolfSponsors\\_Players.html](http://www.warmlinefrc.org/2011GolfSponsors_Players.html)



#### Golf Tournament Committee

- |                    |                    |
|--------------------|--------------------|
| • Rebecca Akroyd   | • Daniel McIntosh  |
| • Ben Androvich    | • Cathy Mikitka    |
| • Joe Androvich    | • Al Millan        |
| • Teresa Androvich | • Erin Pereyra     |
| • Diane Casey      | • Jan Siebers      |
| • Malane Chapman   | • Mitch Vanderwall |
| • Raymond Hampson  | • Cid Van Koersel  |
| • Jim McCue        | • Sue Winar        |

# 8th Annual WarmLine FAMILY RESOURCE CENTER GOLF TOURNAMENT

**"Early Bird Special"**  
**\$155 per player**  
**if registration received**  
**by 12/31/10**  
**(\$175 after 12/31/10)**

Friday, April 29, 2011  
 Whitney Oaks Golf Club  
 2305 Clubhouse Dr.  
 Rocklin  
 916-632-8333  
[www.whitneyoaksgolf.com](http://www.whitneyoaksgolf.com)

## TOURNAMENT REGISTRATION and SPONSORSHIP INFORMATION

PLEASE FILL OUT COMPLETELY & LEGIBLY. REGISTRATION DEADLINE IS APRIL 15, 2011

**\$10,000 Prize for Hole-in-One generously donated by River City Bank!**

PLAYER NAME: \_\_\_\_\_  
 E-MAIL: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 CITY + ZIP \_\_\_\_\_  
 PHONE: \_\_\_\_\_  
 TYPE GOLF: \_\_\_ FUN \_\_\_ COMPETITIVE

PLAYER NAME: \_\_\_\_\_  
 E-MAIL: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 CITY + ZIP \_\_\_\_\_  
 PHONE: \_\_\_\_\_  
 TYPE GOLF: \_\_\_ FUN \_\_\_ COMPETITIVE

PLAYER NAME: \_\_\_\_\_  
 E-MAIL: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 CITY + ZIP \_\_\_\_\_  
 PHONE: \_\_\_\_\_  
 TYPE GOLF: \_\_\_ FUN \_\_\_ COMPETITIVE

PLAYER NAME: \_\_\_\_\_  
 E-MAIL: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 CITY + ZIP \_\_\_\_\_  
 PHONE: \_\_\_\_\_  
 TYPE GOLF: \_\_\_ FUN \_\_\_ COMPETITIVE

### Three Easy Ways to Be a Tournament Sponsor

- Sponsor a hole for just \$250
- Sponsor a player for \$155 (by 12/31/10) or \$175 (after 12/31/10)
- Join us for lunch for \$25
- Donate any amount!

**Payment Information:** \_\_\_ Visa \_\_\_ MasterCard \_\_\_ Check (must be enclosed)

CREDIT CARD NUMBER \_\_\_\_\_ EXP DATE \_\_\_\_\_

NAME ON CARD \_\_\_\_\_ SIGNATURE \_\_\_\_\_

TOTAL # GOLFERS  
 \_\_\_\_\_ X \$155 EA (by 12/31) = \$ \_\_\_\_\_  
 \_\_\_\_\_ X \$175 EA (after 12/31) = \$ \_\_\_\_\_

PLAYER SPONSORSHIP  
 \_\_\_\_\_ X \$155 EA (by 12/31) = \$ \_\_\_\_\_  
 \_\_\_\_\_ X \$175 EA (after 12/31) = \$ \_\_\_\_\_

HOLE SPONSORSHIP  
 \_\_\_\_\_ X \$250 EA = \$ \_\_\_\_\_

LUNCH ONLY  
 \_\_\_\_\_ X \$25 EA = \$ \_\_\_\_\_

DONATION ONLY \$ \_\_\_\_\_

TOTAL ENCLOSED \$ \_\_\_\_\_

Please complete registration/sponsorship information and mail with payment to:

**WARMLINE FAMILY RESOURCE CENTER**  
**2025 HURLEY WAY □ SUITE 100 □ SACRAMENTO, CA 95825 □ 916-922-9276**

WarmLine Family Resource Center Networker [www.warmlinefrc.org](http://www.warmlinefrc.org) November 2010  
 For questions, please contact Cid at 916-922-9276 or [cid@warmlinefrc.org](mailto:cid@warmlinefrc.org)

FULL PAYMENT MUST ACCOMPANY REGISTRATION. NO REFUNDS. RAIN OR SHINE.

*YOUR SUPPORT OF WARMLINE IS GREATLY APPRECIATED*

## Quality Child Care Collaborative

Many families need child care, including those of us who have a child with special needs.

In Sacramento County, WarmLine, along with Child Action, Sacramento County Office of Education and nine other agencies is part of the Quality Child Care Collaborative (QCCC), which is funded by the First 5 Sacramento Commission. .

The QCCC is a partnership of community agencies, educational and government institutions. Its purpose is to help Sacramento County child care centers, family child care home providers and family, friend and neighbor caregivers provide quality child care programs for our children. Collaborative services are free and child care center directors, teachers, aides, family child care home owners, aides, family, friend and neighbor caregivers, and parents can all access an array of services.

The services include:

- **Information** about child care, operating a child care business and services available in the community for both families and child care providers,
- **Resources** to assess and improve the quality of child care centers and homes,
- **Training** to support parents and child care providers in child care and development,
- **Consultation** to help providers assess and improve the quality of services they provide to children and families and build their competence and confidence in caring for children with varying needs.

### Consultation Team Provides Assistance

The Consultation Team is available to assist child care providers in addressing questions or concerns about care for children who have a variety of special needs and behaviors.

The Consultation Team consists of staff with training and expertise in child development, behavioral health, family support and inclusion of children with developmental disabilities and other needs. The Consultation Team members are available to provide ongoing consultation, technical assistance and training to child care providers.

The purpose of consultation is to give the provider information, strategies and resources to meet current and future challenges. Examples of issues the Consultation Team may be able to help with include:

The purpose of consultation is to give the provider information, strategies and resources to meet current and future challenges.

- Concerns about behavior in care,
- Resources or information about a specific disability or special need,
- Understanding parent perspectives and developing effective communication strategies,
- Questions regarding child development,
- Telephone support,
- On-site observation and consultation resulting in strategies and an action plan,
- Resource lending library and materials.

For more information about the QCCC or to request services, call Child Action, Inc. at 916-369-0191.

### WarmLine Staff Can Help

WarmLine staff are available to visit child care locations and provide information about children with special needs and increase understanding of parent views and the issues that families face.

If you are a child care provider and would like an in-service for your staff, please call Laura Soto at 916-922-9276 or email [Laura@warmlinefrc.org](mailto:Laura@warmlinefrc.org)

All of the counties WarmLine serves have child care resource and referral services.

- Sacramento County  
Child Action  
916-369-0191
- Placer County  
Child Care Resource & Referral  
530-745-1380
- Yolo County  
Child Care Services  
530-757-5695/800-723-3001
- El Dorado County  
Choices for Children  
South Lake Tahoe 530-541-5848  
Placerville 530-676-0707
- Nevada County  
Sierra Nevada Children's Services  
Grass Valley 530-272-8866  
Truckee 530-587-5960
- Alpine County  
Choices for Children  
530-694-2129



## Can I Leave My Child Home Alone?

Parents with typically developing children struggle with this question when their children approach adolescence. For parents with children who have special needs, the question sometimes is even more difficult, since a young adult who is developmentally delayed may never have the judgment or skills to be left alone. While there is no "magic age", the checklists below may provide some guidelines for the skills that the child needs in order to be left alone.



*Note: This checklist is from the National Network for Child Care. Because age is secondary to the skills needed, the word "person" has been substituted for the word "child".*

- The person can identify two escape routes from the house in case of fire.
- The person can handle telephone calls correctly.
- The person has demonstrated correct procedures for handling strangers at the door.
- The person knows how to reach parents or other responsible adults by phone.
- The person can name two adults to contact in case of an emergency.
- The person will tell parents or care providers about daily events without prompting.
- The person can locate a safe place to seek shelter during a storm.
- The person can name five household rules and identify which ones were followed the previous week.

### Self-Care Readiness Checklist:

- The person can give his or her address.
- The person can repeat and dial the home phone number.
- The person can give an example of a time when they had to figure out and decide what was the right thing to do, without adult input.
- The person feels safe when alone and fears (such as darkness) or nightmares are minimal when adults are not around.

- The person has indicated an interest or willingness to stay on his or her own.
- The person completes household chores and/or homework on time.
- Arrives at school and/or home on time.
- Lets parent or caregiver know where he or she is going to be and if he or she is going to be late returning.

Once you have completed the checklists, examine the answers. If you answered "no" to any questions, it may signal a need for information, training in self-care skills or an alternative care situation if you or another care provider are going to be away.

After the person has gained the skills and knowledge needed to stay alone, plan a trial period in order to see how he or she adjusts to the situation. Start with short periods and increase the time away as you and the person feel comfortable.

As a parent, you have the knowledge about how your child/young adult handles responsibility, follows directions, uses good judgment, and feels about being alone. The checklists may be a helpful tool for you to use to determine readiness. The lists should be used only as a guide, NOT as the deciding factor.

Thanks to the parents and professionals who contributed the great information!

Editors: Cid Van Koersel and Al Millan. The *WarmLine Networker* is published approximately three times per year. Articles and suggestions are most welcome, however WarmLine reserves the right to determine final content. You may send or email information for publication to WarmLine Family Resource Center, 2025 Hurley Way, Suite 100, Sacramento, CA 95825 or email [Cid@warmlinefrc.org](mailto:Cid@warmlinefrc.org). Opinions expressed do not necessarily reflect the opinions or endorsement any of WarmLine's funders. We will not knowingly reproduce inaccurate or libelous material. We do not promote or recommend any treatment, therapy, institution or professional system, etc. Information on therapy, medication, etc. in articles is not intended to be a guide for treatment. Follow your physician's instructions and consult your doctor on any questions you may have.

WarmLine is funded through grants or contracts from Department of Developmental Services, Placer and Sacramento County First Five, Alta California Regional Center Prevention Program, Sacramento County Office of Education, Davis Rotary, Teichert Foundation, Socially Speaking, WarmLine's Annual Golf Tournament and generous donations from our community friends.

*(Rosa's Law, continued from page 1)*

"Respect, value, and dignity - everyone deserves to be treated this way, including people with intellectual disabilities," said Dr. Timothy P. Shriver, Chairman and CEO of Special Olympics. "The President's signature and the unanimous support of both the House and Senate show that our elected officials understand and embrace this ideal. I congratulate Sen. Mikulski and Sen. Enzi for their vision and sensitivity to people with intellectual disabilities everywhere."

"For far too long we have used hurtful words like 'mental retardation' or 'mentally retarded' in our federal statutes to refer to those living with intellectual disabilities," said Sen. Mikulski. "'Rosa's Law' will make a greatly-needed change that should have been made well before today - and it will encourage us to treat people the way they would like to be treated."

#### How "Rosa's Law" Began

A family in Edgewater, Maryland provided the inspiration for the law. Nina Marcellino is the mother of four children, including Rosa, a child with Down syndrome. In 2009, Mrs. Marcellino learned that Rosa had been labeled retarded at school... Nina teamed up with other parents and her state delegate to introduce a bill to change the terminology in Maryland state law. Before the bill was



Rosa Marcellino

brought up for consideration in the Maryland General Assembly, they held a hearing on the implications of changing the term. There were several witnesses at that hearing, but the testimony that had the greatest impact was given by an 11-year-old boy: Rosa's brother, Nick. "What you call people is how you treat them," Nick said. "What you call my sister is how you will treat her. If you believe she's 'retarded,' it invites taunting, stigma. It invites bullying and it also invites the slammed doors to being treated with respect and dignity."

Rosa's brother, Nick. "What you call people is how you treat them..."

"Rosa's Law" replicates the law recently adopted in Maryland. Senator Mikulski first heard about the state law from Rosa's mother during a roundtable discussion about special education held in Edgewater, Maryland. Senator Mikulski promised Rosa's mother that if the bill became law in Maryland, she would take it to the floor of the United States Senate.

#### Tips for Getting Through the Holidays

By Jennifer Twachtman-Reilly & Patrecia Zebrowski

1. Try to maintain structure and stick to daily routines. Educate family and friends so they can do the same.
2. Impress upon others the importance of providing advance notice to your child of changes in his/her schedule or routine.
3. Use a calendar to help your child anticipate special events, as well as change.
4. Add structure to an event by using a visual template to show your child what will happen and who will be present at family gatherings.
5. Review and practice the social skills your child will need for the holiday events.
6. Provide your child with a means of communicating when he/she needs a break and provide a quiet space for this purpose.
7. Bring a few of your child's favorite comfort objects and sensory supports such as headphones, hand fidgets, oral tools, etc. for travel and break times.
8. Prepare some of your child's favorite foods to supplement holiday meals both at home and at family gatherings.
9. Give your child a special role or responsibility for the holiday event, and/or incorporate some of his/her favorite activities into the festivities.
10. Exercise vigilance regarding the impact of the sights, sounds and smells that might be stressful for your child, and be proactive in providing supports to lessen their effects.