Dear families,

We are officially entering the fall season this month and the return to school for all districts in our region. New schedules and routines that come with the return to in-person school can cause anxiety and stress for both kids and parents alike. In this edition, we share self regulation resources to help manage yet another time of transition.

Be sure to also check out our calendar of WarmLine events for parent support, special education, music and craft workshops!

Warmly,

Pam Chueh

Inside this Edition:

- WarmLine Events
- Mind the Gap Program
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Parent Support Group - Virtual
Thursdays, Sept. 2, 2021, 4:00 - 5:30 PM
Please join WarmLine parent and Social Worker, Jamie Sani-Flores, 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.
Understanding Special Education & Your IEP - Virtual  
**Tuesday, Sept. 14, 2021, 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.

Music with Ms. Emma - Virtual  
**Friday, Sept. 17, 2021, 10:00 - 10:30 AM**
Miss Emma is passionate about empowering the youngest humans through musical education. She facilitates open-ended experiences, inviting children and families to celebrate who they are. Bring your instruments and scarves to sing, dance, and create joy with your children.

Essential Oils Presentation-Virtual  
**Wednesday, Sept. 22, 2021, 6:00 - 8:00 PM**
Join Warmline and a certified aroma therapist to learn how you can use essential oils as an additional tool in your daily routines. Learn how oils can help manage emotions and challenging behaviors. We will also be making a “calming dough” using oils during the presentation.

Sensory Craft Class with Essential Oils - Virtual  
**Saturday, Sept. 25, 2021, 11:00 AM-12:00 PM**
Emoji themed stress balls! This fun craft can be a great stress relief for all ages. There will also be the option to incorporate essential oils as an added bonus.

Register Today

Mind The Gap  
WarmLine is pleased to partner with UC Davis MIND Institute to offer Mind the Gap program to families in Sacramento & Yolo Counties.

Watch this video & visit our website to learn more!  
[www.warmlinefrc/mindthegap.org](http://www.warmlinefrc/mindthegap.org)
Walk with Austin TRYathon

Kids with special needs up to age 18 are invited to participate in this adaptive SWIM–BIKE–RUN event. Whether you walk, jog, roll or hitch a ride on a parent's bike, each event can be tailored to you! Each participant should have at least one coach per leg of the event to assist them with transfer stations, adaptive equipment, safety, etc.

Contact walkwithaustin@gmail.com for event questions.
For more info:
https://www.walkwithaustin.org/events.html

Self regulation for ages birth to 5 years

- Help your baby gain self-control with this podcast. How Babies Begin to Develop Self-Control in the First 3 Years.
- Toddlers and Self Control: A survival guide for parents. Survival Guide
- Responding to your child's bite: Is biting an issue at your house? This article offers ideas on what to do when it happens. Biting

Self regulation tips for school aged kids and parents

- Self-care for kids: 6 Self regulation Ideas
- Back to school tips for parents: Back to School Tips from ChildMind.org
- A tool for spotting learning & thinking differences: Take N.O.T.E: A tool from Understood.org

Self regulation for parents

- Tips from Parenting Now: Parenting is hard. Learn self-regulation techniques for managing stressful situations. Self Regulation Techniques
- What can we do about toxic stress: From Surviving to Coping to Resilience. What We Can Do About Toxic Stress: An Infographic (harvard.edu)
Tucker Turtle

Use this illustrated story from the California Teaching Pyramid to help your child learn different ways to control their emotions. Click the link to download your own copy of the *Tucker Turtle Story*.

Help WarmLine help families in your community

Your tax-deductible donation allows us to continue providing families with 1:1 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!

Movement to De–Stress

This new video will help you and your family relax and de–stress after a long day!

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

WarmLine Family Resource Center