

# Spring Newsletter



## Message from the Executive Director Linda Thrift

Hello WarmLine Families,

Welcome to our first newsletter of 2025! Spring is an exciting time for WarmLine as we cultivate new relationships & watch them bloom throughout the year.

This year, WarmLine will focus on fostering *connection* within our families and throughout the community. We're working hard to get back into the community in person while maintaining our resources online to make sure everyone has the access they need. We can't wait to see you soon!

Let me take a moment to remind you WarmLine is here for you at every stage of life. Our Community Navigation Program is led by professionally trained navigators who are parents of children with disabilities. We look forward to your phone call! See more info on how we can help your family on page 2.

Finally, I'd like to offer a heartfelt thank you to Donnell Kenworthy, who has served as our Board President since 2021 and has been a part of WarmLine in various roles for over 2 decades. Donnell will retire this summer, and we wish her all the best. She will leave a legacy that will help our future Board to serve families and help all our children have dreams for the future.

Many thanks,  
Linda Thrift  
Executive Director



### WarmLine FRC Board of Directors

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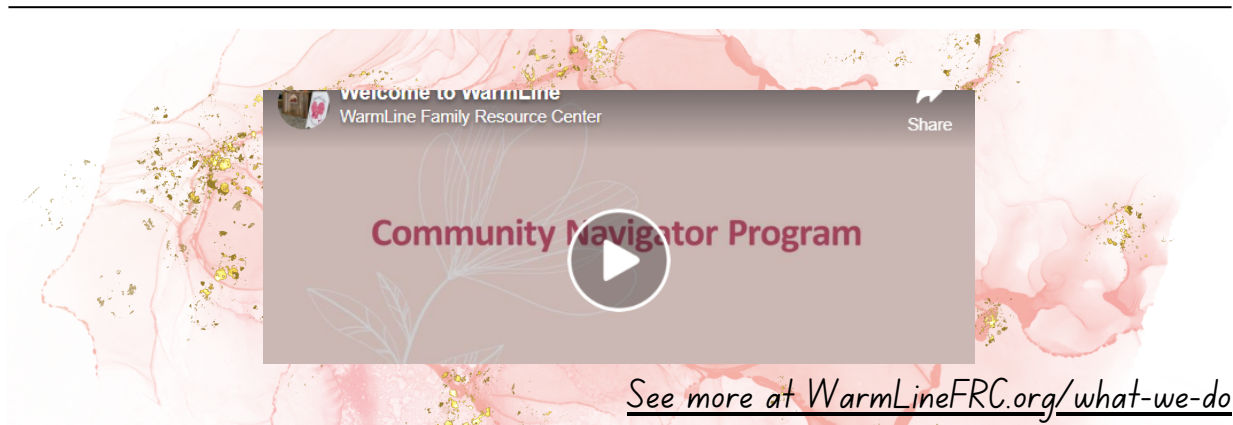
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Hernandez  
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Mikitka  
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## Community Navigator Program

Connect with Us Today

WarmLine's Community Navigator Program serves families with children birth to 22 and individuals 22 and older.

Our Community Navigators help you figure out your goals and how to reach them. They are from the same community and have extensive knowledge of the resources available. The program is flexible and based on your needs and availability.

*“How do I find services for my children?”*

*“Can you help me apply for IHSS?”*

*“I think my child’s IEP is missing something.”*

Let us help you navigate issues like these and more!

### Community Navigator Program

Community Navigators work 1:1 with individuals and families providing support in accessing and utilizing regional center and generic resources. Navigators have lived experience and share a community, a language, and a culture with people they serve.

*This program serves clients of Alta Regional Center from birth to adulthood. (no age limit)*

Services provided by WarmLine Navigators include:

- Parent to Parent Support
- Information and Referral to Community Resources
- Outreach and Support for Transition Age from Part C
- Self-Determination Program information and support
- Special Education Information
- Support to families whose children are blind/low vision, deaf/hard of hearing, orthopedically impaired
- Assistance with generic resources such as Medi-Cal, IHSS & SSI and more.

More information:  
phone: (916) 455-9500  
email: [warmline@warmlinefrc.org](mailto:warmline@warmlinefrc.org)  
address: 3336 Bradshaw Rd. 255  
Sacramento, CA 95627

[Scan or click here to Enroll a family.](#)



*Enroll*  
**HERE**

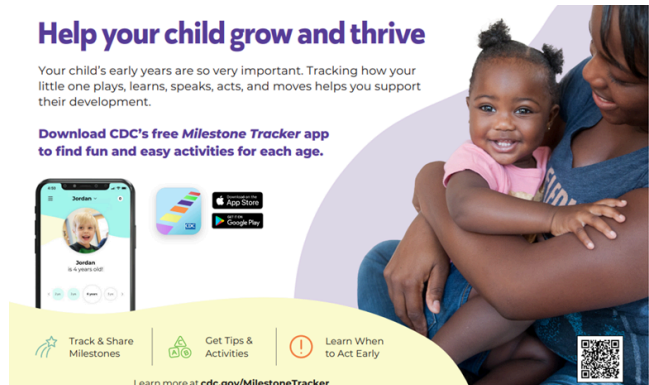
English, Russian, & Spanish flyers at [warmlinefrc.org/what-we-do/community-navigator-program](http://warmlinefrc.org/what-we-do/community-navigator-program)

OR CALL US  
TODAY  
(916) 455-9500



# SPRING SPOTLIGHT

## Early Start/Early Intervention



### What is Early Start?

The Department of Developmental Services has many resources for children 0-3 who have a developmental delay or are at risk of having a developmental disability.

Early Start/Early Intervention services come through the Regional Center, and WarmLine Family Resource Center Community Navigators can be there to help you to initiate these services, find other supports, and transition out of Early Start/Early Intervention at age 3.


### CDC's Free Milestone Tracker

The CDC's free milestone tracker is an easy-to-use app that allows you to log what you see your child doing or trying.

One benefit of using a tracker is to have all the relevant information ready when filling out assessments or applications when you're looking for support for your child.

### Is Your Child Turning 3 Soon?

Check out WarmLine's parent training on transitioning out of Early Start/Early Intervention. We have 3 options on April 22. You can also watch the presentation on-demand at <https://my.demio.com/ref/hyr1U4Q2bZJGc2a3>



Invites you to a virtual training

### Turning 3 Years Old / Cumpliendo 3 Años

Do you have a child who is receiving early intervention services? Is your child about to turn 3 years old? Please join us virtually to learn about special education services in preschool, regional center eligibility after the age of 3, and more.

Sabemos que los padres de los niños cumpliendo tres años tienen preocupaciones y preguntas específicas. Por eso WarmLine crea un entrenamiento para ¡USTED! Le ayudaremos a entender: Los pasos para la transición. Como son iguales/diferentes la Intervención Temprana y la Educación Especial. Que es un IEP y cómo prepararse para el IEP.

All webinars present the same content / Todos los seminarios web presentan la misma información.

**Tuesday, April 22, 2025**




10:00 AM - 11:30 AM

OR

5:30 PM - 7:00 PM

OR

En Español



12:00 PM - 1:30 PM

For more information contact WarmLine: (916) 455-9500 [www.warmlinefrc.org](http://www.warmlinefrc.org)

See all WarmLine's trainings at [warmlinefrc.org/news-events](http://warmlinefrc.org/news-events)

[Click for On-Demand Webinar](#)

[Click to Register for 4/22 Webinar](#)

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# From One Parent to Another

Thinking about our own kids' experiences before they turned 3, WarmLine staff answer the question, "What are 3 activities you did with your young child(ren) to bring your family closer together?"

## From Ania:



1. Plays with sensory bins. It can be very simple like a container full of dry rice. Kids can fill up jars with it, "pour" them through the funnels or from one cup to another.
2. Interacting with animals: experiences where kids can actually touch animals and feed them in a stress-free environment. A few places to check out: Ogden Alpacas, KidZone Museum in Truckee, Palo Alto Junior Museum and Zoo, Children's Museum of Sonoma County, etc.
3. Playground hunt! Our favorites: Southside Park Playground in Sacramento, Mahany Park in Roseville, & Mia's Dream Come True/Magical Bridge Playground in the Bay Area. [Here](#) is a map with adaptive playgrounds in the Sacramento area.



Adaptive Playgrounds in the Sacramento Area

## From Christina:

1. Going to Fitzgerald Marine Reserve during low tide to play in the tide pools
2. Simple garden chores - Pulling weeds, choosing new plants together
3. Rivercats games - Especially the cheap outfield seating!



## From Pat:

1. With two kids of varying age and ability, I like taking them for hikes at the Consumnes River Preserve. It's free, usually uncrowded, and there are lots of pretty birds visible from safe and well-maintained pathways. [Visitor Center](#)
2. We are regulars at our local branch of Sacramento Public Library, where there are a bunch of board games, computer games, and of course books!
3. We are blessed with a ton of parks nearby (South Sacramento/Pocket Greenhaven) and also like to walk along the Sacramento River Levee, where there is a nice bike path and pretty sights.

## From Cristina:

We always tried to do things together, when my oldest children were little, we were very involved in the parent support group we belonged to. We participated in everything as a family.

As my children got older, we knew each one needed their own time with me, (they were able to communicate this). I started taking one day of the month for each one of them and we would do things that they were interested in; and we would also do things together. The sibling workshops were very helpful for them; by attending the workshops, they were able to talk about their feelings with other people who could understand them.

I have learned from other parents and professionals how to approach each one of my children by having a very open communication. This has helped us as a family to stay together as a family and respect each other by giving their space and time to each one.

Having 4 children with different ages, this is how we did it to bring our family together.





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## From One Parent to Another, Continued

Thinking about our own kids' experiences before they turned 3, WarmLine staff answer the question, "What are 3 activities you did with your young child(ren) to bring your family closer together?"

### From Diana:

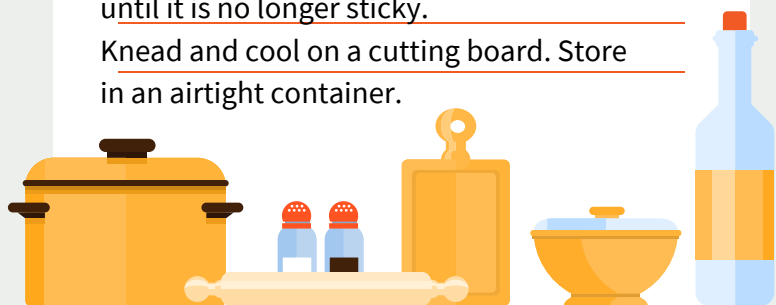
Every week, we have a family movie night where we gather with snacks and blankets to enjoy a movie together. It's a special tradition that brings us closer and gives us something to look forward to. Since our entire family loves the outdoors, we often take trips to the lake or ocean, where we spend time exploring, playing, and enjoying nature. These outings give us a chance to unplug and connect with each other. We also enjoy visiting museums and historical sites, which spark curiosity and meaningful conversations about the past. These experiences not only bring us closer but also create lasting memories.



## Recipe

### HOMEMADE PLAY DOUGH

1 cup flour  
1/4 cup salt  
1tsp cream of tartar  
1Tbsp oil of choice  
1 cup water  
Optional: 1 packet of Koolaid/ food coloring/extract  
Cook in a nonstick pot over medium heat until it is no longer sticky.  
Knead and cool on a cutting board. Store in an airtight container.



### From Brenda:

We have always done a lot of baking/kitchen activities together since my kids were small. Basic recipes like cookies and cakes.

We also made/make A LOT of homemade play dough, which they can help with.

I would also recommend finding and attending local playgroups funded by First 5 or similar agencies.



## SAVE THE DATE

- 3/24 Support Group for Dads
- 4/3 Family Support Group
- 4/7 Life Balance & Self Care for Parents
- 4/9 Parent Workshop in Russian
- 4/10 New Diagnosis Support Group
- 4/22 Turning 3 Workshops in English & Spanish
- 4/23 Understanding Special Education Workshop
- 4/24 Support Group for Dads
- 4/30 Understanding Special Education Workshop in Spanish

Sign up for WarmLine's newsletter below or check our website regularly for more details!

*Thank you for reading!*

	<p>ENGLISH (916) 455-9500 SPANISH (916) 922-1490</p>
<p><a href="http://www.warmlinefrc.org">www.warmlinefrc.org</a></p>	<p>  @WarmLineFRCSupport   @WarmLineFRCSupport   @WarmLineFRC         </p>
<p>Sign up to receive our newsletter and selected emails by scanning the QR Code</p>	