



El Dorado County SELPA Family Newsletter



Scan the QR
code for more
information

IEP transition from Part C to Part B

Do you have a child on an IEP who is turning 3 years old in 2026? They will be transitioning from an IFSP (Part C) to an IEP (Part B). This resource page from the California Early Childhood Special Education Network provides numerous tools, videos, trainings, and events aimed at informing and supporting parents with the transition from Part C to Part B



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Research Brief: Strengthening K-12 Cellphone Policies to Support Student Learning and Well-Being



Has your local school district implemented a new cell phone policy this year? This document provides a wealth of information regarding the research behind cell phone policies and how these policies can support student well-being.



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“Through My Eyes” - New Feature on Understood.org

Although we experience our children's disability through our lens as a parent, it can be challenging to understand through their lens. Understood.org now provides a tool to explore what the world is like through the eyes of a child with ADHD, Dyslexia, or Dyscalculia. This insight into the lives of real children can assist in deepening our understanding of the challenges children with disabilities face every day.

What to expect in
this newsletter:

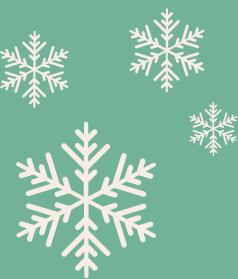
Resources for
Families

Local
Events

Self-Care
Stop

Learn more about
the EDCOE SELPA





Self-Care Stop

As we recover from the holiday rush and enter a new year, now is an opportunity to slow down and add tools to our well-being toolbox. The following grounding activity can be a helpful reset:

- 👁 5 - Name five things that you see
- (feeling) 4 - Name four things you feel
- 👂 3 - Name three things you can hear
- 👃 2 - Name two things you can smell
- 👅 1 - Name one thing you can taste

Support Groups:



The Early Years Support Group for Parents

Upcoming Dates: January 19th, February 2nd, February 16th, and March 4th | 6:00 PM to 8:00PM
Virtual

Join this group of parents and caregivers of children, approximately 2- 8 years of age, with any diagnosis. Attendees share, listen, and support each other with practical advice based on their experiences in raising a child with a disability. This support group is facilitated by Maria and Christina, both mothers of young children who have special needs. Anyone interested in meeting others who share the journey of parenting a child with special needs is encouraged to attend.

Please scan the QR code to register and learn more about this free event.



Caregiver Connection

Saturday, February 14th | 10:00 AM to 12:00 PM
In Person

Social connections are one of the protective factors that build strong families. Please join us in the Warmline office to decompress, play, and have some social time with other families on a similar journey.

What to expect when you arrive:

- Welcome & Refreshments
- Group Discussion
- Creative Activity

*Limited childcare available

Please scan the QR code to register and learn more about this free event.



S.E.B.A.R. (for Older Teens and Adults) at Exhilaration Station

1412 Broadway Placerville, CA 95667



Scan the QR code for more information!



S.E.B.A.R stands for Social Emotional Building Activities and Recreation. This program offers older teens and adults with disabilities fun activities that help develop social-emotional skills and foster friendships. Once a month, Exhilaration Station hosts an event that varies from dances to games and pool parties, usually on the third Saturday.

Upcoming events:

- Karaoke - Saturday, January 17th
- Valentine's Dance - Saturday, February 14th

Sensory Friendly Play at Sacramento Children's Museum

2701 Prospect Park
Rancho Cordova, CA 95670



Scan the QR code for more information!



Sensory Friendly Play is a fully accessible, low-cost program for children with special or sensory needs, including those on the autism spectrum, their siblings, and friends. These 90-minute play sessions include modified open play and special programming. Starting in 2026, Sensory Friendly Play will be held on the first Monday of every month from 10:00-11:30am.

Are we missing something fun? Do you know of an upcoming disability-friendly event? Call (530) 295-2470 and let us know so we can include it in a future newsletter!



Thank you for reading!



EL DORADO COUNTY SELPA
Special Education Local Plan Area

EL DORADO COUNTY
OFFICE OF EDUCATION

(530) 295-2470

www.edcoe.org

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