

El Dorado County SELPA Family Newsletter



Scan the QR code for more information

Explaining Brains: Parent Tools

This webpage offers a variety of tools and resources designed to support parents of children with disabilities. Included are materials focused on empowering neurodivergent children, along with guides on topics such as understanding your child's report, teaching self-advocacy skills, managing screen time, and more. The page also features podcasts, videos, and printable handouts.



Scan the QR code for more information

Star Autism Supports: Helping at Home Visual Supports

The STAR Autism Supports website offers an online slide deck that explains how visual supports can be used at home. These visuals can help guide everyday household tasks—such as setting the table, washing dishes, or cleaning up—and can support the development of consistent routines within the home.



Scan the QR code for more information

Catalyst Community Services for Families

The Catalyst Community Families page offers resources to help parents support their children's early learning and development. It connects families with child care referrals, information about paying for child care, parenting classes, and community resources. The goal is to help families find the support they need so children can learn, grow, and thrive.

What to expect in this newsletter:

Resources for Families

Local Events

Self-Care Stop

Learn more about the EDCOE SELPA



Self-Care Stop

Spring into self-care! Spending time outdoors can lift your mood and help you feel more energized. Try these simple ways to add a little outdoor time to your day:

- Meet a friend for a walk instead of meeting at a coffee shop
- Enjoy your lunch outside when the weather allows
- Take short outdoor breaks during the day, like a quick walk between classes or activities

Even a few minutes outside can make a difference!



Trainings & Webinars:



Webinar: Turning 18 with a Disability: Legal, Financial, & Benefits Planning for Families

Thursday, April 16th | 6:30 PM - 7:45 PM

Virtual

Join attorney Kevin Urbatsch for a presentation about the legal and financial changes that happen when a child with a disability turns 18. The session will cover topics such as supported decision-making, powers of attorney, conservatorship, and how to plan for important public benefits like SSI and Medi-Cal. Families will learn practical steps to start planning early and help support their young adult's independence while reducing some of the stress that can come with the transition to adulthood.

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



Warmline: Turning 3 years old

Tuesday, March 24th | 10:00 AM

Virtual

Do you have a child who is receiving early intervention services through the regional center or the Infant Development Program in your county? Is your child about to turn 3 years old? Parents of children with developmental delays who are turning 3 years old often have questions about upcoming changes in services. WarmLine has created this training just for YOU! Please join us virtually to learn about special education services in preschool and more.

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



Evidence Based Practices : Visual Supports

Tuesday, March 31st | 10:00 AM

Virtual

This webinar introduces visual supports as an evidence based practice for families. Parent support staff will learn what visual supports are, why they are effective, and how to share simple, practical examples with other families. The session includes common types of visual supports and examples that can be used at home to support daily routines.

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



Topic Talks with SARC: Positive Parenting to Prevent Challenging Behavior

Tuesday, March 17th | 2:00 PM - 3:00 PM

Virtual

A session on positive parenting strategies to recognize and help prevent challenging behavior. Presented by PHP's own Susana, this session will cover in depth strategies for caregivers to take away to help support them in the everyday.

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



2026 Information and Resource Conference

March 14th 10am-2pm

2355 Folsom Street San Francisco, CA 94110



The Information and Resource Conference (IRC) takes place on Saturday, March 14th, from 10 am-2pm. This annual event for families of children with disabilities, professionals, and community members features a resource fair, workshops, and panel discussions focused on topics such as early intervention, advocacy, and transition to adulthood. Families can also connect with community organizations, enjoy a free lunch, and access supportive spaces.

Placerville Kids Expo

April 25th 10am-2pm

1000 Placerville Drive Placerville, CA 95667



The Placerville Kids Expo is on Saturday, April 25th from 10am -2pm. This is the ultimate free, outdoor family experience packed with fun, learning, and unforgettable moments for kids of all ages! From community resources, hands-on activities, and performances. Kids Expo brings together everything children love in one vibrant, action-filled event.

Shamrock Shimmy at Sacramento Childrens Museum

March 13th 5pm-6:30pm

2701 Prospect Park Rancho Cordova, CA 95670



On Friday, March 13th, children with special and sensory needs, their families, and their friends are invited to join The Sacramento Children's Museum for an evening of dancing and museum play from 5pm to 6:30pm. Do the Shamrock Shimmy! Registration is required. Admission is \$3 per person for everyone over the age of 12months.

Love & Literacy Across California for Families of Deaf & Hard of Hearing Children

March 21st 10am - 2pm
4044 North Freeway Blvd. Sacramento, CA 95834



Love and Literacy Across California is hosted by LEAD-K Family Services, and will take place on Saturday, March 21, 2026, from 10 AM-2 PM at NorCal Services for Deaf & Hard of Hearing. The event is designed for families of Deaf and Hard of Hearing children and will include storytelling, books, food, activities, and opportunities to connect with community resources that support language and literacy.

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
OFFICE OF EDUCATION

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