



Formed Families Forward

<https://FormedFamiliesForward.org/>

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Links for **New Year, New Lens** virtual training for PWCS Parent Resource Center, January 25, 2024

Presented by Stacia Stribling and Kelly Henderson

Self-Care: Pause-Reset-Nourish:

[https://www.nctsn.org/sites/default/files/resources/fact-sheet/pause reset nourish to promote wellbeing use as needed to care for your wellness.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/pause%20reset%20nourish%20to%20promote%20wellbeing%20use%20as%20needed%20to%20care%20for%20your%20wellness.pdf)

Editable calendars/schedules:

Calendar Labs- www.Calendarlabs.com

Scheduling templates in Office: <https://create.microsoft.com/en-us/templates/schedules>

In Canva: <https://www.canva.com/design/DAFsvaUqVwl/7i9NzZIMh6TKyqwW7vVMpA/edit>

Timers:

Visual countdown timers-

<https://play.google.com/store/apps/details?id=com.fehnerssoftware.visualtimer>

Visual Supports:

Visual Supports Library- <https://www.earlywood.org/Page/546>

Free picture symbols- http://www.buildingblox.net/images/schedule_pics_and_numbers.pdf

Visual picture cards (for fee)- <https://www.naturalbeachliving.com/visual-schedule-printable/>

Social Emotional Supports:

Feelings Thermometer- <https://children.wi.gov/Pages/FeelingsThermometer.aspx>

Tools for social emotional development with younger children including scripted stories, cue cards, etc.- <http://csefel.vanderbilt.edu/resources/strategies.html>

Scripted stories for social situations- <http://csefel.vanderbilt.edu/resources/strategies.html>

First Then cards- http://www.buildingblox.net/images/First_Then_board_with_cards.pdf

Sensory tools:

Make-at-home ideas and how-to's - <https://www.edutopia.org/article/diy-ways-meet-childs-sensory-needs-home>

Make weighted snake lap buddy- <https://www.autismspeaks.org/blog/diy-weighted-lap-buddy>

Moody Cow Meditates, book read aloud- <https://www.youtube.com/watch?v=km6tIFgVBKs>

Parent/child yoga ideas - <https://www.greenchildmagazine.com/bonding-with-your-child-through-yoga/>

Mindfulness Practices for stressed out parents- <https://www.mindful.org/when-parenting-gets-tough/>

Sesame Street *Belly Breathe* song (2:25) - <https://www.youtube.com/watch?v=mZbzDOpylA>

Explanation of diaphragm breathing- <https://www.health.harvard.edu/healthbeat/learning-diaphragmatic-breathing>

Beyond Consequences cards - https://formedfamiliesforward.org/family_resource/regulation-clip-chart-tools-from-h-forbes/

FFF *All About Me* one pager:

Fill-in Word document and instructions- https://formedfamiliesforward.org/family_resource/just-so-you-know-strategies-for-nontraditional-families-to-share-their-information-with-schools-all-about-me-template/

Student profiles:

- [https://www.iidc.indiana.edu/styles/iidc/defiles/INSTRC/Student Personal Profile Template.pdf](https://www.iidc.indiana.edu/styles/iidc/defiles/INSTRC/Student%20Personal%20Profile%20Template.pdf)
- <https://www.understood.org/en/school-learning/choosing-starting-school/back-to-school/download-back-to-school-introduction-letters>
- http://www.aimpa.org/uploaded/Institute/Al_ChildProfile.pdf
- <http://www.cidd.unc.edu/docs/CommunityTalk/PositiveStudentProfile.pdf>
- https://wrap2fasd.org/wp-content/uploads/2022/08/TTYU0wftSDScmLL4a1kn_Understanding-Me-FASD.pdf

FFF Social Media:

<https://www.facebook.com/FormedFamiliesForward>

Instagram- <https://www.instagram.com/formedfamiliesforward/>