# Digital Family Resource List

## Caregiver Resources
- Toddlers and Self Control - A Survival Guide for Parents
  - [Toddlers and Self Control](#)
- Helping Children Cope
  - [Disasters and Emergency Events](#)
- Parent Help 123
  - [https://www.parenthelp123.org/](https://www.parenthelp123.org/)

## Try these APPs
- The American Red Cross APP
  - [First Aid](#)
- Let’s Make a Plan App
  - [Emergency Planning](#)

## Printable Activities
- Ready Wrigley Prepares for Extreme Heat Activity Book
- Quality Childcare Checklist
  - Finding Childcare EN
  - Finding Childcare SP
- Create a Family Emergency Plan For Parents
- I Know My Address and Phone Number Activity Sheet

## Play & Learn Websites
- Parent Map
  - [https://www.parentmap.com/](https://www.parentmap.com/)
- Childcare Aware – Childcare
  - [https://childcareawarewa.org/providers/](https://childcareawarewa.org/providers/)

## Videos to Watch
- Making Fruit Sushi
  - Cookie Monster’s Foodie Truck