

# Digital Family Resource List



Caregiver Resources



Try these APPs



Printable Activities



Play & Learn Websites



Videos to Watch

## 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/>

## 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](#)

Create a Family Emergency Plan  
[For Parents](#)

Quality Childcare Checklist  
[Finding Childcare EN](#)  
[Finding Childcare SP](#)

I Know My Address and Phone Number  
[Activity Sheet](#)

## Play & Learn Websites



Parent Map  
<https://www.parentmap.com/>

Childcare Aware – Childcare  
<https://childcareawarewa.org/providers/>

## Videos to Watch



Making Fruit Sushi

Cookie Monster's Foodie Truck