# Digital Family Resource List

## Caregiver Resources
- Helping Your Child Cope with Conflict
  - Everybody Gets Mad
- How to be more Compassionate with yourself
  - Compassion
- Parent Help 123
  - [https://www.parenthelp123.org/](https://www.parenthelp123.org/)

## Try these APPs
- WIC SHOPPER APP
  - WIC Shopper App
- Let’s Get Ready
  - Let’s Get Ready

## Printable Activities
- Words are Everywhere
  - Activity Cards
- Make Your Own Sundial
  - Sundial Craft
- Life Cycle of the Butterfly Activity
  - Butterfly Printable
- Speak Up! Get to Know Someone
  - Speak Up! Activity

## Play & Learn Websites
- Draw with Pixar
  - Draw with Pixar
- Zoo to You
  - Woodland Zoo

## Videos to Watch
- [Here for Each Other](https://123sesamestreet.org)

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**Developmental Disabilities and Early Learning Division**

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