

Digital Resources Guide
FCPS FAMILY RESOURCE CENTER
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The resources listed here are provided for informational purposes only. They do not reflect recommendations or endorsements by Fairfax County Public Schools (FCPS) or the FCPS Family Resource Center. Updated 2/2024

<https://www.fcps.edu/resources/family-engagement/family-resource-center>

For questions, contact the Family Resource Center at 703-204-3941 or frc@fcps.edu.

General

Parenting Resources

<https://padlet.com/FCPSFamilyResourceCenter/Parenting>

General resources to help with a variety of parenting needs. This includes resources from the Family Resource Center, FCPS, community, and recommended podcasts, webinars, and books.

Child Development

<https://padlet.com/FCPSFamilyResourceCenter/ChildDevelopment>

Information for age-appropriate behaviors and expectations at every age of childhood so you can support your child accordingly and ask for help where needed.

Resources for All Families

<https://padlet.com/FCPSFamilyResourceCenter/Families>

Supports for foster, adoptive, kinship, and blended families. This includes support groups, local resources, and books in our library.

Family Support Guide

<https://padlet.com/FCPSFamilyResourceCenter/FamilySupportResourceGuide>

Resources from FCPS and the community gathered to support families in the areas of special needs, mental health, and a variety of circumstances.

Community & Public Supports

<https://padlet.com/FCPSFamilyResourceCenter/Community>

Local resources to support families with a variety of needs to include basic services, food, housing, childcare, health, interpretation services, and more.

For Younger Kids

Resources for Elementary School

<https://padlet.com/FCPSFamilyResourceCenter/Elementary>

A collection of resources for parents and educators of Elementary School age students. This includes resources to help understand FCPS, support your child academically, and links to resources that may be helpful for this age group.

Kindergarten Readiness

<https://padlet.com/FCPSFamilyResourceCenter/Kindergarten>

A collection of resources for parents and educators of students transitioning to and in kindergarten. This includes resources to help understand FCPS, support your child academically, and links to resources that may be helpful for this age group.

Potty Training Resources

<https://padlet.com/FCPSFamilyResourceCenter/PottyTraining>

Resources to help with successful toilet training for all children. This includes books, videos, articles, and suggested tools that you may find helpful.

Reading at Home for Children & Families

<https://padlet.com/FCPSFamilyResourceCenter/ReadAtHome>

Resources to help encourage and support reading at home. This includes free resources for books, eBooks, audiobooks, and videos of books being read.

Early Childhood Education

<https://padlet.com/FCPSFamilyResourceCenter/early-childhood-education-7cojixnepjopuo00>

Resources to support your child's education from ages 0-5. This includes FCPS and community resources, childcare information, and book recommendations from the FRC.

For Older Kids

Parenting Teens

<https://padlet.com/FCPSFamilyResourceCenter/TeenDevelopment>

Support communicating with your teen, what to expect for typical physical, emotional, and sexual development, and resources for atypical developmental issues.

College and Career Planning

<https://padlet.com/FCPSFamilyResourceCenter/CollegeandCareer>

Resources to support post-secondary planning. This includes guidance from FCPS, information on assessments, financial aid, scholarships, and resources in Spanish.

Resources for High School

<https://padlet.com/FCPSFamilyResourceCenter/HighSchool>

A collection of resources for parents and educators of High School age students. This includes resources from FCPS, information to help with the transition into and after high school, and links to resources for everything in between.

Resources for Middle School

<https://padlet.com/FCPSFamilyResourceCenter/MiddleSchool>

A collection of resources for parents and educators of Middle School age students. This includes resources from FCPS, to help with the transition to Middle School, information on development, and tips for success.

Teen Employment Resources

<https://padlet.com/FCPSFamilyResourceCenter/TeenEmployment>

Resources from FCPS and the Community to help students find employment opportunities. This includes job search engines, volunteer opportunities for teens, and guidance for teens of all abilities as they seek employment.

Support for Difficult Situations

Grief and Loss

<https://padlet.com/FCPSFamilyResourceCenter/GriefandLoss>

Resources to support children and families going through grief and loss. This includes resources from our library, curated articles, local and virtual support groups, and resources in Spanish.

Cancer Support

<https://padlet.com/FCPSFamilyResourceCenter/CancerSupport>

Resources from FCPS and other organizations to support families and educators impacted by cancer. This includes resources from our library, local resources, support groups, and articles. There are also resources in Spanish.

Trauma Resources

<https://padlet.com/FCPSFamilyResourceCenter/trauma-resources-rz2hzbyjexp0cwct>

Resources for parents and educators on the topic of trauma and creating trauma sensitive schools. This includes information about war and violence, attachment, and PTSD as well as organizations and tip sheets that focus on becoming trauma informed.

Bullying

<https://padlet.com/FCPSFamilyResourceCenter/bullying-myh2gx3ssi9inlib>

Resources for families and staff about the topic of bullying. This includes parent resource guides, conversation starters, and book recommendations. Also includes resources in Spanish.

Support with Special Needs

Special Education & 504 Resources

<https://padlet.com/FCPSFamilyResourceCenter/SpecialEducationand504>

Resources to support children with special needs and their parents. This includes resources on the IEP and 504 process, dispute resolution, and information on specific areas of need.

ADHD

<https://padlet.com/FCPSFamilyResourceCenter/ADHD>

Resources to support children with ADHD and their parents. This includes information on special education, behavior, sensory needs, social skills, mental health, and support for specific age groups.

Introduction to Autism-Multiple Languages

<https://padlet.com/FCPSFamilyResourceCenter/Autism>

General information and helpful resources in a variety of languages to help understand autism and the support available within FCPS and our community.

Dyslexia

<https://padlet.com/FCPSFamilyResourceCenter/Dyslexia>

Resources from FCPS and online to help understand dyslexia and how to support those with suspected and confirmed dyslexia. This also includes educator resources to include teaching strategies and tips to support students with dyslexia.

Resources for Deaf and Hard of Hearing Families and Children

<https://padlet.com/FCPSFamilyResourceCenter/DeafandHH>

Supports for the Deaf/Hard of Hearing community. This includes resources from FCPS, community supports, tools for communicating to include apps and resources to learn sign language, as well as resources for children of deaf adults.

Twice Exceptional (2e) Learners

<https://padlet.com/FCPSFamilyResourceCenter/twice-exceptional-2e-learners-u1k63eclzpd5ztuo>

Resources to support twice exceptional learners. This includes information from FCPS and VDOE as well as FRC webinars and book recommendations.

Respite Care Guide

<https://padlet.com/FCPSFamilyResourceCenter/RespiteCareGuide>

Short-term relief for primary caregivers including support providers, financial support, and resources in Spanish.

Adapted Recreation Guide

<https://padlet.com/FCPSFamilyResourceCenter/AdaptedRecreationGuide>

Competitive or recreational sports opportunities for people with disabilities. These are shared by specific need and area of interest.

Mental Health Resources

Emotional and Mental Wellness for Families

<https://padlet.com/FCPSFamilyResourceCenter/Emotions>

Resources from FCPS and the community to support emotional and mental health needs for children, teens, and adults. These include information to better understand mental health, access counseling and support groups, and tips to help strength emotional well-being.

Mental Health for Children

<https://padlet.com/FCPSFamilyResourceCenter/MentalHealth>

An abbreviated version of resources from FCPS and the community to support emotional and mental health needs for children and teens.

Sleep

<https://padlet.com/FCPSFamilyResourceCenter/sleep-7p6r1evj6bv8bnpf>

Resources on sleep needs and support for children and teens. This includes guidelines and tip sheets for parents as well as Youtube videos and book recommendations.

Support Groups

<https://padlet.com/FCPSFamilyResourceCenter/support-groups-w1kqhpwpautg0i6u>

Collection of local support groups for adults and youth covering a variety of topics, with offerings for both in-person and virtual meetings.

Eating Disorder Resources

<https://padlet.com/FCPSFamilyResourceCenter/EatingDisorders>

Resources to help understand and support those with eating disorders. This includes resources from FCPS, local and national resources, a webinar, book recommendations, and helpful articles.

Educational Resources

Executive Functioning Resources

<https://padlet.com/FCPSFamilyResourceCenter/ExecutiveFunctioning>

Resources to support you in identifying and supporting your child's executive functioning needs. This includes webinar recordings, books, organizational tools, online articles, and special education resources.

Back to School Resources

<https://padlet.com/FCPSFamilyResourceCenter/BackToSchool>

Resources to support a successful start to the school year. This includes resources from FCPS, guidance by age, emotional support, organizational tools, and other supports.

School Refusal

<https://padlet.com/FCPSFamilyResourceCenter/SchoolRefusal>

Resources to support students with school refusal, anxiety, and alternative options. This includes resources from FCPS, online, webinars, books, alternative options for school, and resources in Spanish.

Summer Support

Summer Camp Guide

<https://padlet.com/FCPSFamilyResourceCenter/SummerCampGuide>

Summer camp resources gathered to support families' summer needs. This includes camps for all children to include camps that are both accommodating of and geared towards children with special needs.

Summer Survival Guide

<https://padlet.com/FCPSFamilyResourceCenter/summer-survival-guide-ykb426u6ugbrxbqm>

Resources to help students and their families make the most of summer. This includes short videos, self-paced parent lessons that contain strategies and tools, and links to other resources.

Summer Activities

<https://padlet.com/FCPSFamilyResourceCenter/SummerActivities>

Activity suggestions to keep your family engaged during the summer. This includes suggestions of places to go, things to do, specific resources for different age groups, suggested calendars, and other supporting resources.

Other Topics

Digital Citizenship Resources

<https://padlet.com/FCPSFamilyResourceCenter/DigitalCitizenship>

Top resources by topic as you navigate the digital world. Topics include managing screen time, social media, addressing concerns about inappropriate content, parental controls, summer resources, and webinars.

Resources for Military Connected Families

<https://padlet.com/FCPSFamilyResourceCenter/military-connected-families-fcrcl58rjhye5zpj>

Resources to support military connected families. This includes information from FCPS and the local community about the topics of relocation, school transitions, parenting support, and mental and emotional wellness.

LGBTQIA+ Awareness

<https://padlet.com/FCPSFamilyResourceCenter/LGBTQIAplus>

Resources to support you, your child, and those you serve in the schools who identify as lesbian, gay, bisexual, or transgender. This includes local and online resources, books, and lesson and conversation starters.

Resources and Support for Immigrant Families

<https://padlet.com/FCPSFamilyResourceCenter/ImmigrantResources>

Resources for immigrant families to include how to translate websites, basic support, ESL classes, education, job training, mental health support, legal support, and more.

Mentor Programs

<https://padlet.com/FCPSFamilyResourceCenter/MentorPrograms>

Mentor options for students in our area. Specific programs offered for boys, girls, BIPOC Youth, and LGBTQIA+ Youth.

Diversity

<https://padlet.com/FCPSFamilyResourceCenter/Diversity>

Resources to support a discussion with students and their families at home and school. This includes resources from FCPS, books from our library, local and online resources, and lessons and conversation starters.

Video Library

<https://padlet.com/FCPSFamilyResourceCenter/VideoLibrary>

Curated videos from online resources on a variety of topics to include going to the doctor, puberty, ADHD, Autism, speech and language development, social skills, dyslexia, mental health, and more.

Family Resource Center Book Recommendations

<https://padlet.com/FCPSFamilyResourceCenter/BookRecommendations>

Our top book recommendations by topic based on the most common requests from our library. We are also happy to curate books based on your specific need and now have FRC packs of pre-grouped materials on specific topics that can be found here:

<https://www.fcps.edu/node/43741>.

Cultural Recognition Months

Hispanic Heritage Month

<https://padlet.com/FCPSFamilyResourceCenter/HispanicHeritage>

National Hispanic Heritage Month from September 15 to October 15, by celebrating the histories, cultures, and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America. This includes resources from FCPS, books from our library, local and online resources, and lessons and conversation starters.

Indigenous Population Heritage Month

<https://padlet.com/FCPSFamilyResourceCenter/IndigenousHeritage>

This is a collection of resources that may be helpful in supporting your understanding of the experience of Indigenous Populations. This includes resources from FCPS, books from our library, local and online resources, and lessons and conversation starters.

Red Ribbon Awareness

<https://padlet.com/FCPSFamilyResourceCenter/RedRibbonAwareness>

The Red Ribbon Campaign® is the oldest and largest drug prevention program in the nation reaching millions of young people during Red Ribbon Week®, October 23-October 31 each year. This includes resources from FCPS, books from our library, local and online resources, and lessons and conversation starters.

Translating Digital Resources

How to Translate Websites | Cómo traducir sitios web

<https://padlet.com/FCPSFamilyResourceCenter/Translate>

Use a computer or phone to make the web easy to read. كيفية ترجمة المواقع الإلكترونية. 웹 사이트 번역 방법. Cách dịch trang web. ድርገብ ለደዎችን እንዴት ማተራገም እንደሚቻል. ويب سائٹ کا ترجمہ کیسے کریں. 如何翻译网站

Spanish Resources

Apoyo para la Comunidad y el Público

<https://padlet.com/bfbucarey/apoyo-para-la-comunidad-y-el-p-blico-cbocczszlytb9oq>

Varios recursos e información de la comunidad para apoyar las familias en diferentes aspectos como servicios básicos, Comida, vivienda, cuidado de niños, salud, servicios de interpretación y más.

El Proceso de Educación Especial y 504

<https://padlet.com/FCPSFamilyResourceCenter/IEP504Spanish>

Recursos para poder participar y colaborar de manera efectiva en la toma de decisiones apropiadas con respeto a las necesidades educativas de su hijo, incluye recursos sobre el proceso de IEP y 504, resolución de disputas, grupos de apoyo para padres e información sobre áreas específicas de necesidades.

Bienestar mental y emocional

<https://padlet.com/FCPSFamilyResourceCenter/Bienestar>

Recursos de FCPS y la comunidad para apoyar las necesidades de salud emocional y mental de niños, adolescentes, y adultos. Incluye información para comprender mejor la salud mental, grupos de apoyo, y consejos para ayudar a fortalecer el bienestar emocional.

Desarrollo Infantil y Adolescente

<https://padlet.com/FCPSFamilyResourceCenter/DesarrolloInfantil>

Información sobre comportamientos y expectativas apropiadas para la edad en cada edad de la infancia para que pueda apoyar a su hijo y pedir ayuda cuando sea necesario.

Aprendiendo en casa

<https://padlet.com/FCPSFamilyResourceCenter/aprendiendo-en-casa-op0jppgdkb1qorc0>

Recursos de apoyo, guías, soporte técnico, actividades para todo tipo de aprendizaje en casa. Mas aplicable durante los tiempos de instrucción en el hogar y descansos prolongados.

Arabic Resources

504 (Special Education&504 Resources) مصادر عن التعليم الخاص و خطه 504

<https://padlet.com/FCPSFamilyResourceCenter/IEP504Arabic>

كل ما يخص التعليم الخاص بمدارس فيرفاكس و بعض المصادر المجتمعيه
تتضمن معلومات عن خطه التعليم الخاص , اجراءات التعليم الخاص, فض المنازعات , مجموعات لدعم الأباء, ومصادر
متعدده عن اعاقات التعلم المختلفه

Other Guides Available from the Family Resource Center

- Adapted Sports and Recreation Guide
- Family Support Resource Guide
- LGBTQIA+ Resource Guide for Adults
- LGBTQIA+ Resource Guide for Youths
- Resources for Military-Connected Families
- Respite Care Resource Guide
- Summer Camps Guide