

親愛的MECP家庭,

以下列出了在線教育資源以及無技術的想法，這些想法可以在4月28日之前關閉學校期間吸引兒童參與。這些鏈接是您在家中可以繼續學習孩子的一些方式。以下某些鏈接具有翻譯選項。

在線教育資源

MECP已編制了一份安全的在線教育資源清單，其中包括許多適合幼兒園出生的兒童的鏈接。

Developmental Area or Topic	Website or link to information:
Parent training modules for Social - Emotional, Play and Behavior	http://csefel.vanderbilt.edu/resources/family.html
Zero to Three featured resources	https://www.zerotothree.org/resources/series/featured-resources https://www.zerotothree.org/early-learning/play
VROOM app - download on smartphone	https://www.vroom.org/ or on app store - Free
Early Childhood Technical Assistance Center - Practice Guides for Families	https://ectacenter.org/decrp/type-pgfamily.asp
Learning activities for ages 2 months to 5 years	https://agesandstages.com/resource/asq-learning-activity-handouts/
Storyline Online	https://www.storylineonline.net/
NCPMI: The Backpack Connections: Translation available for Spanish and Chinese	https://challengingbehavior.cbcs.usf.edu/Implementation/family.html
Healthy Alternatives to screen time	https://health.clevelandclinic.org/12-healthier-alternatives-to-screen-time-when-kids-are-stuck-at-home-with-no-school/ (I like

	this- https://challengingbehavior.cbcs.usf.edu/Implementation/family.html (DA)
Articles for Families	https://challengingbehavior.cbcs.usf.edu/Implementation/family.html
5 Easy Ways for Every Child to Get Ready to Read: from the Multnomah County library Every Child Reads Book Bag Program	<p>English: https://multcolib.org/sites/default/files/Bookbag%20handout_English_POD.pdf</p> <p>Chinese: https://multcolib.org/sites/default/files/Bookbag%20handout%20Chinese%20%281%29.pdf</p> <p>Russian: https://multcolib.org/sites/default/files/Bookbag%20handout_Russian.pdf</p> <p>Somali: https://multcolib.org/sites/default/files/Bookbag%20handout_Somali.pdf</p> <p>Spanish: https://multcolib.org/sites/default/files/Bookbag%20handout_Spanish_POD.pdf</p> <p>Vietnamese: https://multcolib.org/sites/default/files/Bookbag%20handout_Vietnamese.pdf</p>
Sesame Street in Communities	https://sesamestreetincommunities.org/topics/family-homelessness/?utm_medium=email&utm_source=govdelivery
If you have a library card in Multnomah County, you can access these free online tools	https://multcolib.org/research-tools
E-book and audiobook apps and resources for families from the	https://multcolib.org/e-books-and-more

Multnomah County Library	
Talk, Read, Sing from the US Department of Education	<p>English: https://www2.ed.gov/documents/early-learning/talk-read-sing/families-en.pdf</p> <p>Spanish: https://www2.ed.gov/documents/early-learning/talk-read-sing/families-es.pdf</p> <p>More information can be found here: https://www.ed.gov/early-learning/talk-read-sing</p>
Dual Language Learners (information in English, Spanish and Arabic)	https://eclkc.ohs.acf.hhs.gov/culture-language/article/families-support-their-children-who-are-dual-language-learners
Talking is Teaching:	https://talkingisteaching.org/
Online picture book reading	https://www.youtube.com/playlist?list=PLGGyitsqvj5Z-sVQ_btrTftbVofgE6wWG
Wilbooks is offering free books during the closure, and a lot are in Spanish (Pre-K to 3rd grade)	https://www.wilbooks.com/wilbooks-free-resources
American Speech-Language Hearing Association activities to encourage Speech-language Development	https://www.asha.org/public/speech/development/Activities-to-Encourage-Speech-and-Language-Development/
Here is another YouTube with Baby Songs in sign	https://www.youtube.com/watch?v=0uK1YiHNFtU
Family Routines Based Support Guide for Toddlers and Preschooler	http://challengingbehavior.fmhi.usf.edu/do/resources/teaching_tools/toc/folder1/1e_routine_based.pdf
Family Routine Based Support Guide for Early Elementary	http://challengingbehavior.fmhi.usf.edu/do/resources/documents/tool_fam_routine_guide_early_ele.pdf

National Geographic for Kids	Kids.NationalGeographic.com
STEAM resources (many in different languages for families) & activities	<ul style="list-style-type: none"> ● STEM Sprouts (Boston Children’s Museum) http://www.bostonchildrensmuseum.org/stem-sprouts ● Preschool Express http://www.preschoolexpress.com/ ● PBS Parents – Crafts for Kids http://www.pbs.org/parents/crafts-for-kids/?s=Search+Crafts+for+Kids ● Sensory Play Activities http://www.learning4kids.net/list-of-sensory-play-ideas/ ● Goo recipe http://www.hellobee.com/2013/05/16/goo-sensory-bags/ ● Dirt dough http://www.growingajeweledrose.com/2014/02/dirt-dough-recipe-for-play.html ● Learning 4 Kids http://www.learning4kids.net/
Activities for kids	kidsactivitiesblog.com

Technology-Free Activities

Reading at home:

All students should read or be read to 15-30 minutes daily. Families are encouraged to discuss what is illustrated on the pages, what is happening in the story, and what your child thinks is going to happen next or what they have learned. Also, ask your child how they would change the story.

Math at home:

Play board games or do puzzles.

In the kitchen – cook up some math! Measure all of the ingredients (especially the liquids in the glass measuring cups). Challenge yourself to double the recipe or cut the recipe in half – fractions are everywhere! Taking the time to cook a new meal not only gives you a sense of accomplishment but also taps into the creative side of the brain.

Physical Activity:

Get outdoors to run, play games or walk. Physical activity can strengthen bones, increase muscle strength, improve balance, reduce body fat, and improve mood.

The Arts:

Paint, draw, or color.

Play a musical instrument or listen to music. Music can improve memory and develops better academic performance and language ability.