

Qoysaska qaaliga ah ee MECP,

Hoos waxaa ku yaal liistada ilaha waxbarashada ee internetka iyo sidoo kale fikradaha tikniyoolajiyadda ka madax-bannaan ee lagu hawlgeliyo carruurta inta lagu jiro xidhitaanka dugsiga oo la kordhiyey illaa Abriil 28-keedii. Xiriirimahaan ayaa ah qaabab aad ku sii wadi karto barashada cunuggaaga inta aad guriga ku joogto. Qaar ka mid ah xiriirada hoosta ku yaal waxay leeyihiin ikhtiyaar turjubaan.

Kheyraadka Waxbarshada ee Internetka ah

MECP waxay soo aruurisay liistada ilaha waxbarashada ee aaminka ah ee internetka oo leh xiriiro badan oo munaasib ah oo loogu talagalay carruurta da'da dhalashada illaa xanaanada.

Developmental Area or Topic	Website or link to information:
Parent training modules for Social - Emotional, Play and Behavior	<a href="http://csefel.vanderbilt.edu/resources/family.html">http://csefel.vanderbilt.edu/resources/family.html</a>
Zero to Three featured resources	<a href="https://www.zerotothree.org/resources/series/featured-resources">https://www.zerotothree.org/resources/series/featured-resources</a> <a href="https://www.zerotothree.org/early-learning/play">https://www.zerotothree.org/early-learning/play</a>
VROOM app - download on smartphone	<a href="https://www.vroom.org/">https://www.vroom.org/</a> or on app store - Free
Early Childhood Technical Assistance Center - Practice Guides for Families	<a href="https://ectacenter.org/decrp/type-pgfamily.asp">https://ectacenter.org/decrp/type-pgfamily.asp</a>
Learning activities for ages 2 months to 5 years	<a href="https://agesandstages.com/resource/asq-learning-activity-hands-uts/">https://agesandstages.com/resource/asq-learning-activity-hands-uts/</a>
Storyline Online	<a href="https://www.storylineonline.net/">https://www.storylineonline.net/</a>
<b>NCPMI: The Backpack Connections: Translation available for Spanish and Chinese</b>	<a href="https://challengingbehavior.cbcs.usf.edu/Implementation/family.html">https://challengingbehavior.cbcs.usf.edu/Implementation/family.html</a>

Healthy Alternatives to screen time	<a href="https://health.clevelandclinic.org/12-healthier-alternatives-to-screen-time-when-kids-are-stuck-at-home-with-no-school/">https://health.clevelandclinic.org/12-healthier-alternatives-to-screen-time-when-kids-are-stuck-at-home-with-no-school/</a> (I like this- <a href="https://challengingbehavior.cbcs.usf.edu/Implementation/family.html">https://challengingbehavior.cbcs.usf.edu/Implementation/family.html</a> DA)
Articles for Families	<a href="https://challengingbehavior.cbcs.usf.edu/Implementation/family.html">https://challengingbehavior.cbcs.usf.edu/Implementation/family.html</a>
5 Easy Ways for Every Child to Get Ready to Read: from the Multnomah County library Every Child Reads Book Bag Program	<p>English:  <a href="https://multcolib.org/sites/default/files/Bookbag%20handout_English_POD.pdf">https://multcolib.org/sites/default/files/Bookbag%20handout_English_POD.pdf</a></p> <p>Chinese:  <a href="https://multcolib.org/sites/default/files/Bookbag%20handout%20Chinese%20%281%29.pdf">https://multcolib.org/sites/default/files/Bookbag%20handout%20Chinese%20%281%29.pdf</a></p> <p>Russian:  <a href="https://multcolib.org/sites/default/files/Bookbag%20handout_Russian.pdf">https://multcolib.org/sites/default/files/Bookbag%20handout_Russian.pdf</a></p> <p>Somali:  <a href="https://multcolib.org/sites/default/files/Bookbag%20handout_Somali.pdf">https://multcolib.org/sites/default/files/Bookbag%20handout_Somali.pdf</a></p> <p>Spanish:  <a href="https://multcolib.org/sites/default/files/Bookbag%20handout_Spanish_POD.pdf">https://multcolib.org/sites/default/files/Bookbag%20handout_Spanish_POD.pdf</a></p> <p>Vietnamese:  <a href="https://multcolib.org/sites/default/files/Bookbag%20handout_Vietnamese.pdf">https://multcolib.org/sites/default/files/Bookbag%20handout_Vietnamese.pdf</a></p>
Sesame Street in Communities	<a href="https://sesamestreetincommunities.org/topics/family-homelessness/?utm_medium=email&amp;utm_source=govdelivery">https://sesamestreetincommunities.org/topics/family-homelessness/?utm_medium=email&amp;utm_source=govdelivery</a>
If you have a library card in Multnomah County, you can access these free online tools	<a href="https://multcolib.org/research-tools">https://multcolib.org/research-tools</a>

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

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

### 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.