



Special Edition

Parents Newsletter

Resources for parents and child caregivers.

EDUCATIONAL RESOURCES

THE DECIBELS FOUNDATION RESOURCE PAGE

The Decibels Foundation has a list of resources for families with children who are deaf or hard of hearing.

Resources include:

- Virtual Learning Best Practices
- Social-Emotional Support
- Speech and Language Support
- And more...



Visit the website [here](#).

MY BATTLE CALL



My Battle Call is a website for parents raising D/HH children, with a "no one size fits all" approach. The site has many articles, useful videos and podcasts. Visit the website [here](#).

THE PARENT'S GUIDE TO THE GOOGLE CLASSROOM

This site allows kids to take virtual field trips, learn math, STEAM, and screen-free activities such as scavenger hunts! Visit the website [here](#).

Most of the sites seem to be captioned, except the podcasts.



CHECKLIST FOR TEACHING DEAF STUDENTS ONLINE



See *National Deaf Center's* (NDC) checklist to ensure equal and accessible course content for D/HH students for online classes. Click [here](#).

ELEARNING FOR DEAF KIDS

Elearningfordeafkids is an online and Instagram-based bilingual-bimodal instruction, filled with various topics such as science, literacy, math, and wellness, taught by PK-12 teachers. To see the website click [here](#).



LIVE BINDERS



Live Binders, by *Susie Tiggs*, has a list of virtual field trips, how to teach D/HH children at home, and a list of stories in ASL with closed captions.

To visit the website click [here](#).

MYASLTECH - FREE MEMBERSHIP FOR THE MONTH OF APRIL

Website includes:

- ASL-related games
- Printable activities for supporting ASL and English literacy skills

Click [here](#) to visit the website.



RESOURCES FROM AMERICAN SOCIETY FOR DEAF CHILDREN

STORY OF THE MONTH: TIME TO COME IN, BEAR

Click [here](#) to watch this sweet and comforting story about social distancing from Kim St. Lawrence.



FREE MEMBERSHIPS FOR TEACHERS

- **Council for Exceptional Children:** Click [here](#) to join.
- **ASLTech for Teachers:** Get a free one-month membership, email to sales@idrt.com by May 10 with your name, email address, your professional role and place of work.



ASL STORIES

Adding new stories every week! Sign and read your favorite children's books at home together. Click [here](#) to see a list of what's available.



IMPORTANT PARENT SURVEY!

Please click [here](#) to fill out a short survey about special education during the COVID-19 pandemic. **If your child has an IEP or 504 plan they want to hear from you!**

OTHER PROGRAMS

PANDEMIC EBT (P-EBT)

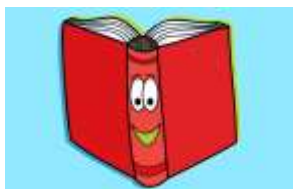
Some families with children were receiving free and reduced-price school meals through their schools. **P-EBT**, or **Pandemic EBT**, is a **NEW** federal program to help those families now that schools are closed the rest of the school year.

P-EBT cards will be mailed to eligible households soon.

Get the latest information [here](#).



UNITE FOR LITERACY



Unite for Literacy has several books with ASL interpretation and other spoken languages. Choose the language you want and they will apply it to the book!

Click [here](#) to visit the website.

DEAF AUTISM AMERICA

Deaf Autism America is hosting their 3rd Annual Autreat at American School for the Deaf from July 13-17, 2020. The date may change, but if you are interested in attending or getting more resources about deaf children with autism, contact peg.higgins@asd-1817.org.



The Autreat is for parents only. The registration fee is \$50.

PARENT TO PARENT ZOOM MEET-UP

Wednesday, April 29th at 2 pm: Share, listen, or just be together and discuss remote services for D/HH children. E-mail Sarah at sarah.stone@state.ma.us for the Zoom link.

CONTACT YOUR SKILLS TRAINER WITH ANY QUESTIONS!

| | | |
|----------------|---|---|
| Joan Philip | <i>DHILS Director</i> | 508-762-1165 (VP) |
| Ashley Landis | <i>Deaf Skills Trainer</i> | 508-762-1350 (VP) |
| Denise Paro | <i>Administrative Assistant</i> | 508-556-1600 (VP) |
| Ellen Perkins | <i>Hard of Hearing Skills Trainer</i> | 508-502-7576 (Voice); 508-762-1354 (VP) |
| Joy Spurlin | <i>Assistant Manager/Skills Trainer</i> | 508-762-1166 (VP) |
| Justina Bailey | <i>Deaf Skills Trainer</i> | 508-762-1021 (VP) |
| Kim White | <i>Staff Interpreter</i> | 508-755-1042 x5042; 508-283-1036 (VP) |



25 WAYS TO GET MOVING AT HOME



1

Run in place for 30 seconds



2

Dance party for 1 minute

3

Stand up and sit down 10 times



4

Read standing up

5

Hot lava!
Keep a balloon in the air without touching the ground (make it harder by only using heads or elbows)

6

Jumping jacks for 30 seconds

7

Do the hokey pokey

8

See how many squats you can do in 15 seconds

9

Stand up, touch your toes

10

Wall sits while reading



11

One-minute yoga

12

Stretch your hands high over your head



13

Arm circles forward for 30 seconds, arm circles backward for 30 seconds

14

10 frog jumps



15

Standing mountain climbers for 30 seconds

16

Stand on one leg, put your hands up, put your hands out to the side

17

5 lunges on the right leg, 5 lunges on the left leg

ABC 18 123

18

Practice spelling, do a squat for every vowel

19

Run in place for 30 seconds, check your heart rate

20

Practice spelling by doing a jumping jack for each letter

21

30-second plank



22

Practice math problems, do a jumping jack every time the answer is an even number

23

20 leg lifts

24

Ball toss spelling practice. Toss the ball and say a letter then toss the ball to someone else to say the next letter

25

High knees for 30 seconds

heart.org/KidsActivities