

Special Edition

Parents Newsletter

Resources for parents and child caregivers

COVID-19 UPDATES



CHILD CARE

Governor Baker announced that **NON-EMERGENCY** child care centers will stay closed until June 29th.

Are you an *Essential Worker?* Must go to work and need childcare? Click here for a list of child care providers.

FOOD PANTRIES AND MEALS FOR KIDS

Find meals for school-aged children by area:

- Meals4Kids
- Project Bread

Many school districts are still offering "grab and go" meals for children.

Getting these meals will NOT affect the families P-EBT (SNAP) benefits.



WEBINARS

EI: DEAF AND HARD OF HEARING BABIES



WEDNESDAY, JUNE 17, 2020 3 - 4:30 PM EST

Best practices on how to provide early intervention (EI) services for Deaf and hard of hearing babies during the COVID-19 pandemic.

Free webinar.

Live streamed to *Facebook Live*.

Click here to register.

TELE-INTERVENTION SERVICES & TIPS

Last week Marian Hartblay, *Director of Early Childhood Services at Clarke Schools for Hearing and Speech*, hosted a webinar on Facebook. She talked about tele-intervention services and tips for parents and professionals.



Watch the recorded video here.

FUN RECIPE FOR KIDS

GRILLED HAM & VEGGIE PIZZA

3 tsp. olive oil 4 oz. fresh baby spinach 1 (8-oz.) prebaked thin pizza crust

1 (8-oz.) prebaked thin pizza crust 1/4 C low-sodium marinara sauce

4 oz. low-sodium deli ham, diced

2 oz. shredded low-fat cheddar cheese (about 1/2 C)

2 oz. fresh mozzarella cheese, diced

Serves 4

1/2 C thin-cut Fuji apple 1/4 tsp. black pepper

1/4 tsp. crushed red pepper

- 1) Preheat oven to 500°F.
- Heat 1 tsp. oil in a large skillet over medium-high. Add spinach; cook 3 minutes or until fully wilted, stirring often. Remove from heat.
- Put pizza crust on parchment paper; spread marinara sauce over crust. Put spinach, ham, cheddar, and mozzarella on sauce.
- 4) Put pizza (on parchment) on oven rack.
- 5) Bake at 500°F for 9 minutes, *or* until cheese melts and starts to brown. Remove from oven.
- 6) Top with apple and peppers; drizzle with remaining **2** tsp. oil. Cut pizza and serve.



Recipe online: www.cookinglight.com/recipes/ham-cheese-pizza

GAMES & ACTIVITIES



101 THINGS TO DO AT HOME

Click <u>here</u> for a **FREE** printable list of things to do at home with the kids.

Don't forget old favorites: *Hide & Seek*, *Simon Says*, and *Hot Potato*! Click here for a list of indoor games for rainy/really hot days.

THINKING GAMES

ALPHABET GAME. Start with 'A'. First person signs a word that starts with 'A'. Second person signs the 'A word', then adds a sign starting with 'B', and so on... until someone can't remember!

Be as silly as possible!

Click here for more ideas.



PAPER PLATE RING TOSS GAME

- paper plates
- paint
- scissors
- long cardboard tube (from Cling wrap, paper towel, etc...)
- sticky tape



- Make 'rings' cut middle out of some paper plates.
- 2) Paint plates and let dry.



- 3) Make stand:
 - a. Cut slits in bottom of cardboard tube and flatten.
 - b. Tape to plate so it stands up.
- 4) Start tossing!



alittlelearningfortwo.blogspot.com/2010/11/paper-plate-ring-toss-game.html

DHILS SPECIAL EDITION NEWSLETTERS - PAST ISSUES

Missed a What's Up or Parents Special Edition Newsletter?

Find all issues <u>here</u> on CLW's website.

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QUESTIONS ABOUT THIS NEWSLETTER?

CONTACT YOUR SKILLS TRAINER WITH ANY QUESTIONS!

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