

# HOLLY RIDGE

## RESOURCES

### A Stay at Home Guide for Families



As you know, the COVID-19 (novel coronavirus) outbreak is a rapidly changing situation. **Here at Holly Ridge Center**, the health and safety of the children, staff and community is our top priority. We are continuing to work with local, state and national health agencies as they monitor this situation.

#### What you can do to prevent illness:

You can help reduce the risk of your child getting and spreading viral respiratory infections, by taking these simple steps:

- Wash hands often with soap and water for at least 20 seconds
- Avoid touching eyes, nose or mouth with unwashed hands.
- Avoid contact with people who are sick.
- Stay home while sick and avoid close contact with others.
- Cover mouth and nose with a tissue when coughing or sneezing, then throw the tissue in the trash and wash hands.
- Clean and disinfect objects and surfaces.

#### Learn more about coronavirus

The news surrounding COVID-19 changes frequently. These resources can help keep you informed:

[U.S. Centers for Disease Control and Prevention](#)

[Washington State Department of Health](#)

[Kitsap Public Health District](#)


[Coronavirus Fact Sheet](#)

We appreciate your help in keeping our children, staff and community safe. If you have additional questions, please do not hesitate to contact Holly Ridge Center. Thank you!

## FUN & RESOURCEFUL LINKS

**Looking for some creative and engaging activities for you and your family to do while at home? Check out the various links below for fun projects, community resources and creative songs!**

- [Talking to Your Kids about COVID-19](#)
- [A Children's Story about Social Distancing](#)
- [Parent Help](#) – Washington Statewide Resources
- [Zero to Three- Early Learning Parenting Resources](#)
- [Pinterest Page](#) – Check out our HRC Pinterest Page for some fun ideas to do at home!!
- [Fluency & Fitness 21 Day Free Access](#) – Educational movement for the whole family
- [Scholastic Learn at Home](#) – Free daily projects to keep kids (ages PreK-9th grade) reading, thinking and growing!
- [Sensory Social Songs](#) – Collection of “Jbrary” YouTube song tutorials for young children
- [Milestone Tracker](#) - Track your child’s milestones from age 2 months to 5 years with CDC’s easy-to-use illustrated checklists
- [Pathways](#)- free tools to maximize all children's motor, sensory, and communication development.



**Do's and Don'ts**  
For Encouraging Speech at Home

<b>Do Model</b> Modeling language shows your child how to communicate	<b>Don't Ask for Labels</b> Don't ask "what is this?" repeatedly
<b>Do Extend</b> Add 1-2 words to what your child says	<b>Don't Say "Say"</b> Try modeling instead. Saying "say" decreases spontaneous communication
<b>Do Wait</b> Waiting gives your child an opportunity to talk	<b>Don't Question</b> Too many questions is not natural. Make comments too!
<b>Do Repeat</b> Repeating confirms you heard your child and validates their communication	<b>Don't Pressure</b> Talking can be hard and adding pressure does not help
<b>Do Respond</b> Responding to your child will support future conversations	<b>Don't Get Frustrated</b> It's okay to get frustrated, but DO NOT let your child see this

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