



Welcome to the MHVI Covid-19 Resource Digest, volume 2. We're departing from our usual content for bring you resources for these times. *Think a friend or colleague should be getting this newsletter? Share [this link](#) with them to sign up.*

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The Massachusetts Department of Public Health (DPH) continues to work closely with the Centers for Disease Control and Prevention (CDC), other Federal agencies and our local Board of Health to share the most up to date information available. The DPH website is updated continuously with the latest guidance, including printable fact sheets in multiple languages at [www.mass.gov/2019coronavirus](http://www.mass.gov/2019coronavirus).

Information about coronavirus, the virus that causes COVID-19 can be found at the Massachusetts Department of Public Health website, by calling 2-1-1 or visiting <https://mass211.org/> where citizens are able to live chat with a person. The CDC website is <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

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## Information for supporting families

**Medical-Legal Partnership Boston (MLPB)** has developed this open-access [Digital Digest](#) providing information on the latest developments in Massachusetts in plain language during the COVID-19 crisis. The Digest provides current information on Health Insurance, Education & Childcare, Court Systems, Food & Income Insecurity, Employment, Housing Instability, Utility Needs, Transportation Needs, Immigration Status, and more.

**Child Trends**, blog post: [COVID-19's forgotten children](#)

**Child Trends**: [During the COVID-19 pandemic, telehealth can help connect home visiting services to families](#)

**Child Trends**: [Resources for Supporting Children's Emotional Well-being during the COVID-19 Pandemic](#)

**WGBH**: [The Collateral Damage Of Social Distancing: Experts Predict Uptick In Domestic Violence, Divorces](#)

**Sesame Street**: [Caring for Each Other](#) Content to spark playful learning, offer children comfort, and focus a bit on yourself, too. Plus, an online portal with worksheets, printable and hundreds of free, Sesame Street books.

**Mommy Poppins**: [Working From Home: A Big List To Keep Kids Busy While Mom and Dad Work](#)

**Mommy Poppins**: [40 Jokes for Kids That Will Keep the Whole Family in Giggles](#)

**New York Times Parenting**: [The Challenge of Feeding Kids During Coronavirus](#). It's OK to let children indulge in their favorite foods while riding out the crisis. Plus: resources for food-insecure families.

**Huff Post Parenting**: [10 Mental Health Signs To Watch Out For In Kids In The Age Of COVID-19](#)

**Early Education & Care**: Link to emergency child care services in your area: [https://eelead.force.com/resource/1585083471000/EEC\\_EmergencyProviderList](https://eelead.force.com/resource/1585083471000/EEC_EmergencyProviderList) Do not contact an emergency child care program unless you require emergency, back-up, drop-in care. Parents and guardians working from home are not a priority for emergency child care. In light of Governor Baker's March 23 order designating certain "Essential Workforces," EEC is now modifying its guidance to explain that priority access to

emergency child care shall be given to vulnerable children, and the children of families designated as "COVID-19 Essential Workforces," with emphasis on those in the health care, public health, and human services and law enforcement, public safety, and first responder fields. For a list of essential workforces, please visit <https://www.mass.gov/info-details/covid-19-essential-services>.

**Parents Magazine:** [6 Zoos and Aquariums Offering Live Videos of Animals for Free During New Coronavirus Outbreak](#)

**The Guardian:** [20 learning apps for stir-crazy kids, some free, some not](#)

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### **For Self-care:**

**Peter Pan Center, Donna Shea:** [Viral Anger: It's Okay to Feel Negative Emotions](#) (video) Social-Emotional Learning Specialist Donna Shea talks about ways to manage the anger we are.

**NPR:** [Coronavirus Has Upended Our World. It's OK To Grieve](#)

**NPR:** [Comic: How To Turn Your Home Into A School Without Losing Your Sanity](#)

**CNN:** [All the virtual concerts, plays, museums and other culture you can enjoy from home](#)

**CNN Business:** [How to work from home without losing your sanity](#)

**Headspace:** [Breathing exercises to reduce stress](#)

**Berklee College of Music** — singers, drummers, trombone and trumpet players — created what they called a virtual orchestra and performed the song, "[What the World Needs Now is Love.](#)"

**Milk Street Online Cooking School;** [Sign Up For Free Classes!](#)

**Travel Channel:** [50 States of National Parks: One for Each State \(and DC, Too!\)](#)

**Physical Activity Alliance:** [In-Home and Online Resources for Physical Activity](#)

**Bon Jovi** finishes his coronavirus song '[Do What You Can](#)' with help from fans; and [the beginning](#).

**Neil Diamond** changes lyrics to "[Sweet Caroline](#)" in coronavirus PSA

**Great Big Story:** [The Legend of the San Nicolas Cookie](#)

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### **For Distance Learning (new opportunities added)**

#### **Live webinars:**

- [PICCK: Contraception in the Time of COVID-19](#), April 2
- Intro to GPS Support Group Model: [For vulnerable populations during Covid-19 pandemic](#), April 3
- [Mind Shift: Changing the Mental Health System to Better Serve Communities of Color](#), April 7
- [Behavior Has Meaning](#) April 8
- [Immigration and Equity](#), April 14
- Community Engagement Webinar Series, [Community Partnerships for Family Engagement in the Transition to Kindergarten](#), April 14
- [CSN Webinar: Evidence-Based/Informed Interventions and How They Can Improve Our Work](#), April 15
- [Examining Our Own Privilege in Times of Crisis: Addressing Whiteness in Our Health and Racial Justice Work](#), APRIL 15

- Music Therapy Impact on Population Health: [RI Experience and Beyond](#), April 22
- Community Health Training Institute, [Health Equity and Community Development](#), April 30
- [How to Make EC EZ – For Your Patients and Your Practice](#), May 21
- [Get Paid For Your Work: Guidance on LARC Billing](#), June 2
- Community Engagement Webinar Series: [Community Partnerships with Child Welfare](#), June 2
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#### **Recorded webinars, courses and other learning opportunities:**

- Intro to Bringing Your Support Group Online, [All the basics and tips on how to lead successful online support groups](#)
- [New England Public Health Training Center](#), a wide range of training programs and services that strengthen the public health workforce.
- Office of Head Start, [My Peers](#) is a virtual learning network where you can brainstorm, exchange ideas, and share resources with early childhood colleagues from across the country. It was created by the Office of Head Start (OHS) to help you connect and learn with people who share your interests and program responsibilities.
- [The Ounce](#), trainings designed specifically with the needs of home visitors and supervisors in mind. Developed by home visitors for home visitors. Applicable across all national models.
- SAMHSA [Center of Excellence for Infant and Early Childhood Mental Health Consultation, podcasts and webinars](#)
- [The Institute for Family Support Professionals](#): Offering Family Support Professionals the opportunity to learn new skills and grow their careers.
- The [MCH Navigator](#) is a centralized portal for pursuing continuous learning in maternal and child health (MCH) and is designed to help emerging and established MCH professionals and students map professional growth pathways.
- [The Best Start in Life: Early Childhood Development for Sustainable Development](#)

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Free Massachusetts Department of Public Health education publications and other materials are available at the [Massachusetts Health Promotion Clearinghouse](#).

The Massachusetts Home Visiting Initiative brings this E-Digest to you. If you no longer wish to receive the Digest please send an email to [Maxene.Spolidoro@state.ma.us](mailto:Maxene.Spolidoro@state.ma.us). Please write unsubscribe in the subject line. If you would like to add someone to our mailing list please send an email to [Maxene.Spolidoro@state.ma.us](mailto:Maxene.Spolidoro@state.ma.us); please write new subscriber in the subject line. Visit us at [www.mass.gov/dph/homevisiting](http://www.mass.gov/dph/homevisiting).