



Welcome to the MHVI Covid-19 Resource Digest, volume 4. 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

**Board of Library Commissioners:** Anyone who lives in the Commonwealth can register for a free [Boston Public Library digital card](#) that gives these [resources](#). *With your E-card and [PressReader](#) you can access most newspapers around the world, even those with paywalls.*

**Massachusetts Refugees and Immigrants Advocacy Coalition (MIRA):** [COVID-19: Protecting our families and communities](#). Keep scrolling, resources in multiple languages.

**Massachusetts Department of Public Health** education publications, communication tools and other materials, in multiple languages, available at the [Massachusetts Health Promotion Clearinghouse](#). [Free Downloads](#)

**HuffPost:** [What Parents Should Know About Coronavirus And Face Masks For Kids](#). The CDC has recommended people wear masks in public to protect against COVID-19. What about children and babies?

**National Center for Pyramid Model Innovations:** [Helping Your Child During the Pandemic](#) (printable)

**National Center for Pyramid Model Innovations:** [Tips for Helping Your Child During the Pandemic](#) (printable)

**National Center for Pyramid Model Innovations:** [Tucker Turtle Takes Time to Tuck and Think at Home](#) (printable scripted story) [Spanish](#)

**National Center for Pyramid Model Innovations:** [Why Can't I Go to School?](#) (printable scripted story) [37 languages](#)

**CDC:** [Daily Life and Coping](#), multiple pages in Spanish and Asian language.

HealthyChildren.org [Positive Parenting & COVID-19: 10 Tips to Help Keep the Calm at Home](#)

**Boston Globe:** [Reports of child abuse and neglect are plummeting across New England](#). That's not a good thing. In Massachusetts, child welfare officials say they're prepping for their own 'surge'

**New York Times**, Opinion: [Trouble Focusing? Not Sleeping? You May Be Grieving](#). “It’s normal and natural to not be able to just go on as usual.”

**WebMD**: [Grieving the Loss of Life as We Knew It](#)

**What’s Up Moms**: [How to Help Kids Manage Stress: Our Q&A with Dr. Jane Rosen](#)

**NYT Wirecutter**: [Domestic Abusers Can Control Your Devices. Here’s How to Fight Back](#). Here’s how to record abuse without being discovered, safeguard your devices, and, ultimately, protect yourself.

**HuffPost**: [What Social Distancing Is Like For Parents Of Kids With Autism](#). Coronavirus and social isolation have upended daily life for families of children on the spectrum who thrive on routine.

**HuffPost**: [As Nation Stays Home, Early Indicators Suggest Rise In Domestic Violence Killings](#). While the death toll of the coronavirus pandemic mounts, another list of casualties is steadily increasing out of sight.

**The Conversation**: [5 ways parents can motivate children at home during the pandemic – without nagging or tantrums](#)

**HuffPost**: [How To Answer Your Kid’s Coronavirus Question, ‘When Will This Be Over?’](#) How parents can address the uncertainty and fear surrounding the COVID-19 pandemic.

**HuffPost**: [Why You Shouldn’t Put A Face Mask On Babies, And How To Protect Them Instead](#)

**ScienceDaily**: Ohio State University Study: [Time on screens has little impact on kids' social skills](#)

**ScaryMommy**, perspective: [Social Isolation Reiterates That Free Play Is Learning](#)

**New York Times**: [How to Prevent ‘Zoombombing’ in a Few Easy Steps](#). There are a few things you can do to make your video conferences more secure.

**Money Saving Mom**: [25+ Freebies You Can Take Advantage of During the Quarantine!](#) Work out programs, kids educational programs, courses for adults, reading and streaming deals, deals on unique hobbies and skills

**Massachusetts Dept. of Public Health** free education publications, communication tools and other materials, in multiple languages, available at the [Massachusetts Health Promotion Clearinghouse](#). [Free Downloads](#)

**NAEYC**: "[Something Strange Happened in My City: A Social Story about the Coronavirus Pandemic for Children](#)" A social story to help children ages 3 to 8 understand the pandemic. In multiple languages.

**ScaryMommy**: [Entire Seasons Of Discovery’s Family-Friendly Shows Are Now Free To Watch Online](#)

## For Self-care:

**HuffPost**: [Eight sleep tips if coronavirus anxiety](#) is keeping you up at night.

**HuffPost**: [If You Suddenly Work Remotely, Communication Matters More Than Anything Else](#)

**New York Times**: [8 Ways to Set Boundaries Between Work and Kids](#). Communication, flexibility and a bit of grace are key to blocking out time for child care while logging in from home.

**New York Times:** [When Parents Get Sick, Who Cares for the Kids?](#) The coronavirus has infected hundreds of thousands of people in the U.S., including parents of young children. Here's how to ensure everyone stays cared for and safe.

**GGSC:** [Helping Others Can Help You Cope with Lockdown](#) In the time of coronavirus, turning outward is a win-win prospect.

**GGSC:** [Six Daily Questions to Ask Yourself in Quarantine](#). If you're sheltering in place, be sure to check in with yourself.

**GGSC:** [Four Things to Do Every Day for Your Mental Health](#). Make time in your schedule for these core human needs.

**Cosmic Shambles Network:** [It's Good That You're Stressed - This is Your Brain on Lockdown Episode 1](#) - Dean Burnett

**Child and Family Services:** [4 Habits That Will Train Your Brain to Stop Worrying](#)

**The Science of Happiness Podcast:** [Remembering to Breathe](#) How a doctor stays calm and centered during times of uncertainty, one breath at a time.

**New York Times:** [National Poetry Month Celebrations Go Online](#). Open mics, workshops and other gatherings have gone digital because of the coronavirus. Here are some of the goings-on, and archives to check out.

**The Poetry Foundation:** [Poems of Hope and Resilience](#), The words of others can help to lift us up; these include the works of Maya Angelou, James Weldon Johnson, Walt Whitman, Susan Elizabeth Howe and so many I don't know.

**[The Social Distancing Festival](#)**. This is a site for celebrating art from all over the world, showcasing amazing talent, and coming together as a community at a time when we need it more than ever. [Live Stream Calendar](#).

Joan Armatrading sings "[In These Times](#)"

**Boston Globe:** TED Talk of the week, for an out of this world experience, almost. [TED talks](#)

**Travel and Leisure:** [100+ Fun Things to Do at Home Right Now, From Virtual Tours to Animals Cams and More](#)

And, just in case you've been missing sports: [Sportscasters narrate their daily activities](#).

Lastly; **PBS Nature:** [Baby Emperor Penguins Emerge from Their Shells](#)

## For Distance Learning (new opportunities added)

### Live webinars:

- **CSN Webinar:** [Evidence-Based/Informed Interventions and How They Can Improve Our Work](#), April 15
- **Community Health Training Institute:** [Examining Our Own Privilege in Times of Crisis: Addressing Whiteness in Our Health and Racial Justice Work](#), April 15
- **Brazelton Touchpoints:** [Learning with Parents: Children on the Autism Spectrum and the Arts](#), April 15
- **Zero to Three:** Webinar Series: [Addressing Abuse and Neglect During COVID-19](#), beginning April 15
- **Center for Creative Leadership:** [How to Foster Flexible Leadership in Times of Instability](#), April 16
- **Boston Globe:** [Taking Care With Meredith Goldstein](#), Episode 4 Featuring Lori Gottlieb, April 16
- **EmbraceRace:** [What the COVID-19 Crisis Tells Us about Structural Racism](#), April 16

- **National Center for Pyramid Model Innovations:** [Providing Distance Family Support: What do I say? How can I help? A Conversation with NCPMI Faculty](#), April 17
- **NIMH** [Responding to the Alarm: Addressing Black Youth Suicide](#), April 21
- Music Therapy Impact on Population Health: [RI Experience and Beyond](#), April 22
- **GGSC:** [Mindfulness and SEL in Service of Belonging](#), April 24
- **EmbraceRace:** [Choosing “good” picture books featuring Black and Indigenous people and People of Color](#), April 28
- **Brazelton Touchpoints:** [Mindful Self-Compassion: Heart Skills for Our Families and Ourselves in Challenging Times](#), April 29
- **Kids in Danger:** [Safe From the Start Children's Product Safety](#) Webinar, April 29
- **Community Health Training Institute,** [Health Equity and Community Development](#), April 30
- **Georgetown University Center of Excellence for Infant & Early Childhood Mental Health Consultation (IECMHC):** [How did we get here?: An overview of the root causes of Disparities in Child Outcomes, and the Role of Child Serving Systems](#), April 30
- **Greater Good Science Center UC Berkley** [Greater Good Institute for Health Professionals](#), May 2 & 3, 2 half days (free)
- **PICCK:** [How to Make EC EZ – For Your Patients and Your Practice](#), May 21
- **IECMHC:** [Culture, Identity, and History as Sources of Strength and Resilience for Tribal Communities](#), May 28
- **PICCK:** [Get Paid For Your Work: Guidance on LARC Billing](#), June 2
- **Community Engagement Webinar Series:** [Community Partnerships with Child Welfare](#), June 2
- **IECMHC:** [Culture, Identity, History as Sources of Strength and Resilience for African American Children and Families](#), June 25
- **IECMHC:** [Culture, Identity, History as Sources of Strength and Resilience for Latino Children and Families](#), July 30

#### Recorded webinars, courses and other learning opportunities:

- **NCTSN:** [Health Care Toolbox - Addressing the Psychological and Emotional Impact of the COVID-19 Pandemic for Children, Families, and Healthcare Staff](#)
- **Vaya Consulting;** [A Crash Course in Remote Management](#), You Tube video
- **Center for Creative Leadership,** [On Demand Webinars](#)
- **The Center for Early Childhood Mental Health:** Introduction to the Best Practice Tutorial Series, 10 modules
- **GPS:** 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.
  - **HRSA**: 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.

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