



Welcome to the MHVI Covid-19 Resource Digest, volume 5. 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.*

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

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>

Information for supporting families

- **Mass Legal Help:** [Stimulus Package](#)
- **Health Care for All:** [Compiled resources to help keep individuals and families](#) in Massachusetts safe and healthy during the current outbreak of COVID-19: *Health Insurance Coverage During Coronavirus, Accessing Prescription Drugs During the COVID-19 Health Crisis, Coronavirus and Public Charge, Special Education & Children with Mental Health Needs During COVID-19 and Guiding Principles for Gender-Affirming Care During COVID-19*. Most in Spanish and Portuguese, in addition to English.
- **NIH** The [Urban Institute](#) offers insights and evidence-based solutions to help vulnerable families and communities, including the home insecure, homeless and incarcerated.
- **NIHCM:** The [National Health Care for the Homeless Council](#) provides resources for homeless service providers.
- **NIHCM:** [Managing Loneliness](#), infographic
- **NIHCM:** [The Science of Happiness, Health & Well-being](#), infographic
- **Addiction Policy Forum:** [What people with a substance use disorder need to know about COVID-19](#)
- **Business Insider:** [I asked experts to help me craft a contingency plan for my child's care in case I get sick with COVID-19.](#)
- **Center for the Developing Child, Harvard U:** [What Is COVID-19? And How Does It Relate to Child Development?](#) Infographic
- **EmbraceRace:** [Disproportionate racial impacts of COVID](#)
- **EmbraceRace:** [COVID Resources that Take Race Seriously](#)
- **EmbraceRace:** [How to talk to your children about COVID-19](#) in English and Spanish
- **EmbraceRace:** [Evidence-based suggestions for Managing Stress](#) in English and Spanish
- **Breastfeeding Medicine:** [Should Infants Be Separated from Mothers with COVID-19? First, Do No Harm](#)

- **March of Dimes:** [Coronavirus Disease \(Covid-19\): What You Need To Know About Its Impact On Moms And Babies](#)
- **New York Times:** [Silent Signs Your Child Is Stressed](#). We asked experts which symptoms may indicate a kid is struggling — and how to treat them.
- **HuffPost:** [Regression Could Mean Your Kid Is Stressed About COVID-19](#). Bedwetting and thumb-sucking are telltale signs.
- **HuffPost:** [What To Know If A Single Parent Gets Sick With Coronavirus](#). Here's how to plan ahead if you're a single or divorced parent who's worried about how to care for your kids if you get coronavirus.
- **HuffPost:** [10 Ways You Can Support Someone Grieving During](#). The Coronavirus Crisis. Along with deaths, the pandemic has led to a lot of loss -- of jobs, special occasions, and more. Here's how to help.
- **Medical Xpress:** [How to talk to your child about grief during the coronavirus pandemic](#)
- **Medical Xpress:** [Kids ages 2 and older should use face masks, CDC says. How to get them to wear one](#)
- **Child Mind Institute:** [Coronavirus Parenting: Managing Anger and Frustration](#). Parents everywhere are losing their temper and yelling at their kids. How to maintain your cool under stress.
- **Child Mind Institute:** [Single Parenting During the Coronavirus Crisis](#). Strategies for managing when you're going it alone
- **Child Mind Institute:** [When Siblings Won't Stop Fighting](#) How parents can keep the peace and help kids learn to resolve conflicts
- **Child Mind Institute:** [Preventing Parent Burnout](#) Meeting the emotional challenges of caring for children with mental health issues
- **ScienceDaily:** [Little scientists: Children prefer storybooks that explain why and how things happen](#)
- **GGSC:** [How Can Divorced Parents Get on the Same Page During COVID-19?](#) Here are some tips for handling conflict between divorced parents.
- **HealthyChildren.org:** [Positive Parenting & COVID-19: 10 Tips to Help Keep the Calm at Home](#)
- **HealthyChildren.org:** [Simple Ways to Entertain & Boost Your Baby's Development at Home](#)
- **Medical Xpress:** [As coronavirus pandemic hits U.S., experts worry about rise in suicides](#)
- **Boston.com:** [How to find help and access resources if you're impacted by the coronavirus](#). This is a running list of community resources for those impacted by COVID-19
- **TuftsNow:** [Why Parents Shouldn't Worry About How Much Screen Time Kids Have Right Now](#). When you're stuck at home with kids and teens, use screens as tools for creativity and connection
- **The Conversation:** [4 good practices for anyone caring for quarantined kids](#)
- **Hello Yumi:** [Rainbows in Windows](#) follows a boy named Amos as he navigates "big imaginations, big feelings, and sheltering in place during a pandemic." (video)
- **Kim St. Lawrence:** [Time to Come In, Bear: A Children's Story About Social Distancing](#) (video)
- **CNN:** [The Disney Bedtime Hotline is back to help parents get their kids to sleep](#). free through April 30
- **NPR & Random House:** [Mondays With Michelle Obama](#), live streamed on You Tube

For Self-care:

- **HuffPost:** [A Guide To Estate Planning During The Coronavirus Pandemic](#). Who will make decisions about your finances and health (maybe even your life) if you get COVID-19?
- **HuffPost:** [Coronavirus And Grief: Everything You Need To Know. You can grieve loved ones, your job, normalcy and more.](#) Here's how to navigate all types of loss during the COVID-19 pandemic. (8 articles)
- **GGSC:** [How to Keep the Greater Good in Mind During the Coronavirus Outbreak](#). In the midst of our panic around COVID-19, we must look to each other to help us get through it.

- **GGSC:** [How to Be Intentional About Consuming Coronavirus News](#). Researchers and media experts weigh in on how to stay informed about coronavirus while protecting your mental health.
- **NYT:** [Classic Board Games With a Touch of Tech](#)
- **NYT:** [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.
- **NYT:** [We're shopping a ton online. Let's be conscientious about it.](#) How we shop during the pandemic could have big consequences.
- **Motherly:** [What to do right now if you can't pay your bills](#)
- **Motherly:** [Stimulus payments are on their way—here's what to know](#)
- **Medical Xpress:** [Does sleep really keep you healthy?](#)
- **CNN:** [Stop shaking hands. Do this instead.](#) The world's got plenty of alternatives with zero touching and all of the intended warmth.
- **BPL:** [Free Online Yoga Online with Hands To Heart Center](#), live streamed Tuesdays and Fridays
- **Medical Xpress:** [A dozen great tips for couples dealing with COVID-19 cabin fever](#)
- **Calm Together:** [Let's look after ourselves, and each other.](#) Free meditations
- **The Guardian:** [No Flour, Eggs or Butter? No Problem! 23 Cake Recipes for When You're Missing an Ingredient](#)
- **Gretchen Rubin:** [Podcast 269: Choose a COVID-19 Mantra, a Fun Way to Celebrate These Difficult Days, and Casey Schwartz Talks about "Attention."](#)
- **MommyPoppinsNYC:** [50+ Virtual Events this Week: Sing with Disney, Dance with the Rockettes, Build with Legoland](#) (Many of these will be ongoing, while this situation goes on.)
- **Harry Potter fans:** As If by Magic, [These Videos Let You Ride the Wizarding World Attractions](#) at Universal Studios
- **Boston.com:** [Missing trivia nights at your favorite pub? Dorchester Brewing Company takes trivia to the Web](#)
- **NPR:** [Baking bread is a thing now.](#) Chemist and baker Patricia Christie explains the science of making bread. And she offers some advice for first-time bakers. 11 minute podcast
- **Boston Globe:** [Boston's Emerald Necklace now has its own symphony.](#) And you can [download it for free.](#)
- Christopher Kimball's [Milk Street cooking school available online](#), free through April 30
- **BPL:** [17 Ken Burns Documentaries to Watch on Hoopla](#)
- **Montreux Jazz Festival:** More Than 50 Full Sets from Johnny Cash, Nina Simone, and Marvin Gaye: [Watch](#)

For Distance Learning (new opportunities added in blue)

Live webinars & open meetings:

- The Once: [Join the early childhood community responding to COVID-19](#)
- Music Therapy Impact on Population Health: [RI Experience and Beyond](#), April 22
- **Infant & Early Childhood Mental Health Consultation**, [COVID-19 Consultation Conversation](#), April 23
- **GGSC:** [Mindfulness and SEL in Service of Belonging](#), April 24
- **Office of Head Start:** [Caring for Children in Group Settings During COVID-19](#), 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
- **HRiA:** [Secondary Trauma](#), April 30
- **Office of Head Start:** [Examining the Effects of Toxic Stress and Trauma on the Mental Health of Young Children](#) April 30
- **NIHCM:** [The Science of Happiness, Health & Well-being during COVID-19](#), May 1
- **Greater Good Science Center UC Berkley** [Greater Good Institute for Health Professionals](#), May 2 & 3, 2 half days (free)
- **Early Childhood National Center:** [Teacher Time Little Scientists — Exploring MATH with Preschoolers](#), May 5
- **HRiA:** [Working with People Who Use Stimulants](#), May 5
- **Brazelton Touchpoints:** [Caring for Each Other: How to Use Sesame Street in Communities Resources on Offering Comfort with Families Now](#), May 6
- **HRiA:** [Overdose Rescue and Harm Reduction](#), May 7
- **HRiA:** Supervising Staff in Times of Crisis; May 12
- **Brazelton Touchpoints:** [Mindful Self-Compassion: Heart Skills for Our Families and Ourselves in Challenging Times](#), May 13
- **Story Center:** [The Role Of Digital Storytelling In Public Health](#), May 13
- **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
- **Story Center:** [Strategic Distribution Of Public Health Stories](#), July 8
- **IECMHC:** [Culture, Identity, History as Sources of Strength and Resilience for Latino Children and Families](#), July 30

Recorded webinars, courses and other learning opportunities:

- **Perinatal-Neonatal Quality Improvement Network of Massachusetts (PNQIN) and the Betsy Lehman Center for Patient Safety:** [past virtual town halls](#) for maternal health care professionals confronting the challenges of COVID-19.
- **Addiction Technology Transfer Center:** [Addiction Recovery and Intimate Violence](#)
- **National Hispanic and Latino ATTC:** [Intersection of Domestic Violence or Intimate Partner Violence and Addiction](#)
- **National Center on Domestic Violence, Trauma & Mental Health:** [Supporting Survivors' Access to Substance Use Disorder and Mental Health Services During the COVID-19 Emergency](#)
- **Children's HealthWatch:** [Immigration & Equity Webinar](#)

- **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. (New trainings added)
 - 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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