



Welcome to the MHVI Covid-19 Resource Digest, volume 6. 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 Boards 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 mass.gov/covid19.

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 mass211.org where you are able to live chat. The CDC Coronavirus (Covid-19) website is [here](#).

Information for supporting families:

- **Children's Trust:** [Online Resources For Family Support Professionals](#)
- **HuffPost:** [Guide To Financial Resources And Relief For Those Affected By COVID-19](#). Here's where to go for help if you've lost income due to the coronavirus pandemic.
- **WGBH:** [Mass. Rolls Out New Unemployment System For The Self-Employed In Response To COVID-19](#)
- **MassLive:** [Pandemic EBT program could generate more than \\$100 million into Mass. economy, helping families feed their children during coronavirus](#)
- **WIC:** [Discounted internet for low-income families](#) needing internet service for distance learning or working from home.
- **NCTSN:** [Psychological First Aid \(PFA\) for Families Experiencing Homelessness](#)
- **NCTSN:** [Coping in Hard Times: Fact Sheet for Community Organizations and Leaders](#)
- **Motherly:** [How to prepare for postpartum during a pandemic](#)
- **Today:** [Pandemic isolation is leading to more postpartum depression, anxiety](#)
- **Motherly:** [How to combat postpartum depression and anxiety during COVID-19](#)
- **Boston Globe:** [A mother bear's coronavirus pandemic lessons](#)
- **NYT:** [Vaccine Rates Drop Dangerously as Parents Avoid Doctor's Visits](#). Afraid of Covid-19, parents are postponing well-child checkups, including shots, putting millions of children at risk of exposure to preventable deadly diseases.
- **Medical Express:** [Children of mentally ill mothers much less likely to be vaccinated](#)
- **NCTSN:** [Coping in Hard Times: Fact Sheet for Parents](#)
- **Motherly:** [Here are the health care appointments to keep, reschedule or cancel right now](#)
- **Healthy Children (AAP):** [Cloth Face Coverings for Children During COVID-19](#)
- **Center on the Developing Child:** The Brain Architects Podcast: [COVID-19 Special Edition: A Different World](#)
- **HuffPost:** [Our Kids Are Feeling Lonely In Lockdown. Here Are 10 Ways to Help](#)
- **Washington State University:** [Everything is not fine: Kids can tell when parents suppress their stress](#)

- **The Conversation:** [Teens are wired to resent being stuck with parents and cut off from friends during coronavirus lockdown](#)
- **The Conversation:** [4 good practices for anyone caring for quarantined kids](#)
- **The Conversation:** [How to help young children regulate their emotions and behaviors during the pandemic](#)
- **GGSC:** [What Happens When We Lose Our Social Rituals?](#)
- **GGSC:** [How to Reduce the Stress of Homeschooling on Everyone](#)
- **Vroom:** [Tips to Calm and Connect](#); new collection of Vroom Tips for parents on reducing stress and building strong bonds with their children. Printable, with brain-building activities for children ages 0-5, in English and Spanish.
- **HuffPost:** [4 Life Skills Parents Can Teach Kids Amid The Coronavirus Pandemic](#). Yes, kids are missing out on so much right now. But they're also learning some pretty big life lessons during lockdown.
- **Motherly:** [7 smart strategies for defusing sibling tensions during social distancing](#)
- **VPR:** [But Why: A Podcast For Curious Kids](#)
- **VPR:** [Explaining Coronavirus To Kids, And The Science Of Soap](#)
- **PopSugar:** [A Mom Created a COVID-19 Time Capsule, So Her Kids Could Work Through Their Feelings](#)
- **Nurture and Thrive:** [The Scientific Benefits of Being a 'Nature Kid'](#) (and how to get your child to enjoy nature walks!)
- **Nurture and Thrive:** [The Scientific Benefits of Daily Quiet Time for Kids](#)
- **Nurture and Thrive:** [10 Emotion-Coaching Phrases to Use When Your Child is Upset](#)
- **Autism Little Learners, Resources and Ideas for Families and Educators:** COVID-19 Story for Children; multiple languages; and other related pictorial resources for children with autism for these times.
- **Oxford Owl:** [Free eBook library – practice reading with phonics eBooks](#)
- **Open Library** is an initiative of the [Internet Archive: Student Library, Pre-K through Grade 12](#)
- **Nicole Rim**, local author: [King Covid and the Kids Who Cared](#), comforting and empowering book for kids; free, downloadable; a coloring book as well as a story book.

For Self-care:

- **HuffPost:** [The Psychology Behind Why We Lose Track Of Time In Quarantine](#). Being stuck at home during the coronavirus pandemic has distorted our sense of time. Here's how to make life feel a little more normal.
- **INC:** [5 Questions Productive People Ask Themselves to Stay Focused](#). You have a project deadline, so why are you watching cat videos on Facebook?
- **BBC:** [Video chat is helping us stay employed and connected. But what makes it so tiring - and how can we reduce 'Zoom fatigue'?](#)
- **BBC:** [Video chat is helping us stay employed and connected. But what makes it so tiring - and how can we reduce 'Zoom fatigue'?](#)
- **Forbes:** [Learning To Work In New Ways Amidst The COVID-19 Pandemic](#)
- **Wirecutter:** [8 Tips for How to Use Zoom Like a Pro](#)
- **Motherly:** [It's science: Getting dressed for the day can make you feel happier \(even if you're WFH\)](#)
- **HuffPost:** [You Are Not Alone If You Don't Care About Work During The Coronavirus Pandemic](#). Doing only what you need to do to stay employed is a totally reasonable response to quarantine.
- **WBUR:** ['A Ruffled Mind Makes A Restless Pillow'](#): Bad Dreams, Disturbed Sleep And The Coronavirus, 7 minute podcast

- **Vital Voices Global Partnership:** [VOICES OF RESILIENCE](#) features leaders across industries and cultures, each sharing unique insights into how they deal with crisis, how they motivate themselves and their teams to stay focused on the larger goal, and where they find the strength and courage to persevere.
- **The Conversation:** [How to listen to your loved ones with empathy when you yourself are feeling the strain of social distancing](#)
- **The Conversation:** [6 tips for parents who home-school](#)
- **Peter Pan Center:** [Foundations of Friendship for Kids](#), Navigating Virtual Friendships.
- **Washington Post:** [The ultimate parents' guide to education and activity resources](#). Resources in 10 categories: education, travel, reading, mental wellness, music, art, physical activity, theater and dance, languages and entertainment; most are free. **And, not just for kids.**
- **HuffPost:** [The Best Type Of Stretching To Relieve Stress And Anxiety](#). Exercise has tons of mental health benefits, but sometimes it's hard to do during this coronavirus pandemic. Enter these 5 stretches. Scroll for videos.
- **NPR:** [A Guide To Cutting And Styling Hair At Home](#) 7 minute podcast
- **NPR:** [Comic: Fake News Can Be Deadly. Here's How To Spot It](#) 28 minute podcast
- **Modern Farmer:** [How to Jumpstart your COVID-19 Victory Garden](#)
- **Mother:** [Gardening 101: What You Need To Know](#)
- **NPR:** [This Is A Good Time To Start A Garden. Here's How](#) (podcast)
- **NPR:** [How To Compost At Home](#) (podcast)
- **BBC:** [How to make pizza like a Neapolitan master.](#)
- **NPR:** ["Precious Lord" - Preservation Hall Jazz Band featuring Meghan Swartz and Mark Braud](#)
- **SNL:** [Miley Cyrus Sings Haunting Version Of Pink Floyd's 'Wish You Were Here'](#)

For Distance Learning (new opportunities added in blue)

Live webinars & open meetings:

- **JF&CS:** [Groups for Parents & Babies](#) FREE support groups provide safe and nurturing spaces for mothers and/or fathers with their babies (birth to one year) to give and receive support, ask questions, and begin building a parent community.
- **MDPH:** [Live Virtual Youth Town Hall](#), an opportunity for youth and those serving youth to address some of the fears, stigma and misinformation related to COVID-19, April 30, 2-3pm. [Register](#) and send your questions in advance to emelie@adcare-educational.org
- **NAEYC:** [Families & Educators Supporting Learning at Home](#), April 30
- **SAMSHA:** [Training and Technical Assistance Related to COVID-19](#), April 30
- **Boston Globe:** [Taking Care With Meredith Goldstein](#), how music heals, what kind of music helps us during anxious times, and recommendations for essential workers. April 30.
- **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)
- **Office of Head Start:** [Building Resilience in the Face of Trauma and Adversity](#), May 4
- **Early Childhood National Center:** [Teacher Time Little Scientists — Exploring MATH with Preschoolers](#), May 5
- **Early Childhood National Center:** [Children's Environmental Health](#)
- **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
- **SAMSHA:** [Trauma Informed and Resilience-Oriented Leadership During a Pandemic Pacific](#), May 11
- **NIHCM:** [Food Insecurity & Growing Concerns During COVID-19](#), May 11
- **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
- **GGSC:** [Bridging Differences: A Virtual Summit for Dialogue and Understanding](#), May 15 (scholarships)
- **SAMSHA:** [Leadership in Times of Chaos](#), May 18
- **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
- **StoryCenter:** [Storytelling In The Time Of Covid-19 Webinar](#), May 29. Occurs every Friday. Sign up quickly; these fill up fast
- **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:

- **The Institute for Family Support Professionals:** [Rapid Response Virtual Home Visiting](#), multiple recorded webinars, including: [Home Visiting Models and COVID 19 Response](#), [Virtual Visit Readiness](#), [Engaging Families in Virtual Visits: A Protective Factors' Approach](#), [Screening in Virtual Visits](#), [Using ASQ-3 in a Virtual Environment](#)
- **Children's Trust:** [Online Resources For Family Support Professionals](#)
- **Center for the Developing Child**, Harvard U., [A Guide to COVID-19 and Early Childhood Development](#)
- **Brazelton Touchpoints:** [New Catalogue](#)
- **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](#)
-

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. 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; please write new subscriber in the subject line. Visit us at www.mass.gov/dph/homevisiting.