



Welcome to the MHVI Covid-19 Resource Digest, volume 7. 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 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](https://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](https://mass211.org) where you are able to live chat. The CDC Coronavirus (Covid-19) website is [here](#).

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### Information for supporting families:

- [Network of Care Massachusetts](#) includes a directory of over 5,000 programs and organizations across the Commonwealth, searchable by keyword and zip code. If you are looking for an individual therapist or psychiatrist, please contact one of the many [helplines](#) in Massachusetts that can connect you to care.
- **Mass.gov:** [Baker-Polito Administration Announces Federal Approval to Assist National School Lunch Program Participants](#). Partners with Project Bread and Shah Foundation to Launch Pandemic EBT
- **MDPH Early Intervention:** Referrals to Early Intervention are still being accepted during this period. Telehealth services will be available during this public health emergency. If you have questions about Early Intervention referrals during COVID-19, you can contact Mass Family Ties at 1-800-905-TIES (8437) or look up your local program using the [directory](#).
- **National Institute for Children's Health Quality:** [Coronavirus Disease 2019 \(COVID-19\) Information for Children's Health Advocates](#)
- **WGBH:** [Coronavirus \(COVID-19\) Exposure Resources](#): Coronavirus info posters made by Dr. Ellie Murray in collaboration with Dr. Benjamin Linas and the Boston Medical Center are available in multiple languages.
- **HHS's Office of Head Start:**
  - [Volunteer Income Tax Assistance \(VITA\) program](#)
  - [How Non-filers Can Get Their Stimulus Check](#)
  - [Coronavirus Tax Relief and Economic Impact Payments](#)
  - [Building Foundations for Economic Mobility \(BFEM\)](#)
  - [Temporary Assistance for Needy Families \(TANF\)](#)
  - [Earned Income Tax Credit and Other Refundable Tax Credits](#)
- **Center for Urban and Racial Equity:** [A Hub for Equity and Justice in the U.S. Coronavirus Response](#)
- **GW Milken Institute School of Public Health:** [COVID-19: What's equity got to do with it?](#)
- **Mass.gov:** [Baker-Polito Administration Announces ... Expanded COVID-19 Data Reporting and Domestic Violence Resources](#). [SafeLink](#) statewide hotline for help at 877-785-2020.
- **Futures Without Violence:** [Futures On The Frontlines For Survivors, Families — And You](#)

- **Futures Without Violence:** [Resources for Kids and Families](#)
- **Workplaces Respond:** [When Work Is Safer Than Home](#), Supporting Workers Experiencing Violence During the Pandemic
- **Newsweek:** [U.S. Alcohol Sales Increase 55 Percent In One Week Amid Coronavirus Pandemic.](#)
- **Washington Post:** [With kids stuck at home, ER doctors see more severe cases of child abuse](#)
- **Boston Globe:** [Parents worried about coronavirus are missing vaccination appointments — opening the door to outbreaks of a different kind.](#)
- **Medical Xpress, Yale University:** [Is it safe to take your child to the pediatric emergency room?](#)
- **Boston Globe:** [Child care providers, parents are struggling — and worried about what comes next](#)
- **Study Finds, Stanford University:** [Study Reveals How Stress Makes It Harder For Us To Plan, Problem-Solve](#)
- **Boston Public Library:** [Create a Cover Letter & Resume with LearningExpress](#) Fridays in May
- **Boston Public Library:** [Learning English](#)
- **Boston Public Library:** [Career Online High School](#)
- **CA.gov:** [California Surgeon General's Playbook: Stress Relief for Caregivers and Kids during COVID-19](#) (PDF)
- **Psychology Today:** [The Pandemic Toolkit Parents Need. 8 expert tips to help families stay regulated.](#)
- **New York Times:** ['It Was Just Too Much': How Remote Learning Is Breaking Parents.](#) For the adults in the house, trying to do their own jobs while helping children with class work has become one of the most trying aspects of the pandemic.
- **PBS for Parents:** [Why Are People Wearing Masks? Answering Your Child's Questions](#)
- **PBS for Parents:** [Kids Regressing? Help Them Cope With Stress During Coronavirus](#)
- **The Conversation:** [Why are kids asking such big questions during the pandemic?](#)
- **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.
- **Medical Xpress, Emory University:** [How family stories help children weather hard times](#)
- **Pop Sugar Family:** [6 Strategies to Teach Your Angry Kid to Calm Down](#)
- **GGSC:** Episode 64: [Helping Kids Think About the Good.](#) Sheltering-at-home with kids? These questions can help them, and us, focus on the good things in life. 20 minute podcast
- **Child Mind Institute:** [Strategies for Supporting Learning at Home](#), Pre-K through college
- **Child and Family Blog:** [Emotionally Supportive Parenting Can Help Disadvantaged Children Stay On The Rails](#)
- **Child and Family Blog:** [Play Could Help Reduce 'Covid-19 Slump' In Learning](#)
- **Child and Family Blog:** [How Do Young Children Make Sense Of Death?](#)
- **Motherly:** [It's science: \\*This\\* is one of the best ways to deal with stress \(for you and your kids\)](#)
- **Motherly:** [10 phrases parents can use to help kids understand social distancing](#)
- **Jack Stewart:** [CoronaKids is an educational resource to keep kids informed about COVID-19 in a fun way,](#) in Portuguese. .

### For Self-care:

- **Network of Care Massachusetts** includes a directory of over 5,000 programs and organizations across the Commonwealth, searchable by keyword and zip code. If you are looking for an individual therapist or psychiatrist, please contact one of the many [helplines](#) in Massachusetts that can connect you to care. Let Network of Care Massachusetts help you take the first step in locating mental health, substance use, and related social services in your community to support good health and recovery.
- **NPR:** [Advice For Dealing With Uncertainty, From People Who've Been There](#)
- **Center for the Developing Child:** [COVID-19 Special Edition: Self-Care Isn't Selfish](#), 16 minute podcast

- **Washington Post:** [Bad WiFi is slowing you down. Fix yours without spending a dime.](#) Our five-step guide will help you speed up your Internet connection and eliminate wireless 'dead zones' while you're stuck at home.
- **Medical Xpress, The Conversation:** [No wonder isolation's so tiring. All those extra, tiny decisions are taxing our brains](#)
- **BBC:** [Coronavirus: How to work from home, the right way](#)
- **Boston Globe:** [We're exercising less during the coronavirus pandemic — here's why](#)
- **Washington Post:** [You've been working from the couch or the dining table and now you're in pain. Try these tips.](#)
- **Pop Sugar:** [Get the Whole Family Moving With These Disney-Inspired Workout Videos](#)
- **Boston Globe:** [Making your own mask? Researchers say some fabrics can filter nearly as well as an N95](#)
- **GGSC:** [How to Stop Feeling So Helpless During Quarantine.](#) Research suggests some ways to find a sense of control when you're feeling helpless.
- **Pop Sugar:** [These "House Rules" Have Helped My Family Cope With Being Together 24/7.](#) This perspective that will likely resonate with all of us. Hint: scroll to the middle of the piece.
- **Nurture and Thrive:** [11 Ways to Help Kids Re-Center: Strengthen Your Child's Sense of Self, Fix Bad Moods, and Reduce Anxiety](#)
- **Nurture and Thrive:** [Mindful and Sensory Activities To Help Children Break Free of Worry or Upset](#)
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- **NPR:** [If You've Always Wanted To Write A Book, Here's How,](#) 23 minute podcast
- **USA Today:** [Everything you need to leave uplifting messages in your neighborhood](#)
- **USFDA:** [Helpful Questions and Answers about Coronavirus \(COVID-19\) and Your Pets](#)
- **Scary Mommy:** [Star Wars Releases Official Background Images To Be Used On Video Calls](#)
- **CNN:** [Musicians At Home With Kids](#)
- **Today:** [How to make this no-yeast peanut butter bread that's going viral.](#) This quick bread could be your next quarantine snack!
- **BBC:** [Why Maui does Banana Bread Best.](#) Recipe and travelogue.
- **BBC:** [A simple guide to baking sourdough bread.](#)
- **Boston Globe:** Get inspired while staying inside with [ArtsAlive](#), a new initiative from The Boston Globe celebrating the arts with exclusive content provided by local theaters, musicians and museums. New videos added every Thursday.
- **NPR:** [Fenway Fans, Fenway Park's Organist Gives Fans That Ballpark Sound At Home — And He Takes Requests.](#) Each day at 3 p.m. Kantor plays 30 minutes of songs on the organ, from his home, streaming the show on Facebook Live, and he calls it [7th-Inning Stretch](#).
- **CuriosityStream.com:** Thousands of stream-able documentaries and non-fiction TV shows. Use code FLIPBOARD10 to sign up for just \$1/month with an annual subscription.

## 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.
- **Boston Public Library:** [Ask a Pediatrician: Parenting in the COVID Era](#), May 6
- **StoryCenter:** [Storytelling In The Time Of Covid-19 Webinar](#), Fridays

- **Brazelton Touchpoints:** [Caring for Each Other: How to Use Sesame Street in Communities Resources on Offering Comfort with Families Now, May 7](#)
- **NAEYC:** [Talking to and Supporting Children and Ourselves During the Pandemic](#), May 7
- **HRiA:** [Overdose Rescue and Harm Reduction](#), May 7
- **National Center on Early Childhood Health and Wellness:** [Keeping Our Children Well During COVID-19](#), May 8
- **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
- **MDPH:** [Building and Sustaining Hope Virtually: Reshaping the Conversation to Reduce Suicide](#), May 13
- **Office of Head Start:** [Partnering with Families to Address Domestic Violence](#), May 14
- **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
- **NAEYC Institute:** will offer six weeks of weekday webinars to support your professional development. Each session is open to anyone at no charge, our gift to you for all that you give to young children and their families. Beginning June 1
- **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
- **Boston Association for Childbirth Education and Nursing Mothers' Council (BACE):** [Breastfeeding Foundations for Perinatal Health Workers](#), June 26
- **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:

- **Center for Early Childhood Mental Health Consultation:** [Recognizing and Addressing Trauma in Infants, Young Children, and their Families](#), multipart tutorial
- **CDC Learning Connection:** [Storytelling for Public Health](#), you will need to open an account; no fees
- **ECLKC:** [Understanding Trauma in an Early Childhood Context](#)
- **ECLKC:** [Head Start Heals Campaign](#) focuses on healing and addresses topics such as resilience, recovery, how to incorporate mental health consultation effectively, how to address challenging behaviors, and ways to have difficult conversations with families.
- **Neurosequential Network, Dr. Bruce Perry:** [COVID-19 Stress, Distress & Trauma Series](#) 9 part video series

- **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

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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).