



Welcome to the MHVI Covid-19 Resource Digest, volume 12. We're departing from our usual content to 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](#)

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#### Information for supporting families:

- **National Institute for Children's Health Quality:** [Seven Strategies for Conducting Services Virtually](#)
- **Mass.gov:** [Online Grocery Shopping Now Available for SNAP Recipients in Massachusetts.](#) [SNAP Online Purchasing Program](#)
- **CommonWealth:** [Massachusetts food stamp recipients can now purchase groceries online](#) through Amazon and Walmart as part of a US Department of Agriculture pilot program.
- **New York Times:** [An 'Avalanche of Evictions' Could Be Bearing Down on America's Renters.](#) The economic downturn is shaping up to be particularly devastating for renters, who are more likely to be lower-income and work hourly jobs cut during the pandemic.
- **New York Times:** [Hunger Program's Slow Start Leaves Millions of Children Waiting.](#) Child hunger is soaring, but two months after Congress approved billions to replace school meals, only 15 percent of eligible children had received benefits.
- **Boston Globe:** [Baker says camps, child care can reopen during Phase 2 of reopening,](#) June 8<sup>th</sup>.
- **Medical Xpress, George Washington U.:** Family violence increases during pandemic
- **New York Times, Parent Data:** Create [a risk assessment system](#) for family decisions around the coronavirus. The five steps: 1. frame the question 2. mitigate risk 3. evaluate risk 4. evaluate benefits 5. decide.
- **National Digital Inclusion Alliance;** [Free and Low Cost Internet Plans.](#) Some Internet Service Providers have responded with new or improved discount broadband plans that will only be available for a short time; others continue to offer plans that were created prior to the crisis. NDIA commits to keeping this list of Free & Low-Cost Internet Plans updated daily.
- **30 Seconds:** [Parenting Stress & Coronavirus: Tips to Survive & Thrive As a Stay-At-Home Parent During COVID-19 Quarantine](#)
- **New York Times:** [Experts Fear Increase in Postpartum Mood and Anxiety Disorders.](#) New and expecting moms are facing pandemic-related fears on top of social isolation.

- **The Lily:** [5 pieces of advice to help manage postpartum depression during coronavirus.](#) The traditional coping mechanisms are no longer an option
- **Motherly:** [The hidden risk of postpartum depression during quarantine \(and how to get help\)](#)
- **HuffPost:** [Experts Predict How The Coronavirus Could Permanently Change Child Care.](#) From "de-densification" to social distancing contracts, big changes are here — and they could last for a while.
- **CNN:** [What to do if you still haven't gotten your stimulus check.](#)
- **NPR:** [Be Honest And Concrete: Tips For Talking To Kids About Death](#), 23 minute podcast
- **HuffPost:** [How To Deal With Anger If It's Building Up During Lockdown.](#) There's plenty of rage floating around right now. But what can you do with it?
- **NPR:** [Survey Shows Big Remote Learning Gaps For Low-Income And Special Needs Children](#)
- **CNN Health:** [Summer is not completely canceled. Here are 100 things we can do with or without kids.](#)
- **NPR:** [Rent In The Time Of Coronavirus](#), 10 minute podcast
- **Boston Globe:** [How the pandemic looks to a 3-year-old. Nightmares. Tantrums. Fear of killing Grandma.](#) The coronavirus is taking a toll on some kids' psyches.
- **HuffPost:** [What Social Distancing Has Been Like For Only Children.](#) Parents who have one kid at home say it's easier in many ways, and way harder in others.
- **Medical Xpress, U. of Bath:** [Impact of children's loneliness today could manifest in depression for years to come](#)
- **HuffPost:** [These Parents Say Lockdown Has Been A Chance To Teach Their Kids Life Skills.](#) From Black history lessons to cookery classes, families are embracing the longer-term benefits of homeschooling.
- **New York Times:** [Making Home Safe for Kids This Summer.](#) Experts identify common hazards in the home and what can be done to prevent accidents.
- **The Conversation:** [Clear masks for caregivers mean young children can keep learning from adults' faces](#)
- **Washington Post:** [To convince kids to wear masks, adults are getting creative.](#) Kids are getting ... annoyed.
- **Boston Public Library:** [Earn Your High School Diploma Online.](#) Free with Career Online High School & The BPL

#### Other news:

- **University of PA:** [Talking to children after racial incidents](#)
- **Raising Race Conscious Children:** [a resource for talking about race with young children](#)
- **HuffPost:** A viral Google doc called "[Anti-racism resources](#)" has, you guessed it, a slew of helpful resources and lists for parents and non-parents alike.
- **NPR:** [Talking Race With Young Children](#), 20 minute podcast
- **Motherly:** [How to talk to your children about the #BlackLivesMatter protests happening around the country](#)
- **Motherly:** [Keedron Bryant's a cappella song on how it feels to be a young black man in America will rock you to your core.](#)
- **Child Trends:** Research brief: [Facilitating Access to Early Care and Education for Children Experiencing Homelessness](#)
- **National Institute for Children's Health Quality:** [Building Agency and Self-Efficacy: A Vital Opportunity to Reduce Sleep-Related Infant Deaths](#)

- **University of Washington:** [Study shows exposure to multiple languages may make it easier to learn one](#)
- **Early Learning Nation:** [Roots of Empathy: Where Children Learn the Language of Getting Along](#)
- **2-Minute Medicine, Physician Press:** [Tummy time in infants is associated with positive health outcomes](#)
- **Pocket:** [Nature Can Be as Engaging as Video Games — How to Help Kids Fall in Love With the Outdoors](#)

Printables for families & staff and PDFs short print-outs for staff:

- **VROOM:** [Tip sheets, and other resources, available in a total of 16 additional languages!](#)
- **Children’s Advocacy Center of Suffolk County:** [Learn the Signs](#) (of abuse) [Spanish](#) [Portuguese](#)
- **Children’s Advocacy Center of Suffolk County:** [Know How To Respond](#) [Spanish](#) [Portuguese](#)
- **Children’s Advocacy Center of Suffolk County:** [Talk About It](#) [Spanish](#) [Portuguese](#)
- **MA Healthcare Training Forum:** [Food Assistance during the COVID-19 Emergency](#) [Spanish](#)
- **MA Healthcare Training Forum:** [Connecting Your Patients with Food Resources A Guide for MassHealth Providers During the COVID-19 Emergency](#) [Spanish](#)
- **National WIC Assn.** [Breastfeeding And Covid-19 Guidance](#)

For Self-care:

- **WebMD:** [How to Manage Anxiety About the Country Reopening](#)
- **NPR:** [How To Cope With Anxiety During The Pandemic](#), 8 minute podcast
- **HuffPost:** [Why Uncertainty Feels So Terrifying, And How To Cope With It](#). The coronavirus pandemic has led to a lot of anxiety over what we can't control. These methods can help ease the stress.
- **Greater Good Science Center:** [Podcast: Episode 66: How to Connect When You Must Stay Apart](#). Do you want to be famous? What's a favorite memory? These [36 questions](#) can bring you closer to loved ones, even if you're separated.
- **30 Seconds:** [Emotional Health During the Coronavirus Pandemic: 4 Skills for Coping Holistically With COVID-19](#)
- **HuffPost:** [How To Get Through A Low Lockdown Day: 10 Mood Boosters We Swear By](#). From going for a cycle to calling our mum, these are the things that make life a tiny bit easier when a dip day strikes.
- **HuffPost:** [Just When We Think We're Adjusting, We're Hit By A Coronavirus Dip Day](#). Our lockdown moods are fluctuating – but like the virus, this too shall pass. Here's how to get through a down day in lockdown.
- **Washington Post:** [Struggling to find happiness while you're stuck at home? Experts say contentment is enough.](#)
- **HuffPost:** [Why Jigsaw Puzzles Are So Soothing And Addicting Right Now](#). Experts share how doing a puzzle can affect your mental state amid the coronavirus pandemic.
- **NPR:** [From Camping To Dining Out: Here's How Experts Rate The Risks Of 14 Summer Activities](#)
- **NPR:** [How The 'Lost Art' Of Breathing Can Impact Sleep And Resilience](#), 36 minute podcast
- **NPR:** [The Pandemic Time Warp](#) The pandemic has upended every aspect of our lives, including the disorienting way many of us have been perceiving time. 11 minute podcast
- **NPR:** [How To Make A Mini-Zine About Life During The Pandemic](#)
- **New York Times:** [Simple Stretches to Combat All That Sitting](#). Done correctly, these restorative stretches, working on muscles from your eyes to your toes, really do make you feel better.
- **WBUR:** [7 Ergonomic Tips To Help Save Your Aching Neck And Back While Working From Home](#)

- **New York Times:** [Learn Guitar with Laura Marling](#). The folk singer-songwriter demystifies her various tuning techniques, taking followers step-by-step through some of her most popular songs.
- **Washington Post:** [Adaptability may be your most essential skill in the covid-19 world](#)
- **Quartz:** [America is entering its third great bicycle revival in 150 years thanks to coronavirus.](#)
- **WBUR:** [WBUR Photographers Share Their Tips For Taking Great Photos On Your Phone](#)
- **USA Today:** [Start an online book club: How to pick the right read and host a virtual discussion on Zoom](#)
- **New York Times:** [12 Restaurants America Loves. With Recipes!](#) We're making food from our favorite restaurants at home.
- **Boston Globe:** [Everyone's gone to the drive-in movies: Here's where to find them in New England.](#) These days, when a Target run qualifies as an outing, we've never needed the drive-in more.
- **Forbes:** [Famous Statues Around The World Wearing Face Masks](#)
- **HuffPost:** [27 Funny And Heartwarming Quotes From Kids In Coronavirus Lockdown](#). Here's what children are saying about "grownupvirus,"
- **Brass Ring Daily:** This is fun: This [Jazz Keys](#) website is smart and lovely. Type any word or phrase or paragraph you want, then hear it turn into music.
- **National Geographic:** [Got curious kids at home?](#) Nat Geo's got you covered. Check out these 12 activities to entertain and educate your kids. For even more inspiration, visit NatGeo@Home
- **CNN:** June is [African American Music Appreciation Month](#), and what better way to celebrate than with some Aretha? Go ahead and shake that thang. ([Click here to listen.](#))

For Distance Learning (new opportunities added in blue)

#### Live webinars & open meetings:

- **Massachusetts COVID-19 Perinatal Coalition:** [Massachusetts COVID-19 Maternal Health Equity Town Hall](#), June 3
- **Brazelton Touchpoints:** Learning to Listen Webcast Series, [Marriage Equality and Same Sex Parenting: Families on the Frontlines](#), June 3
- **2020 Mom:** [Webinar: Maternal Mental Health 101](#), June 4, September 10 or December 3,
- **BMC/BSAS/OBAT:** [COVID-19 is Terrible, but I'm More Likely to Die from Structural Racism](#), June 4
- **Embrace Race:** ["I \[STILL\] can't breathe": Supporting kids of color amid racialized violence](#)
- **Brazelton Touchpoints:** [Valuing Passion: Connecting with Families Around What They Care About](#), June 8
- **Boston Public Library:** [COVID Scams & Fraud Prevention](#), June 9
- **MDPH/Suicide Prevention:** [Suicide Prevention – \(#711\) "Gatekeeper" Training](#), June 9
- **PICCK:** [Adapting to the New Normal: Contraceptive Care Services in Next Phase of COVID-19](#), June 9
- **Brazelton Touchpoints:** [How to Use Sesame Street in Communities Resources on Supporting Children and Families Enduring Traumatic](#), June 10
- **Office of Head Start:** [Home Visiting Series: Planning Virtual Home Visits and Socialization Activities with Families](#), June 10
- **Child Trends:** [Updates to the Healthy and Ready to Learn Measure](#), June 11
- **Office of Head Start:** [Preparing for Challenging Conversations with Families](#), June 11
- **National Center for Pyramid Model Innovations:** [Delivering Coaching from A Distance](#), June 11
- **Fathers and Families Coalition of America:** [Advanced Practitioner Credential Summer Online Course](#), June 16, 18 & 23.

- **Raising Race Conscious Children:** [Interactive Webinar for White people](#) June 21 & 28
- **Office of Head Start:** [Education Manager Series: Reflective Supervision in Action](#), June 23
- **Office of Head Start:** [Building Foundations for Economic Mobility: Helping Families Access Financial Institutions During Emergencies](#), June 23
- **Office of Head Start:** [Infant/Toddler Webinar Series: Tummy Time – Infant/Toddler Movement as a Foundation for Learning](#), June 23
- **Brazelton Touchpoints:** [Mindful Self-Compassion: Co-creating Heart Skills in Early Childhood Programs and Systems](#) June 24
- **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
- **Office of Head Start:** [Home Visiting Series: Behavior Has Meaning](#), June 30
- **Story Center:** [Strategic Distribution Of Public Health Stories](#), July 8
- **Office of Head Start:** [BabyTalks Series: Supporting Infants and Toddlers with Disabilities and Suspected Delays](#), July 9
- **Office of Head Start:** [Inclusion Series: Resources at Your Fingertips – Inclusion Professional Development Simplified!](#), July 21
- **Office of Head Start:** [Coaching Corner Series: Coaching Supports to Address Behavior Management](#), July 22
- **IECMHC:** [Culture, Identity, History as Sources of Strength and Resilience for Latino Children and Families](#), July 30
- **Office of Head Start:** [Spotlight on Innovative Practices Series: Implementation Strategies and Reflections on Practice-Based Coaching in State Early Childhood Professional Development Systems](#), August 11
- **Office of Head Start:** [Home Visiting Series: Curriculum and Ongoing Assessment in Home-Based Programs](#), August 12
- **Office of Head Start:** [Front Porch Series: Elevating the Role of Cultural Responsiveness in Effective Teaching Practices](#), September 3
- **Bridgewell:** [Resilient Survivors: Strong at Broken Places](#), September 18
- **BACE:** [4 Day DONA Approved Birth Doula Training](#), Sept. 18, 25, Oct. 2, 9, in person, in Fall River
- **Children's Trust:** [28th Annual A View from All Sides](#), October 15, virtual event.
- **Bridgewell:** [Behavioral and Therapeutic Tips and Tools from the Trenches for Teachers and Clinicians](#), October 21

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

- **GPS:** [Online GPS Facilitator Training During Covid-19 Pandemic](#)
- **NAEYC:** [Virtual Institute](#), Beginning June 1. Free. Six weeks of newly recorded presentations to support your professional development. The Virtual Institute is open to anyone who is interested in some of the latest research and best practices in early childhood education.
- **EmbraceRace:** [Asian Americans, racism, and antiracism in the COVID Era](#)
- **CLASP:** [Listening to Young Parents: The Multigenerational Making of Mental Health](#)
- **NIH:** Dr. Francis Collins: [Home Edition Episode 9 with Dr. Eliseo Pérez-Stable speaking on COVID-19 Health Disparities](#)

- **Center on the Developing Child, Harvard U.:** [A Guide to COVID-19 and Early Childhood Development](#), This guide pulls together information on COVID-19, what it means for child development, and easy-to-share resources that can help parents and caregivers, as well as child care providers, pediatricians, and others who work with families.
  - [Mental Health in a Locked-Down World](#)", podcast
  - [Domestic Violence and Shelter-In-Place](#), podcast
  - [Creating Communities of Opportunity](#), podcast
  - [Self-Care Isn't Selfish](#), podcast
  - [A Different World](#), podcast
- **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:** [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](#)
- **Community Health Training Institute:** [Health Equity Tool Kit](#)
- **Children's Trust:** [Online Resources For Family Support Professionals](#)
- **Center for the Developing Child, Harvard U., COVID-19 Resources:** Guides, Activities, Infographics, E-books and podcasts; some in multiple Languages.
- **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.
- **NCTSN:** [Health Care Toolbox - Addressing the Psychological and Emotional Impact of the COVID-19 Pandemic for Children, Families, and Healthcare Staff](#)
- **Center for Creative Leadership,** [On Demand Webinars](#)
- **The Center for Early Childhood Mental Health:** Introduction to the Best Practice Tutorial Series, 10 modules
- **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](#)

- **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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### Immediate Opportunity:

- **Massachusetts State Loan Repayment Program:** MDPH is providing a loan repayment program (MLRP-2020) managed by the Massachusetts League of Community Health Centers, Inc. for health care professionals who commit to working full time or part time for two years in a community health center (up to \$25,000 per year for two years).
  - **Applications must be postmarked no later than June 3, 2020 to be received by the Massachusetts League of Community Health Centers, Inc., 2020 MLRP, 40 Court Street, 10th floor, Boston, MA 02108.**
  - Please note applications must be mailed via United States Postal Services **ONLY**. No other forms of mail will be accepted at this time.
  - Click here for the [Program Guide](#) and [Application](#). For more information, click [here](#).
  - **[Page 7 of the Program Guide has the list of eligible physical and mental health professionals](#)**
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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@massmail.state.ma.us](mailto:Maxene.Spolidoro@massmail.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@massmail.state.ma.us](mailto:Maxene.Spolidoro@massmail.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).