



Welcome to the MHVI Covid-19 Resource Digest, volume 13. 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.*

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](#)

In this volume: Information for supporting families during the Covid-19 pandemic, other news towards Racial Justice, more news for maternal and child health professionals, distance learning and open meeting opportunities, reminders of select past posts with updated resources, and a listing of Racial Justice compendiums.

Information for supporting families during Covid:

- **New York Times:** [Getting Back to 'Normal' May Not Be So Easy. Crisis Experts Can Help.](#) What we can learn from war-zone and trauma experts about easing out of lockdown.
- **New York Times:** [With Caution and Creativity, Day Cares Prepare to Reopen.](#) Isolation rooms, crib dividers and designated school shoes are just a few examples of the health measures that child care centers are taking.
- **Medical News Bulletin:** [What are the effects of COVID-19 on mental health?](#)
- **PEW:** [Single Mothers Hit Hard by Job Losses](#)
- **Science Daily:** [Survey finds large increase in psychological distress reported among US adults during the COVID-19 pandemic](#)
- **National Geographic:** [How to keep kids positive through the pandemic.](#) Plus, why staying positive might help them become better learners.
- **HuffPost:** [How To Help Food Pantries Feed The Hungry Amid Protests.](#) As food insecurity rises among wrecked supermarkets and coronavirus-caused unemployment, food pantries face greater challenges. Here's how you can help.
- **Northwell Health:** [COVID-19 Special Needs Resources. Information For Families with A Child with an Intellectual and/or Developmental Disability During the Covid-19 Pandemic](#)
- **Anti-Defamation League:** [How Systemic Racism Impacts Coronavirus Racial Disparities](#), Table Talk: Family Conversations about Current Events
- **ABC News:** New moms face challenge of breastfeeding during coronavirus pandemic. Access to support has become harder and anxiety has increased, experts say.

- **Study Finds, U of Bath:** [Loneliness From Months Of Lockdown May Have Lasting Impact On Children's Mental Health](#)
- **Study Finds, Harris Poll:** [Nearly Half Of Parents With Young Kids Battling Severe Stress During COVID-19 Quarantine](#)
- **Washington Post:** [As Pride celebrations move online during the pandemic, who will hug the queer kids?](#)
- **HuffPost:** [What's 'Safe' — And Not — For Kids This Summer Playdates? Camp? The beach?](#) Weighing risks in the summer of COVID-19.
- **Medical Xpress, U of Kentucky:** [Why it is important to teach your kids to wear a face mask](#)
- **Boston Globe:** [Child care owners say new regulations will hike parents' fees, put them out of business](#)

Other news, towards racial justice:

- **Smithsonian, National Museum of African American History & Culture:** [Talking About Race](#). Talking about race, although hard, is necessary. We are here to provide tools and guidance to empower your journey and inspire conversation.
- **ACPE:** [Stop Hesitating: A Resource for Psychotherapists and Counselors](#)
- **CNN:** [How to talk to your children about protests and racism](#)
- **USA Today:** [George Floyd. Ahmaud Arbery. Breonna Taylor. What do we tell our children?](#)
- **Mother:** [10 Ways To Be An Anti-Racist Parent, Starting Right Now](#)
- **Raising Race Conscious Children:** [100 Race-Conscious Things You Can Say To Your Child To Advance Racial Justice](#)
- **Vox:** [What it means to be anti-racist](#)
- **Motherly:** [10 ways white families can teach their kids about race consciousness](#)
- **Life Hacker:** [The Difference Between Being 'Not Racist' and 'Anti-Racist'](#)
- **Life Hacker:** [Keep Talking to Your Kids About Race and Racism](#)
- **Life Hacker:** [Kids Are Not Racially 'Colorblind'](#)
- **HuffPost:** [How To Talk To Kids About Racism And The George Floyd Protests](#). Conversations about race, privilege and police brutality are hard. Be open — and have a plan.
- **HuffPost:** [How White Parents Can Talk To Their Kids About Race](#). Here's an age-by-age guide for white parents to addressing racism and privilege with their children
- **National Geographic:** [Talking to kids about race. Recent protests are sparking questions from children](#). Not shying away from those conversations is the first step in raising an anti-racist child.
- **Child Mind Institute:** [Racism and Violence: How to Help Kids Handle the News](#) [Spanish](#)
- **Child Mind Institute:** [Helping Children Cope With Frightening News](#) [Spanish](#)
- **Child Mind Institute:** [What to Do \(and Not Do\) When Children Are Anxious](#) [Spanish](#)
- **NPR:** [Talking Race With Young Children](#), 20 minute podcast
- **NPR:** [How White Parents Can Talk To Their Kids About Race](#), 10 minute podcast
- **Story Corps:** ["Dad, why do you take me to protests so much?"](#) 9-year-old Aidan Sykes interviews his dad, Albert Sykes. Together, they talked about how race and gender influence the way Albert takes on his role as a father.
- **StoryCorps Griot:** our national initiative to ensure that the voices, experiences, and life stories of African American people are preserved and presented with dignity
- **NPR, Short Wave:** [Coronavirus And Racism Are Dual Public Health Emergencies](#), 14 minute podcast
- **Elle:** [The Anti-Racist Podcast List. Don't post a black square without committing to educating yourself.](#)

- **HuffPost:** [One Way To Be An Ally Right Now? Support Black Mental Health. Black people are dealing with extreme stress, racial trauma and exhaustion.](#) Here's what an ally can do to help.
- **Center for American Progress:** [The Environment That Racism Built. The Impact of Place on Maternal and Infant Health](#)
- **HuffPost:** [To White Parents Who Want To Be Allies At This Time.](#) What an ally looks like to me is someone who is aware that our kids will walk through life differently.
- **Human Rights Campaign:** [Being African American & LGBTQ: An Introduction](#)

Other news:

- **Public News Service:** [Massachusetts 20th in Nation on Rate of Response to Census](#)
- **Medical News Bulletin:** [What is the effect of maternal prenatal stress on childhood mental health?](#)
- **Motherly:** [It's science: Boredom builds your child's resilience and creativity](#)
- **Study Finds:** [Thirst For Knowledge: Children Prefer Books That Explain Ways Of The World](#)
- **Child & Family Blog:** [Parents Know Best: How You Can Play And Learn At The Same Time](#)
- **Science Daily:** [Childhood trauma affects the timing of motherhood.](#) Women who have experienced childhood trauma become mothers earlier than those with a more stable childhood environment shows a new study.

Printables/PDFs for families & staff:

- **Embrace Race:** [Action Guides in English and Spanish](#), topics include, but not limited to: How to talk to your children about COVID-19; How to be an ally to Muslim American families; 4 Steps to Help Kids Push Back Against White Nationalism; 8 Tips for Talking to Your Child About Racial Injustice; Reading aloud with kids to spark conversations about difference and many more.
- **National Child Traumatic Stress Network:** [Children and Domestic Violence for Parents Fact Sheet Series Spanish](#)
- **National Child Traumatic Stress Network:** [New Children's Book — The Germ That Wears a Crown: A Story About the Coronavirus Spanish Creole](#) This story, coloring, and activity book is designed to help caregivers talk with children about COVID-19, social distancing, and how to express and manage strong emotions triggered by the outbreak.
- **Anti-Defamation League:** [Draw Me Safe: Coloring and Conversation about a Pandemic](#)
- **Healthy Outcomes from Positive Experiences:** [10 Ways to Avoid ACEs during the Covid Pandemic](#)

For Self-care:

- **Greater Good Science Center:** [How Can I Stay Positive for My Kids When I'm So Overwhelmed?](#)
- **HuffPost:** [6 Ways You Can Feel More In Control During The Coronavirus Pandemic.](#) Our current health crisis is causing a lot of fear and uncertainty. Here's what to do when you feel helpless.
- **HuffPost:** [Got Major Anxiety Right Now? Here Are 6 Cheap Mental Health Resources.](#) If you're dealing with coronavirus stress, try one of these affordable methods for help or therapy.
- **HuffPost:** [10 Sneaky Ways Your Coronavirus Anxiety Is Coming Out.](#) Covid-19 is messing with everyone's mental health. Here are subtle signs it's affecting yours, plus advice on how to cope.
- **HuffPost:** [Here's Why You're Reminiscing More Than Usual During The Pandemic.](#) Reflecting on your past lately? Uncertainty due to the coronavirus pandemic can cause that. Here's why.
- **HuffPost:** [Is The Coronavirus Crisis Over? The long and short of it: Nope, no, absolutely not.](#)

- **Greater Good Science Center:** [Taking Small Steps Toward Big Goals](#). When our world is turned upside down, how do we keep moving forward? 16 minute podcast
- **Healio:** [Six tips for keeping your sanity during COVID-19 pandemic](#)
- **Washington Post:** [Four ways to streamline your life in quarantine](#)
- **USFDA:** [Video: Donate Blood and Plasma to Make a Difference](#), Everyone plays a part in getting through this COVID-19 pandemic. One way you can make a difference is to donate blood or plasma if you are eligible to donate.
- **USFDA:** [Video: 12 Tips for Grocery Shopping During the Pandemic](#)
- **New York Times:** [How to Hug During a Pandemic](#). Of the many things we miss from our pre-pandemic lives, hugging may top the list. We asked scientists who study airborne viruses to teach us the safest way to hug.
- **New York Times:** [How Do You Decide if Children Can Play Together Again?](#) As always, parents must weigh the risks, look at what the experts say and make decisions based on their own level of comfort.
- **Washington Post:** [How to stand your ground on social distancing, without alienating family and friends](#)
- **HuffPost:** [19 Black Wellness Instagram Accounts To Follow Right Now](#). For advice on mental health, fitness, self-care and more, pay attention to these Black wellness leaders.
- **NPR:** [Coronavirus FAQs: How To Stay Safe While Protestng, When To Go Out After Recovery](#)
- **Washington Post:** [10 Pride events you can attend from home, from underground Zoom parties to a virtual Pridemobile](#)
- **Washington Post:** [Wearing a mask can irritate your face or make it break out. Here's what to do about 'maskne.'](#)
- **Washington Post:** [The new rules of visiting a pool this summer with coronavirus in mind](#)
- **HuffPost:** [Yes, Coronavirus-Related Fraud Is A Thing. Steer Clear](#). Coronavirus-related frauds increased by 400% in March, with losses totaling £970,000. Here are 17 tips to help you keep safe.
- **HuffPost:** [How To Prepare For Hurricane Season Amid The Coronavirus Pandemic](#). Experts say the COVID-19 outbreak means you should plan additional supplies and expect changes at evacuation shelters.
- **New York Times:** [9 Delightful Articles to Help You Get Through This Week](#). We're all just trying to do our best now. These articles might help a little.
- **NPR:** [The Time Machine: How Nostalgia Prepares Us For The Future](#), 5 ½ minute podcast
- **Life Hacker:** [How to Get a Full Body Workout With a Pair of Paper Plates](#)
- **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.
- **Boston Globe:** [Recipe: 3-minute chocolate-fudge mug cakes take one minute to mix, another minute in the microwave](#) Perfect for sitting around the back yard fire-pit, after a long day in your home office.
- **NPR/StoryCorps:** [Little Kids, Big Questions](#), 15 minute podcast
- **New York Times:** [The Best Cookbooks for Kids. Books that will inspire children to get into the kitchen and cook.](#)
- **Motherly:** [Here are 10 places to donate to support the black community](#)
- **Washington Post:** [How to stand your ground on social distancing, without alienating family and friends](#)
- **WBUR:** [The Home Office](#), 8 minute video pilot for new series. Yup; it's most of us.
- **WGBH:** [Sandra the Orangutan Washing Her Hands](#)
- **NPR Code Switch:** [Songs Giving Us Life](#). Songs that Code Switch guests say are getting them through our tumultuous moment.

- **The Brass Ring:** Audra McDonald [singing “You’ll Never Walk Alone.”](#)
- **CNN:** June is Pride Month, celebrating the LGBTQ community. So, here's "[Thinkin Bout You](#)" by Frank Ocean

For Distance Learning (new opportunities added in blue)

Live webinars & open meetings:

- **The Century Foundation:** [Racism and Inequality in the Face of COVID-19](#), June 10, Join leading national experts in an engaging dialogue on actions that can be taken to address racism and inequality during the pandemic.
- **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
- **Brookings:** How we rise — [Policy solutions to upend structural racism and inequality](#), June 11
- **FPNTC:** [Leading When Nothing is Certain and Everything is Complicated](#), June 11
- **Kids in Danger:** [Safe from the Start](#), June 11
- **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
- **Brookings Institute:** [Reopening America — Equitable solutions for workers and their families in the COVID-19 era](#), June 12
- **MDPH/BSAS/HRIa:** [Exploring Pathways to Recovery](#), June 12
- **Early Childhood National Centers:** [Engaging Parents as Advocates and Leaders, Fostering Fathers' Leadership Skills](#), June 16
- **HOPE:** [Staying HOPEful during Covid-19](#) - 60 minute workshop on creating Positive Childhood Experiences during Covid-19, June 16
- **Fathers and Families Coalition of America:** [Advanced Practitioner Credential Summer Online Course](#), June 16, 18 & 23.
- **MDPH/BSAS/HRIa:** [Overdose Rescue and Prevention](#), June 17, [June 24](#)
- **MCLE:** [2019–2020 Basic Public Benefits Advocacy Trainings](#), June 17, Identify yourself as a “Non-lawyer Advocate” (and then hit “refresh) to get the \$35 registration fee.
- **MCLE/MLRI:** [Unemployment Insurance](#), June 18, Identify yourself as a “Non-lawyer Advocate” (and then hit “refresh) to get the \$35 registration fee.
- **First Focus on Children:** [Tackling Child Poverty in the Wake of COVID 19](#), June 18
- **NIHCM:** [Homelessness & COVID-19: A Merger of Two Epidemics](#), June 18
- **MDPH/BSAS/HRIa:** [Working with People Who Use Stimulants](#), June 19
- **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
- **RWJF: County Health Rankings & Roadmaps:** COVID-19: Disproportionate Impact on Black Communities
- **IECMHC:** Culture, Identity, History as Sources of Strength and Resilience for African American Children and Families June 25
- **National Children’s Traumatic Stress Network:** Culturally-Responsive Approaches to Serve Latin American Children who Experience Traumatic Separation, June 26
- **Boston Association for Childbirth Education and Nursing Mothers' Council (BACE):** Breastfeeding Foundations for Perinatal Health Workers, June 26
- **MDPH/BSAS/HrIA:** Supervising Staff in Times of Crisis, June 30
- **Office of Head Start:** Home Visiting Series: Behavior Has Meaning, June 30
- **MCH Workforce Development Center:** National Maternal and Child Health Workforce Development Center Summer Seminar Series. Register now and join your peers from across the country in a series of webinars to be offered **each Wednesday in July 2020**.
- **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:

- **Children’s Healthwatch:** Shareable Anti-racism Resource Guide
- **National Children’s Traumatic Stress Network:** How is COVID-19 Impacting Refugee and Immigrant Communities? In this 12-minute webinar, Drs. Luna A. Mulder and Jeffrey P. Winer, psychologists at the Refugee Trauma and Resilience Center at Boston Children's Hospital/Harvard Medical School, provide a brief overview of ways that COVID-19 has impacted refugee and immigrant communities and what organizations are doing to respond.

- **NPR:** [Coronavirus And Racism Are Dual Public Health Emergencies](#), 14 minute podcast
- **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](#)
- **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
- **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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Reminders of past postings and updated resources:

- **Mass.gov**: [COVID-19 Food Assistance](#)
 - **National Alliance on Mental Illness, MA**: [Mental Health Resources](#), including Navigating a Mental Health Crisis; Peer Support; Parenting; Housing; Employment, Legal, Insurance, and much more
 - **Boston Public Library**: [COVID-19 Mutual Aid Resources](#)
 - **MA 211**: [HelpSteps](#)
 - **Project Bread**: [Fliers in English, Spanish, and Portuguese on how to PIN P-EBT card](#)
 - **MA Law Reform Institute**: [SNAP & rules for reporting UI in Massachusetts](#)
 - **MA Immigrants & Refugees Advocacy Coalition**: [Resources](#)
 - **MassLegalHelp**:
 - If you need an emergency 209A restraining order or 258E harassment prevention order, see [Asking the court for a restraining order or harassment prevention order during COVID-19](#)
 - Evictions and foreclosures are on hold! See [COVID-19 and Housing](#)
 - Your landlord cannot lock you out or shut off your utilities, See [Illegal Eviction](#)
 - For other public services affected by COVID-19, see our [novel coronavirus](#) webpage.
 - [You have the right to an interpreter](#)
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Racial Justice Resource Compendiums:

- **Appleseed Centers**: [Resources & Tools Regarding Racism & Anti/Blackness and How to be a Better Ally](#)
 - **Appleseed Centers**: [Anti-Racism Resource for White People](#)
 - **Anti-Defamation League**: [Anti-Bias Education](#)
 - **Greater Good Science Center**: [Key Readings from Black Educator-Leaders and Other Leaders of Color](#)
 - **Washington Post**: [Understanding racism and inequality in America](#)
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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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