



Welcome to the MHVI Covid-19 Resource Digest, volume 14. 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 an expanded listing of Racial Justice compendiums.

Information for supporting families during Covid:

- **Mass.gov:** The Executive Office of Energy and Environmental Affairs (EEA) is providing [guidance for the operation of all playgrounds and spray decks in parks, reservations and open space](#) in Phase II of the Commonwealth's Reopening.
- **Boston Globe:** [State eases regulations for reopening camps and child-care centers](#)
- **CDC:** [Effects of the COVID-19 Pandemic on Routine Pediatric Vaccine Ordering and Administration](#)
- **WBUR:** [6 Things To Know About The Plan To Reopen Massachusetts](#)
- **HuffPost:** [Why Kids Are Angrier Right Now, And What Parents Can Do About It. Some children are coping with their COVID-19 anxiety with aggressive behavior.](#) Here's how to help your kid cope.
- **New York Times:** [The Dos and Don'ts of 'Quarantine Pods.'](#) It might be awkward, difficult and even risky. But joining a social bubble might just save your sanity.
- **NPR:** [Protesting? Here's How To Help Keep Your Family Safe From COVID-19 When You Go Home](#)
- **CNN Health:** [How to engage preschoolers on Zoom when social bonding is more important than ever](#)
- **CNN Opinion:** [Parents, this burnout is real. Give yourself grace](#)
- **CNN Parenting:** [Watch the entire CNN/Sesame Street coronavirus town hall](#)
- **BBC Worklife:** [What to do with friends who don't social distance](#)
- **HuffPost:** [Coronavirus Anxiety Hits Women And Young People Hardest, Hair Study Suggests](#)
- **Medical Express:** [Coronavirus pandemic spurring mental health crisis, especially in the young](#)
- **Medical Express:** [Home alone: will pandemic's changes harm kids' mental health long-term?](#)
- **Medical Express, JHUPSPH:** [Survey finds large increase in psychological distress reported among US adults during the COVID-19 pandemic](#)

- **Child & Family Blog:** [Tell Young Children How COVID-19 Is Transmitted](#)
- **Commonwealth:** [Childcare provider: 'I'm scared for my business'](#), 23 minute podcast
- **Buzz Feed:** [The Coronavirus Is Shattering A Generation Of Kids](#)
- **National Geographic:** [Before schools reopen, parents urged to catch up on kids' missed vaccinations.](#) Following years of large measles outbreaks, many kids have now missed vaccinations amid the COVID-19 lockdown. Can schools safely reopen this fall?
- **Motherly:** [Here's how to decide if you should send your child to day care or day camp this summer](#)
- **New York Times:** [As the Country Opens Up, Children With Disabilities Are Getting Left Behind.](#) The kids who most need social interaction this summer won't be getting it.

Other news, towards racial justice:

- **Medium:** [Maintaining Professionalism In The Age of Black Death Is....A Lot](#)
- **Boston Globe:** [What too many white people still don't understand about racism.](#) Seeing racism as a relic of the past is a problem — a deadly problem. And it is a part of why we protest.
- **CNN Health:** [How to not raise a racist white kid](#)
- **The Conversation:** [How to protest during a pandemic and still keep everyone safe from coronavirus: 6 questions answered](#)
- **Greater Good Science Center:** [When Are Kids Old Enough to Talk About Racism?](#) Very young children can begin to understand race—so Dr. Riana Elyse Anderson suggests starting early. 1m 45 sec video.
- **HuffPost:** [MBK Alliance Town Hall Series: Mental Health and Wellness in a Racism Pandemic](#)
- **Huff Post:** [Racism Is A Mental Health Crisis. We Need To Support Each Other](#) – Here's How Black Lives Matter has re-opened wounds from centuries of trauma. How do we protect Black minds as we strive to protect Black lives?
- **HuffPost:** [6 Things White People Say That Highlight Their Privilege.](#) If you want to be an ally in the fight against racism, start by acknowledging your white privilege. Then take action that supports the Black community.
- **HuffPost:** [White Parents, Want To Raise Anti-Racist Kids? Be Mindful Of Your Actions.](#) Yes, parents must talk about racism early and often. But children also watch what you do.
- **HuffPost:** [My 11-Year-Old Got Called The N-Word. White Parents, Talk To Your Kids About Racism.](#) “I don't have a choice but to teach my children about racism.”
- **HuffPost:** [Why Raising Kids To 'Not See Color' Doesn't Help Fight Racism.](#) White parents, please, please stop saying your family is “colorblind.”
- **Vox:** [How to talk to kids about racism, explained by a psychologist.](#) “You're always communicating about race, whether you talk about it or not.”
- **PopSugar:** [Elmo's Dad Explains Why People Are Protesting in a Way That Educates Both Kids and Parents](#)
- **CNN Health:** [Children aren't born racist. Here's how parents can stop them from becoming racist.](#)
- **Embrace Race:** [16 ways to help children become thoughtful, informed, and BRAVE about race](#)
- **NPR:** ['There Is No Neutral': 'Nice White People' Can Still Be Complicit In A Racist Society](#)
- **Greater Good Science Center:** [From Othering to Belonging.](#) We speak with John A. Powell, director of the Othering & Belonging Institute, about racial justice, well-being, and widening our circles of human connection and concern. 26 minute podcast

- **Greater Good Science Center:** [How Adults Can Support the Mental Health of Black Children](#). Psychologist Riana Elyse Anderson explains how families can communicate about race and cope with racial stress and trauma.
- **Greater Good Science Center:** [In response to the killing of unarmed black people by police, we gathered Greater Good pieces that explore our potential to reduce prejudice in society and in ourselves.](#)
- **What's Up Moms:** [A Letter To My Black Kids: Let Me Tell You What This Movement is About](#)
- **What's Up Moms:** [Kids' Movies & Shows to Help Spark Conversations on Race & Prejudice](#)
- **The Conversation:** [A short history of black women and police violence](#)
- **NPR:** [Microaggressions Are A Big Deal: How To Talk Them Out And When To Walk Away](#), 21 minute podcast
- **The Lily:** [Instances of racism add up. Here are 5 ways to cope. How to balance activism with your mental health](#)
- **The Trevor Project:** [Supporting Black LGBTQ Youth Mental Health](#)
- **HuffPost:** [For A Real Breakthrough, 'White People Need To Work This Out Amongst Themselves.'](#) Food historian Adrian Miller on food's reconciliatory powers and his hopes that more white people start listening.
- **CNN:** [What to know about Juneteenth and why people are talking about it now](#)
- **Smithsonian, National Museum of African American History & Culture:** [The Historical Legacy of Juneteenth](#)
- **Motherly:** [5 powerful ways young kids can take action against racism](#)
- **Positive Parenting:** [Race, Identity and Kids' Conversations](#)
- **CNN:** [Where do We Go From Here?](#) Oprah Winfrey speaks directly with Black thought leaders, activists, and artists about systematic racism and the current state of America.
- [Where Do We Go From Here?](#), Oprah Winfrey speaks directly with Black thought leaders, activists, artists about systematic racism and the current state of America.
- **PopSugar:** [If You Think Your Kids \(or Babies!\) Are Too Young to Understand Race, Here's Proof They Already Do](#)
- **Washington Post:** [Nine things parents should consider when searching for anti-racist media for their kids](#)

Other news:

- **Motherly:** [Supporting your LGBTQ child: 5 meaningful ways to give strength, love + power](#)

Printables/PDFs for families & staff:

- **Childcare Aware:** Infographic: [After Violence, Supporting Children Who Have Faced Trauma](#)
- **CDC:** [Congenital CMV Facts for Pregnant Women and Parents](#) in English and Spanish

For Self-care:

- **CNN:** [Quarantine fatigue: Why some of us have stopped being vigilant and how to overcome it](#)
- **Greater Good Science Center:** [Need a Hero? Look Around You](#). We love to exalt heroic individuals. But in this historical moment, collective heroism is best suited to the challenges we face.
- **HuffPost:** [Got Brain Fog Lately? Blame It On The Coronavirus Pandemic](#). Read this if you've been losing track of time, forgetting things or haven't been able to concentrate.

- **The Conversation:** [Want to stop the COVID-19 stress meltdown? Train your brain](#)
- **New York Times:** [How to Have Friends Over](#). Keep the tables six feet apart, ask people to bring their own (everything) and stock up on pretty paper hand towels.
- **HuffPost:** [Why You're Having Anxiety Over Lockdown Ending, And How To Cope](#). As coronavirus restrictions lift and states began to reopen, therapists say there are things you can do to manage your anxiety and stress about the transition.
- **HuffPost:** [How To Take Time Off From Work For Your Mental Health](#). Stress can affect all areas of your life, including your job. Here's how to determine if you need a break and how to take a leave of absence.
- **Vox:** [Quarantine has changed us — and it's not all bad](#). Here are 8 new habits people want to keep post-lockdown.
- **NPR:** [How To Start Therapy](#), 22 minute podcast
- **Life Hacker:** [Underestimate Yourself When You Return to the Gym](#)
- **Washington Post:** [Why a vision board might help you get through the rest of 2020](#)
- **CNN Health:** [Summer is not completely canceled. Here are 100 things we can do with or without kids](#).
- **CNN Health:** [The health benefits of a random act of kindness](#)
- **Life Hacker:** [Why You Need an Herb Garden](#)
- **New York Times:** [Find Poetry in the Pages of a Newspaper. The hardest part about writing poetry is choosing the right words](#). Use a paper or magazine as raw material to get over the first hurdle.
- **New York Times Cooking:** [Juneteenth Recipes Curated by Nicole Taylor](#)
- **CNN:** [Museum reimagines masterpieces in the pandemic, complete with face masks](#)
- **BBC:** [LongShots, the BBC's first online film festival](#)
- **Brass Ring Daily:** Here's "[Searching for a New Day](#)" from the late, great Sharon Jones and The Dap-Kings
- **Brass Ring Daily:** A poignant reimagining of the Jason Robert Brown song "[A New World](#)."
- **CNN:** It might be a while before most of our favorite sports are back, [but this is a pretty solid alternative](#).

For Distance Learning (new opportunities added in blue)

Live webinars & open meetings:

- **Common Sense:** [Parenting in Support of Black Lives: How to Build a Just Future for Kids \(and How Media Can Help\)](#), June 17
- **Community Health Institute:** [Dismantling Structural Racism To Advance Health Equity](#), June 17
- **Center for American Progress:** [Raising Anti-racist Kids: Ibram X. Kendi with Derecka Purnell](#), June 18
- **Fathers and Families Coalition of America:** [Advanced Practitioner Credential Summer Online Course](#), June 18 & 23.
- **Boston Globe:** [Globe Op-Talk: How to Build an Anti-Racist Movement](#), June 19
- **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.
- **Early Childhood National Centers:** [Effective Ways to Work with Families in Challenging Times: A Facilitated Series for CCR&Rs](#) , Jun18, July 30, August 20

- **Fathers and Families Coalition of America:** [Advanced Practitioner Credential Summer Online Course](#), June 18 & 23.
- **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
- **Washington Post: Race in America:** [The Legacy of Juneteenth with Lonnie G. Bunch III](#), June 19
- **Boston Globe:** [Globe Op-Talk: How to Build an Anti-Racist Movement](#), June 19
- **MDPH/BSAS/HRIa:** [Working with People Who Use Stimulants](#), June 19
- **Raising Race Conscious Children:** [Interactive Webinar for White people](#) June 21 & 28
- **MIRA:** [Virtual Town Hall on the Safe Communities Act](#)
- **MDPH/BSAS/HRIa:** [Suicide Prevention - \(#720\) Opioid Misuse and Suicide Prevention](#), June 23
- **The Boston Foundation:** [GBHRC 2020 Webinar Series #1, Housing Stability: COVID-19 and Beyond](#), June 23
- **Early Childhood National Centers:** [Helping Families Access Financial Institutions During Emergencies](#), June 23
- **Early Childhood National Centers:** [Reflective Supervision in Action](#), June 23
- **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](#)
- **The Boston Foundation:** [Green Space, White Space: Racial Equity and Public Places](#), June 25
- **New England Public Health Training Center:** [Aligning Intergenerational Expectations: Creating Joy and Productivity in the Workplace](#), June 25
- **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
- **MHA:** [Technology Based Outreach to Increase Access to Care and Support in Times of Crisis](#), June 30
- **MDPH/BSAS/HRIa:** [Supervising Staff in Times of Crisis](#), June 30
- **Office of Head Start:** [Home Visiting Series: Behavior Has Meaning](#), June 30
- **Office of Head Start:** [Understanding Meaning in Behaviors That Challenge Us](#), 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**.
- **MDPH:** [Suicide Prevention \(#322\) Intro to Trauma-Informed Treatment with Adolescents](#), July 7
- **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
- **The Boston Foundation:** [Racial Equity in Housing in the COVID-19 Era](#), July 14
- **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](#)
 - **Embrace Race:** [Webinars, Articles and Action Guides in English and Spanish](#)
 - **Pocket:** [Black Voices at the Mic: Great Podcasts on Love, Sci-Fi, and Radical Honesty](#)
 - **America & Moore, Diversity Education, Research and Consulting:** [21-Day Racial Equity Habit Building Challenge](#) ©
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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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