



Welcome to the MHVI Covid-19 Resource Digest, volume 16. 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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**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.

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### Information for supporting families during Covid:

- **Mass.gov:** Extended/Expanded RAFT, Learn about [Residential Assistance for Families in Transition](#) (RAFT). The RAFT Program is a homelessness prevention program funded by the Department of Housing and Community Development (DHCD). RAFT provides short-term financial assistance to low-income families who are homeless or at risk of becoming homeless.
- **Boston Globe:** [State guidelines for when Mass. schools reopen: masks, meals in classrooms, no temperature checks](#)
- **WBUR:** [AAP Call For In-Person School This Fall](#). The nation's pediatricians have come out with [a strong statement](#) in favor of bringing children back to the classroom this fall wherever and whenever they can do so safely.
- **New York Times:** [Nature Deficit Disorder' Is Really a Thing. Children's behavior may suffer from lack of access to outdoor space, a problem heightened by the pandemic.](#)
- **New York Times:** [How to Help Kids Embrace Mask-Wearing. Most children enjoy the chance to feel morally superior. Assign them to be the family mask monitors.](#)
- **New York Times:** [School's Out. Parental Burnout Isn't Going Away. The majority of parents "have no idea how they are going to keep their child occupied all summer."](#)
- **The New Yorker:** [Can Domestic Abusers Keep Themselves Accountable When No One Is Watching?](#)
- **HuffPost:** [Kids May Be At Risk Of Post-Traumatic Stress. Here's How To Spot It.](#) The Childhood Trust has warned lockdown may have long-term impacts on some children.
- **Medical Xpress, Manchester:** [Metropolitan U: The mental health risk of being 'vulnerable' during COVID-19 pandemic](#)

- **Journal of School Nursing:** [Reopening Schools in the Time of Pandemic: Look to the School Nurses.](#)
- **The Conversation:** [5 things you should do right now to fight the rising number of COVID-19 cases](#)
- **New York Times: What Is Freedom?** [Teaching Kids Philosophy in a Pandemic.](#) Thinking about big questions empowers children to feel more confident about the value of their own ideas, teachers say.
- **New York Times:** [What to Do When You Need to Use a Public Bathroom During a Pandemic.](#) We've heard about toilet plume. And now we're starting to venture out more. So what's a person with a full bladder to do?
- **Center for American Progress:** [The Coronavirus Will Make Child Care Deserts Worse and Exacerbate Inequality](#)
- **NPR:** [How I'm Teaching My Kids Not To Fear Everything During A Pandemic](#)
- **Canadian Medical Assn Journal:** [Indirect adverse effects of COVID-19 on children and youth's mental, physical health](#)
- **Medical Xpress, U of NC, Chapel Hill:** [How to have a better day during the pandemic](#)
- **National Geographic, Kids:** [Here's how kids can volunteer, even from home. Simple—and fun—activities can foster a lifelong commitment to helping others.](#)
- **New York Times:** [School's Out. Parental Burnout Isn't Going Away.](#) The majority of parents "have no idea how they are going to keep their child occupied all summer."
- **What's Up Mom:** ["When Will Things Be Normal Again?" and Other Unanswerable Questions: Parenting Through Uncertainty](#)
- **Wired:** [The rise of mask shaming reveals the tricky science of social change.](#) Mask shaming shows how quickly new behaviors can go from rare to common.
- **PBS/The Conversation:** [Quarantine bubbles – when done right – limit coronavirus risk and help fight loneliness](#)
- **Child Mind Institute:** [Helping Kids Face the Challenges of Reopening.](#) This summer will be scary for some kids, frustrating for others. How to help them deal
- **Child Mind Institute:** [Will My Child Bounce Back From the Coronavirus Crisis? Spanish](#)

#### Other news, towards racial justice:

- **The Conversation:** [The unique harm of sexual abuse in the black community](#)
- **The New Yorker:** Sheltering While Black. For my daughters, the pandemic was a relief from race-related stress at school. Then George Floyd was killed. [The Purpose of a House, a personal story](#)
- **Washington Post:** [These best friends created a wildly popular Google doc about how to be an ally to the black community](#) **Justice in June**
- **Washington Post:** [Experiencing racism adds up. 5 ways to cope during a crisis.](#) 5 minute video
- **The Conversation:** [Hip-hop is the soundtrack to Black Lives Matter protests, continuing a tradition that dates back to the blues](#)
- **The Conversation:** [Most white parents don't talk about racism with their kids](#)
- **NAEYC:** [Conversations that Matter: Talking with Children About Big World Issues,](#) Guidelines for Brave Conversations with Children
- **New York Times:** [How to Raise an Anti-Racist Kid.](#) The books we read, the movies we watch, the friends we make, the doctors we visit and the conversations we have at home all shape our children's views of race.

- **The New Yorker:** [My Mother’s Dreams for Her Son, and All Black Children](#). She longed for black people in America not to be forever refugees—confined by borders that they did not create and by a penal system that killed them before they died.
- **HuffPost:** [13 Microaggressions Black People Deal With All The Time](#). Racial microaggressions may be a more subtle type of prejudice, but their effects can be damaging to the mental and physical health of the Black community.
- **Washington Post:** [What white parents get wrong about raising antiracist kids — and how to get it right](#)
- **Washington Post:** [How black and white families are talking about racism in a time of reckoning](#)
- **Washington Post:** [In black families like mine, the race talk comes early and it’s painful](#). And it’s not optional.
- **HuffPost:** [How To Talk To Your Kids About Privilege. Experts share advice for parents navigating issues of racism and white privilege.](#)
- **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.
- **NPR:** [Want To Have Better Conversations About Racism With Your Parents? Here's How](#), 17 minute podcast
- **The Conversation:** [How racism in US health system hinders care and costs lives of African Americans](#)
- **The Conversation:** [Most white parents don’t talk about racism with their kids](#)
- **Child Mind Institute:** My son is passionate about participating in the Black Lives Matter protests, but we live with my elderly father. [How do I walk the line between supporting my son’s activism and encouraging him to stay safe?](#)

#### Other news:

- **Science News, Purdue U.:** [Does 'mommy brain' last? Study shows motherhood does not diminish attention](#)
- **Healio:** [Despair among young adults may increase risk for suicidality, substance misuse](#)
- **Washington Post:** [How to teach your kids about money when you struggle with it yourself](#)
- **Medical Xpress, George Washington U.:** [SNAP work requirements put low-income Americans at risk](#), When work requirements for a federal food safety-net program start again, many low-income Americans will lose benefits—and Black adults will be hardest hit, according to a study published today.
- **Child and Family Blog:** [Children Learn Through Play – And They Know It!](#)
- **Pocket:** [“Aw—Mommy Will Make It Better” Are parents turning their kids into whiny weaklings by overconsoling them?](#)
- **One Tough Job:** [Summer Safety Tips](#);
- **Child Mind Institute:** [Helping Children Deal With Grief: You can't protect your kids from the pain of loss, but you can help build healthy coping skills. En Español](#)
- **Child Mind Institute:** [Tips for Calming Anxious Kids. One mom's go-to techniques for coaxing anxiety-prone children out of their fears. En Español](#)
- **Medical Xpress, Ohio State U. Medical Center:** [Study finds exercise increases benefits of breast milk for babies](#)
- **Medical Xpress, U of Cambridge:** [Playtime with dad may improve children's self-control](#)

## Printables/PDFs for families & staff:

- **ChildCare Aware/Vroom:** [Let's Talk about Feelings: Brain Building Tips for Encouraging Healthy Emotional Development in Young Children](#)
- **Mommy Poppins:** [50 Totally Free Printable Activities for Kids](#)
- **Center for Child Stress and Health:** [The Germ that Wears a Crown, A Story About the Coronavirus in English, Spanish and Creole](#)
- **Center for Child Stress and Health:** [After the Harvest. A Story About Saying Goodbye](#)
- **FSU Center for Child Stress & Health Publications** 16 resources most on stress, trauma, separation, grief, depression and more; most in English, Creole and Spanish

## For Self-care:

- **U of Michigan:** [Stress Management: Breathing Exercises for Relaxation](#)
- **NPR:** [Masks And The Outdoor Exerciser: Advice For Runners, Bikers, Walkers, Hikers](#)
- **The Conversation:** [Developing resilience is an important tool to help you deal with coronavirus and the surge in cases](#)
- **HuffPost:** [Self-Care Is Vital When Fighting For Social Change. Here's Why.](#) Here's how to prevent burnout and maintain your mental health during times of resistance.
- **HuffPost:** [Is It Safe To Let People Use Your Bathroom During The COVID-19 Pandemic?](#) What you should know about the risks involved with letting guests use your toilet in the time of coronavirus.
- **NAEYC:** [Tips for Video Chatting with Young Children – Staying Connected While Far Apart](#)
- **New York Times:** [How to Make a Mini-Golf Course. PVC pipe, cardboard boxes, even bobblehead dolls can all be part of a backyard nine.](#)
- **HuffPost:** [15 Things Therapists Do When They're Worried About The Future.](#) We're dealing with a lot of uncertainty right now, which causes anxiety. Here are some ways the pros cope.
- **NPR:** [Coronavirus FAQs: Is There A Polite Way To Remind Someone To Follow Pandemic Rules?](#)
- **NPR:** [Taking A Trip To Visit Grandparents Or Older Relatives? Tips To Reduce The Risk](#)
- **NPR:** [Want To Be Happier? Evidence-Based Tricks To Get You There,](#) 15 minute podcast
- **Popular Science:** [We know you are bored at home right now—we are too. Here are some puzzles and brainteasers to challenge your family and friends with, either in person or over video chat.](#)
- **CNN:** [Empathy is both a trait and a skill. Here's how to strengthen it](#)
- **Fast Company:** [It's not just you. The pandemic has made drivers more reckless.](#) Traffic is better, but drivers are worse—much worse.
- **Washington Post:** [How we can keep fear from spiraling out of our control](#)
- **CNN:** [Flying into the week like: Make a gigantic paper airplane. Why? Because it's cool.](#)
- **New York Times:** [Why You Should Find Time to Be Alone With Yourself.](#) Don't confuse loneliness with time by yourself.
- **New York Times:** [Train Your Muscles Without a Gym. Get to a nearby park and get in shape \(safely\).](#)
- **Wirecutter:** [Expert Advice for Treating Back Pain at Home](#)
- **New York Times:** [Heading Outdoors for a Socially Distant Getaway? Try These Apps.](#) Views, trails, the best takeaway food and where to find an evil clown sign, not to mention a Jell-O museum, can all be found with these apps for the outdoors-bound.
- **Washington Post:** [5 ways to get on board the banana bread bandwagon](#)

- **New York Times Magazine:** [The Secret to Perfect Pizza at Home? Cast Iron](#)
- **Washington Post:** [Go ahead and watch. Cute or funny animal videos can be good for you.](#)
- **New York Times:** [How to Do 2 Simple Magic Tricks — and Why You Should Learn Them.](#) It'll help you pass the time, and once we all re-emerge back into society, you'll have a cool new party trick to show off.
- **Brass Ring Daily:** [Jimmy Fallon, the Original Hamilton Cast & The Roots Sing "Helpless" \(At-Home Instruments\)](#)
- **New York Times:** [Aretha Franklin - Never Gonna Break My Faith \(Official Video\) ft. The Boys Choir of Harlem](#)
- **HuffPost:** Ruchir P. Patel, medical director of the Insomnia and Sleep Institute of Arizona, give us on2 the simple activity that can prime the brain for rest: [Max Richter's 'Sleep'](#), a very unique classical music where he worked with neuroscientists to create music utilizing tones that can help to relax the mind and assist with sleep.

For Distance Learning (new opportunities added in blue)

#### Live webinars & open meetings:

- **Embrace Race:** [Moving 'The Talk' to 'The Walk' for Black Children](#), July 2
- **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.**
- **Newborn Behavior International** (NBI): [Leaders in the Field First Friday Webinar Series](#), July 3 and every Friday
- **Early Childhood National Centers:** [Resources and Strategies to Support Children with Disabilities and Their Families During COVID-19](#), July 7
- **MDPH/Suicide Prevention:** [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
- **Early Childhood National Centers:** [What You Need to Know About Safe Sleep](#), July 14
- **The Boston Foundation:** [Racial Equity in Housing in the COVID-19 Era, July 14](#)
- **MDPH Suicide Prevention:** [Laughter Wellness for Self-Care in these Challenging Times](#), 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
- **Zero to Three:** Virtual Annual Conference, Oct. 5-9 Registration not yet open
- **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:

- **NIHCM:** Homelessness & COVID-19: A Merger of Two Epidemics webinar video
- **U of CA, Berkley:** The Science of Happiness. The first MOOC to teach positive psychology. Learn science-based principles and practices for a happy, meaningful life.
- **National Child Traumatic Stress Network:** Strengthening family resilience and coping with traumatic stress webinars: Family Resilience, Family Resilience and Traumatic Stress: A Guide for Mental Health Providers, Child Trauma, Race, and Urban Identity, Complex Trauma: In Urban African American Children, Youth, and Families, Building Resiliency: Supporting Youth Affected by Trauma and Community Violence
- **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.
- **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.
- **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., COVID-19 Resources: Guides, Activities, Infographics, E-books and podcasts; some in multiple Languages.
- **New England Public Health Training Center**, a wide range of training programs and services that strengthen the public health workforce.
- **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](#)
  - **Families First:** [Covid-19 Parenting Tips and Resources](#), [Spanish](#)
  - **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:

- [Justice in June](#)
  - **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](#)
  - **Greater Good Science Center:** [Anti-Racist Resources from Greater Good](#)
  - **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](#) ©
  - **Smithsonian Magazine:** 158 Resources to Understand Racism In America. These articles, videos, podcasts and websites from the Smithsonian chronicle the history of anti-black violence and inequality in the United States
  - **National Museum Of African American History And Culture:** [Our American Story Online Series](#) showcases individuals and events in the African American experience and places them in the context of a larger story—our American story.
  - **New York Times:** A [collection of historical photos, poetry and articles](#) about Juneteenth, commemorating the end of slavery in the U.S.
  - **30 Seconds Mom:** [Education As an Agent of Change: A Racial Justice Reading List & Resource Guide](#)
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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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Previous volumes of the MHVI Covid-19 Digests can be found in the [State Library of Massachusetts](#) archives.

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