



Welcome to the MHVI Covid-19 Resource Digest, volume 20. 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:** [Baker-Polito Administration Extends Moratorium on Evictions and Foreclosures to October 17](#)
- **WebMD:** [Poll Shows Concerns Around COVID-19 Grow](#)
- **CDC:** [Health Equity Considerations and Racial and Ethnic Minority Groups](#)
- **Medical Xpress, Vanderbilt U Medical Center:** [Health, well-being and food security of families deteriorating under COVID-19 stress](#)
- **HuffPost:** [Postpartum Depression And Anxiety Are Huge Problems. COVID-19 Is Making Them Worse.](#) "It's almost like this pandemic is creating a system where we're setting women up to develop depression and anxiety postpartum."
- **Conversation:** [COVID-19's economic impact could be stressing out our kids](#)
- **TIME:** [The Coronavirus Seems to Spare Most Kids From Illness, but Its Effect on Their Mental Health Is Deepening](#)
- **New York Times:** [How to Give Children Joy, Even During a Pandemic.](#) The coronavirus forces parents to weigh their kids' safety against the need for freedom — a tension Black parents have been contending with for generations.
- **Study Finds:** Kids & COVID-19: Children want to understand coronavirus better, learn how to stay safe
- **Atlantic:** [Kids Feel Pandemic Anxiety Too](#), 4 minute video
- **Atlantic:** [What Happened to American Childhood? Too many kids show worrying signs of fragility from a very young age.](#) Here's what we can do about it.

- **Medical News Today:** [How has COVID-19 affected suicidality in the US? In many ways, the COVID-19 pandemic is a perfect storm for poor mental health.](#) It has created fear, social isolation, physical distance, financial concerns, and more. It is no surprise this period of our lives has impacted mental health on a global scale.
- **HuffPost/KQED:** [When a 10-Year-Old Translated for Her Parents on Live Radio, Thousands Recognized Themselves](#) [Leer en español](#)
- **New York Times:** [I Was a Screen Time Expert. Then the Coronavirus Happened.](#) An author reflects on her pre-pandemic pronouncements about children's technology use and offers new advice, like focus on feelings, not screens.
- **Medical News Today:** [7 tips for social distancing and gatherings](#)
- **Medical News Today:** [5 tips for social distancing at work](#)
- **Conversation:** [With kids spending more waking hours on screens than ever, here's what parents need to worry about.](#)
- **Washington Post:** [5 ways to help teens feel seen and heard in an uncertain time](#)
- **Boston Mamas:** [Spending Time Outside Safely: Your Before, During + After Checklist](#)
- **Boston Mamas:** [7 Ways To Inspire Summer Reading](#)

Other news, towards racial justice:

- **WBUR:** [Juneteenth Officially Recognized As Mass. Holiday](#)
- **TIME:** [Remembering the Life's Work and Legacy of Civil Rights Pioneer C.T. Vivian](#)
- **Smithsonian:** [John Lewis' Storied History of Causing 'Good Trouble'.](#)
- **TIME:** [John Lewis Gave the Next Generation of Activists Our Marching Orders. Let's Make Him Proud](#)
- **Conversation:** [How the images of John Lewis being beaten during 'Bloody Sunday' went viral](#)
- **CNN:** [A new DNA study offers insight into the horrific story of the trans-Atlantic slave trade](#)
- **Child Trends:** [Resources to Support Children's Emotional Well-Being Amid Anti-Black Racism, Racial Violence, and Trauma](#)
- **Atlantic:** [The False Promise of Anti-racism Books.](#) Texts that seek to raise the collective American consciousness are rendered futile without concrete systemic changes.
- **TIME:** [What The Author Of Me And White Supremacy Wants You To Know About Anti-Racism](#) Work
- **HuffPost:** ['There Will Always Be Struggle': Generations Of Black Americans Have Fought For Justice.](#) From civil rights to Black Lives Matter, "we are still in the middle of this moment," said professor Charles McKinney.
- **ProPublica:** [What People Who Live in Mostly White Towns Need to Know About](#) History. How can white people elevate stories of people of color? Are there ways residents of small towns can address structural racism? Here are more answers to your questions about sundown towns and [a video](#) of our event.
- **Boston Globe:** [When they say the fight against racism starts at home, they aren't lying.](#) My mom loved me. And I loved her. But that didn't stop racism from living between us.
- **NPR:** ['Change Can Happen': Black Families On Racism, Hope And Parenting](#)
- **Boston Globe:** [Asian-Americans, long used as a racial wedge, are confronting anti-Black racism in their own communities](#)
- **HuffPost:** [Yes, You Should Speak Up If Your Family Or Friends Post Something Racist.](#) If Black lives matter to you and you want to be an ally, you have to take a stand against white solidarity, even when it means calling out racially insensitive posts your friends or family share on Facebook.

- **Slate:** [The Talk. It's time for white parents to take over a grim ritual that Black families have performed for decades.](#)
- **Washington Post:** [Raising magical black girls in a not-so-magical world](#)
- **Washington Post:** [I'm a black father living through a dark time. Is there still room for me to be silly?](#)
- **HuffPost:** [Woman Lists The Microaggressions She And Black Husband Encounter Regularly.](#) Tired of people on her Facebook timeline dismissing racism and the protests, Pamela Chandler decided to outline what she and her husband deal with.
- **National Institute for Children's Health Quality:** [Four Steps to Address Racism's Impact on Maternal and Child Health](#)
- **TIME:** [How 20th Century Camera Film Captured a Snapshot of American Bias](#)
- **Conversation:** [How popular culture hobbles protest movements](#)
- **New York Times:** [The Magic of Black Girls' Play. Game-songs created and passed down by Black girls are full of sophistication, power and cultural meaning.](#)
- **30 Seconds:** [Talking to Kids About Racism & the Black Lives Matter Movement: Here Are 4 Steps to a Real Conversation About Social Justice](#)
- **HuffPost:** [Don't Leave A Job Interview Without Asking These 4 Questions About Diversity.](#) The answers may signal all you need to know.
- **HuffPost:** [How To Securely Document Racism You Experience At Work.](#) Keeping track of who said what can be useful for legal action and for your own peace of mind.
- **HuffPost:** [What Not To Say To Your Black Colleagues Right Now.](#) Don't focus on your own feelings or make assumptions when offering support to Black colleagues amid police brutality protests.

Other news:

- **HuffPost:** [What It's Really Like To Live With Anxiety And Depression In A Latinx Household.](#) "Mental illnesses in my community aren't always considered real. Instead, they're often perceived as a manifestation of nerves that can be prayed away."
- **CNN:** [Go ahead, have a good cry. It's good for you, psychiatrists say](#)
- **Medical Xpress, UC Davis:** [Insight into toddlers' awareness of their own uncertainty](#)
- **New York Times:** [A Paleontologist's Guide to Playing with Your Dinosaur-Obsessed Kid.](#) Paleontologists say parents should nurture children's romance with playing with dinosaurs, for "Paleontology is the gateway to science."
- **New York Times:** [Risky Play Encourages Resilience.](#) Lacking the usual scheduled activities and adult supervision, children are finding the space to play freely.
- **New York Times:** [How Play Energizes Your Kid's Brain.](#) Scientists have long studied play to gain insights into the developing human mind
- **NPR** [When It Comes To Screens, Kids Need A Guide — Not A Disciplinarian,](#) 15 minute audio
- **New York Times:** [Where the Wild Things Play.](#) The animal world is full of games. And tucked in among wrestling monkeys, belligerent birds and wily coyotes are lessons for us all.
- **New York Times:** [No, My Toddler Doesn't Need to Learn to Code.](#) Sales in educational toys are booming, but often there isn't much weight to their claims of teaching kids science and math.
- **New York Times:** [When Playtime and Covid Collide.](#) How Kids Are Incorporating Covid-19 Into Their Pretend Play

- **NPR:** [When It Comes To Screens, Kids Need A Guide — Not A Disciplinarian](#), 15 minute audio
- **Fathers.com:** [8 Steps to Better Listening for Dads](#)
- **Mass Association for Infant Mental Health:** The National Collaborative for Infants and Toddlers is conducting a scan of public sector leaders, policy analysts and advocates, service providers, and other key informants working in states, communities, and nationally to: 1) understand the bright spots of reform during the pandemic; and 2) capture new ideas to strengthen and build new foundations for systems of care. **This brief [survey](#) will be open until July 31, 2020. Please share with others who might have ideas to share!**
- **Vital Village:** Coronavirus (COVID-19) continues to impact families in unique ways. We want to understand mental health needs of children and their families during the pandemic and identify ways Vital Village can better support the mental health needs of children and their families during the pandemic. We are seeking families with children ages 0-11 to complete the [Child Wellbeing Support Community Needs Assessment](#). **Please share with families!**

Printables/PDFs for families & staff:

- **Boston Indicators:** [A Guaranteed Income for Massachusetts](#). Massachusetts has an opportunity to lead the nation in providing a guaranteed income to low and moderate-income residents, utilizing a tool already at its disposal – the Earned Income Tax Credit.
- **Children’s Safety Network/Education Development Center:** [Child Maltreatment Prevention Resource Guide 2020](#)
- **30 Seconds:** [Writing Prompts for Kids: 12 Fun Blank Printable Writing Prompts to Encourage Kids to Write a Story](#)
- **Zero to Three:** [Considerations for Developmental Needs of Infants and Toddlers in Child Care Programs During the COVID-19 Pandemic](#). These recommendations relate to mental health and relationships to layer on top of CDC Guidelines to ensure that the developmental needs of babies and families are a part of state re-opening plans.

For Self-care:

- **Washington Post:** [He asked strangers to share positive things that happened to them because of the pandemic](#). Hundreds of revealing responses followed.
- **Washington Post:** [Ask yourself: What are you grateful for?](#)
- **HuffPost:** [6 Of The Best Ways To Spend Your Lunch Break While Working From Home](#). Resist the temptation to work through lunch, even while WFH. Stepping away from your desk will actually make you more productive.
- **HuffPost:** [You Can Still Burn Out While Working From Home. These Are The Signs](#). Working from home doesn’t mean we avoid stress. The 'burnout' might feel a little different, though.
- **LifeHacker:** [Don't Fall Into the Trap of 'Revenge Bedtime Procrastination'](#)
- **NPR:** [Coronavirus FAQ: What Does It Mean If I Can Blow Out A Candle While Wearing A Mask?](#)
- **LifeHacker:** [Tame Your Anxiety With a Simple Breathing Exercise](#)
- **Wirecutter:** [8 Tips for Writing a Thoughtful Condolence Note](#)
- **New Yorker:** [How to Write a Condolence Letter](#). A funeral director dissects sympathy notes from Emily Dickinson and Ernest Hemingway.
- **CNN:** [Dark chocolate's benefits: A heart-healthy option in moderation](#)
- **NPR:** [Your 'Doomscrolling' Breeds Anxiety. Here's How To Stop The Cycle](#), 3 minute audio

- **NPR:** [Advice For Dealing With Uncertainty, From People Who've Been There](#)
- **NPR:** [How Solitude Can Help You Regulate Your Mood, 14 minute audio](#)
- **NPR:** [New To Camping? Here's How To Get Started](#), 22 minute audio
- **Boston Mamas:** [Where To Pick Peaches In Massachusetts](#)
- **30 Seconds:** [Peaches 'n' Cream Ice Cream: How to Make Easy No-Cook Peach Ice Cream](#)
- **New York Times:** [Finally Write That Short Story. It's time to stop talking about writing and write.](#) The best-selling author of "Prep" and "Rodham" offers a plan.
- **New York Times:** [7 Podcasts to Lighten the Mood.](#)
- **New York Times:** [Travel The World With Your Ears.](#) Podcasts can drop you anywhere on the map, without having to leave the comfort of your own couch.
- **New York Times:** [10 Best Quarantine Concerts Online.](#) With in-person shows still mostly on hold, musicians are finding new ways to insert life into livestreams.
- **Brass Ring Daily:** ["Breathe" - Mandy Gonzalez - Sh-K-Boom Records Sweet 16 Concert](#)

For Distance Learning (new opportunities added in blue)

Live webinars & open meetings:

- **Greater Good Science Center:** [Parenting in Place: Helping Families Thrive in Challenging Times](#), featuring 9 live weekly masterclasses with parenting experts, therapists, authors, educators and neuroscientists passionate about helping families navigate these challenging times, sharing strategies and ideas for how your family can thrive this summer and be ready for whatever comes next. Limited number of need-based scholarships available. For more information, send an [email request to Julie Lythcott-Haims](#).
- **Boston Globe Events:** [The Digital Divide: Education, Race And Virtual Learning](#), July 29
- **USHHS:** New England [Virtual Town Hall](#) with the U.S. Surgeon General, VADM Jerome M. Adams, MD, MPH, entitled Substance Use and COVID-19: A Way Forward, July 29
- **CDC:** [COVID-19 Response: Promising Practices in Health Equity](#) July 29
- **Early Childhood National Centers:** [Partnering with Families to Build Economic Security During Emergencies](#), July 29
- **SAMHSA:** [Best Practices in Navigating HIPAA and 42 CFR Part 2: A Client, Family and Organizational Perspective](#), July 30
- **National Center on Parent, Family, and Community Engagement:** [Effective Ways to Work with Families in Challenging Times: A Facilitated Series for CCR&Rs](#) July 30
- **2020 Mom:** [Catalyzing Mental Health Support For Moms Through Specialized Peer Support Training](#)
- **IECMHC:** [Culture, Identity, History as Sources of Strength and Resilience for Latino Children and Families](#), July 30
- **NBCC:** [National Breastfeeding Conference & Convening Reimagined.](#) webcast sessions to be released each Monday during [National Breastfeeding Month](#) (and beyond!). The presentations will be offered on-demand and free of charge. The USBC is applying for continuing education (status pending). [Learn more about each set of sessions.](#)
 - August 3: Transforming Systems through Law and Policy
 - August 10: Centering Voices to Create Change
 - August 17: Innovative Solutions for Coordinating Care
 - August 24: Optimizing Support for All Populations
 - August 31: Advancing Breastfeeding Agency in the Community

- October 5: Sleeping Safely While Breastfeeding
- **Children’s Health Watch:** [The Second Wave: The Racially Inequitable Housing Crisis](#), August 4
- **Office of Head Start:** [Advancing Racial and Ethnic Equity in Head Start Series. Engaging in Conversations About Racial and Ethnic Equity](#), August 6
- **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
- **Brazelton Touch Points:** [Building Resilience while Social Distancing: Parental Depression and Coping](#), August 13
- **Brazelton Touch Points:** [Honoring Each Person’s Experience to Support Mental Health](#), August 6
- **Office of Head Start:** [Culture, Diversity, Inclusion, and Equity \(CDIE\): Spotlight on Human Resource Systems](#), August 20
- **Brazelton Touch Points:** [Nurturing the Nurturer: Self-care for Providers & Parents](#), August 20
- **MDPH/Suicide Prevention:** [Save the Indian, Save the Man: A Social Justice Perspective on Suicide Prevention](#), August 24
- **Office of Head Start:** [Front Porch Series: Elevating the Role of Cultural Responsiveness in Effective Teaching Practices](#), September 3
- **Mental Health America:** 2020 Annual Conference: [“COVID-19, Mental Health and the Need for Equity.”](#) September 3rd and 4th.
- **PICCK:** [Expanding LARC Services: How to Initiate Postpartum IUD](#), Sept. 10
- **Office of Head Start:** [Anti-Bias Teaching and Learning Environments in Head Start and Early Head Start Programs](#), Sept. 10
- **National Coalition for Infant Health:** [Infant Health Policy Summit](#), Sept. 10
- **Office of Head Start:** [Health Disparities: Responding with a Lens on Race and Ethnicity](#), Sept. 17
- **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
- **Mass Breastfeeding Coalition:** [Breastfeeding In The Bay State Annual Conference](#), (virtual) Sept. 21
- **PICCK:** [Partners in Contraceptive Choice and Knowledge \(PICCK\) Annual Meeting for CME/CNE Credit](#), Sept. 26
- **Zero to Three:** [Virtual Annual Conference](#), Oct. 5-9 Registration not yet open
- **PICCK:** [BC ASAP – Same Day Access to Contraception](#), Oct. 7
- **BACE:** [Breastfeeding Foundations for Perinatal Health Workers](#), October 10
- **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
- **PICCK:** [Postpartum Contraception and Lactation](#), Nov. 10
- **PICCK:** [Implicit Bias Training in Healthcare Part 1](#), Dec. 8
- **PICCK:** [Implicit Bias Training in Healthcare Part 2](#), Jan. 26

Recorded webinars, courses and other learning opportunities:

- **MassAIMH/MSPCC/United Way:** [Nurturing Children's Social Emotional Development: A Trauma-Informed Approach](#)
- **Fathers Incorporated:** [Gentle Warriors Academy: Upcoming Trainings](#)

- **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](#)
 - **Brazelton Touchpoints Center:** [Webinar archives](#), Supporting Families and Communities through the 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.
 - **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
- **Department of Mental Health** [DMH Multicultural Mental Health Resource Directory](#): This directory contains information about organizations in Massachusetts that offer linguistically and culturally appropriate mental health and related services for communities of color, LGBTQ community, immigrants, and refugees.
- **MGH:** [Mental Health Resources for Black, Indigenous and People of Color \(BIPOC\)](#)
- **Distant Together:** [Mental Health Resources for COVID-19](#) 180 languages
- **SAMSHA:** [Suicide Prevention Lifeline, COVID-specific tips, Spanish](#)

- **SAMSHA:** [Disaster Distress Line \(including COVID as a disaster\) - a 24/7/365 multilingual hotline for crisis support](#)
 - **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:

- **Pocket:** [Beyond the KKK: Understanding White Supremacy as a System of Power](#) [Crystal Marie Fleming](#), author of *How to Be Less Stupid About Race: On Racism, White Supremacy and the Racial Divide*, offers a curated reading list examining how systemic racism has been deeply entrenched within our economic system, social and political institutions, public policies, and cultural symbols.
- **Common Sense Media:** [Dr. Ibram X. Kendi Picks: Anti-Racist Books for Kids](#)
- **PBS Parents:** [Talking to Young Children About Race and Racism](#)
- **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](#)

Free Massachusetts Department of Public Health education publications and other materials are available at the [Massachusetts Health Promotion Clearinghouse](#).

Previous volumes of the MHVI Covid-19 Digests can be found in the [State Library of Massachusetts](#) archives.

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