



Welcome to the MHVI Covid-19 Resource Digest, volume 33. 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 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](https://www.cdc.gov/coronavirus/2019-ncov/)

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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, along with a listing of live webinars & open meetings.

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### Information for supporting families during Covid:

- **Healio:** [COVID-19, election, racism and more intersect as massive stressors, particularly for Gen Z](#)
- **Greater Good Science Center:** [How Parents Can Support Children With Special Needs During Distance Learning](#). If your child has special needs, remote learning can be incredibly stressful. Here are some tips for helping kids learn, while still taking care of yourself.
- **Mental Health America:** [COVID-19 And Mental Health: A Growing Crisis](#) This report explores the data from the over 1.5 million people who took a screen through the MHA Online Screening Program from January to September 2020, to understand the impact of the COVID-19 pandemic on mental health.
- **Mass.gov/DHCD:** [Learn about the COVID-19 Eviction Diversion Initiative](#). A comprehensive set of resources to support tenants and landlords during the financial challenges caused by the COVID-19 pandemic.
- **Mass.gov/DHCD:** [Covid-19 Eviction Diversion - Frequently Asked Questions](#). Get answers to your questions about the comprehensive set of resources, known as the Eviction Diversion Initiative, to support tenants and landlords during the financial challenges caused by the COVID-19 pandemic.
- **Mass.gov/DHCD:** [Resources for Renters, Homeowners, and Landlords](#). The Commonwealth of Massachusetts has resources available for individuals and families struggling to make rent or mortgage payments due to COVID-19. [In Spanish](#)
- **HuffPost:** [Child Regression Amid The COVID-19 Crisis: When To Worry And When Not To](#). Kids of all ages continue to slip into old behaviors as the coronavirus pandemic slogs on. Here's what parents need to know.
- **HuffPost:** [Why Some Kids Are Shy In Remote Learning But Not In-Person Classes](#). Experts explain why this behavior is normal for children in online classrooms.
- **New York Times:** [Can I Safely Send My Kid to Day Care? We Asked the Experts](#). As states struggle with reopening, parents are scrambling to figure out child care amid a fall surge of coronavirus.

- **Center on the Developing Child, Harvard U.:** [The Brain Architects Podcast: COVID-19 Special Edition: Mental Health in a Locked-Down World](#), 23 minute audio
- **Center on the Developing Child, Harvard U.:** [Thinking About Racial Disparities in COVID-19 Impacts Through a Science-Informed, Early Childhood Lens](#)
- **Center on the Developing Child, Harvard U.:** [How to Help Families and Staff Build Resilience During the COVID-19 Outbreak](#)
- **Washington Post:** [Experts offer tips for navigating the holidays during the pandemic](#)
- **Child Mind Institute:** [Single Parenting During the Coronavirus Crisis Strategies for managing when you're going it alone en Español](#)
- **New York Times:** [Generation Agoraphobia. After months of lockdown, adults just want to get out of the house. For some children, the issue is more fraught.](#)
- **HuffPost:** [How To Tell If Your Kid Is Actually Getting Anything Out Of Remote School.](#) Some days, kids seem to love it. Other days, they're deep in Zoom gloom. Here's how to tell what's working and what's not.
- **HuffPost:** [How To Spot Signs Of Trauma In Children During COVID-19.](#) Yes, most kids are resilient and will come out of this just fine. But experts warn about a smaller subset who are battling significant traumatic stress.
- **US News:** [How to Have a Safe Thanksgiving During the COVID-19 Pandemic.](#) Consider a virtual gathering, maintain social distancing and stay away from buffets.

#### Other news, towards racial justice:

- **New York Times:** [Protecting Your Birth: A Guide For Black Mothers.](#) How racism can impact your pre- and postnatal care — and advice for speaking to your Ob-Gyn about it.
- **NPR:** [Poverty Levels In Minority Communities On The Rise](#), 4 minute audio
- **The Atlantic:** [Americans Are Determined to Believe in Black Progress. Whether it's happening or not](#)
- **US News:** [For Black Men, Better Health Can Start at the Barbershop.](#) An innovative business is employing a back-to-the-future concept that's been championed by researchers as a way to improve the lives of Black men.
- **The Players Tribune:** [This Article Is Not About Basketball.](#) Despite everything we've been through this year — all of it, as ugly as it's been — I still have a ton of hope for the future of this country. And I can tell you straight up that it's the kids who have me most hopeful right now.
- **Boston Globe:** [Celtics' Marcus Smart details racist incident outside TD Garden in Players' Tribune column](#)
- **The Players Tribune:** [Racism Is Not a Historical Footnote.](#) In 2020, Black and Brown people are still fighting for justice.
- **HuffPost:** [Why We Need More Close Interracial Friendships \(And Why We're Bad At Them\).](#) There's a reason why white adults have so few genuine friendships across racial lines.
- **Boston Globe:** [The Impact of COVID-19 on Greater Boston's Asian Communities. Stories of Racism and Resilience](#), Oct. 29
- **New England Public Health Training Center:** [Raising the Bar: On Racism, Health and Publication Standards.](#) Racism is a root cause of racial health inequities. Yet researchers and journals publish on racial health inequities without mentioning or examining racism. How do we raise this bar? Nov. 19

## Other news:

- **Center on the Developing Child, Harvard U.:** [Activities Guide: Enhancing and Practicing Executive Function Skills with Children from Infancy to Adolescence](#)
- **Forbes:** [5 Ways Trauma And Poverty Affect Childhood Development](#)
- **Center on the Developing Child, Harvard U.:** [Connecting the Brain to the Rest of the Body: Early Childhood Development and Lifelong Health Are Deeply Intertwined](#)
- **Mental Health America:** [The State Of Mental Health In America](#) This year's report includes a [spotlight on the impact of COVID-19 on mental health](#), using the over 1.5 million people who have taken a screen on MHA Screening from January to September 2020. [Download](#)
- **NIHCQ:** [Interactive E-Handout for Safe Sleep Conversations](#) [Download](#)
- **Science Daily/Ohio U.:** [Humans are born with brains 'prewired' to see words](#). Study finds connections to language areas of the brain
- **New York Times:** [Why Won't My Child Sit Still?](#) You may have noticed by now that your at-home learners work in strange ways. If these quirky behaviors occur all the time, there might be underlying issues that need to be addressed.
- **Child & Family Blog:** [Parents Are the Greatest Influence on Children's Learning, But How Can This Influence Be Harnessed?](#)
- **Child & Family Blog:** [Poverty Generates Strengths And Rational Decisions, Not Just Damage](#)
- **The Conversation:** [Why the FDA is warning pregnant women not to use over-the-counter pain relievers](#)
- **NIH:** [Postpartum depression may persist three years after giving birth](#). NIH study suggests women with mood disorders, gestational diabetes may have a higher risk.
- **New York Times:** [The Science Behind Your Child's Tantrums. And how to nip them in the bud before they start.](#)
- **New York Times:** [A Field Guide to Taming Tantrums in Toddlers](#). With the right preparation, you can learn to keep your cool when the screaming starts.

## Printables/PDFs for families & staff:

- **Defending the Early Years:** [Guidance For Supporting Young Children Through Covid-19](#)
- **Common Sense Media:** [Student Digital Learning Pledge - Grades K-5 - English and Spanish](#)
- **DHCD:** Are you struggling with rent or mortgage payments because of covid-19? There are eviction protections and financial programs available to help
- **NCTSN:** [Trauma And Families: Fact Sheet For Providers](#) Offers providers information about trauma including what trauma is, how it can impact a family, and ways providers can support families experiencing traumatic stress.
- **NCTSN:** [The Power of Parenting: How to Help Your Child After the Death of a Sibling From Substance Use or Overdose](#) Offers parents and caregivers information to help support their surviving children after the death of a sibling due to substance use or overdose. This fact sheet includes information for parents and caregivers on helping children cope with stigma and shame, understanding the wide range of reactions that each family member may experience, coping with how substance use influences the family over time, adapting to loss, and prioritizing self-care and support for themselves.
- **NCTSN:** [What's SHARING POWER Got to Do with Trauma-Informed Practice?](#) Encourages providers to share power in the context of trauma-responsive practice. When shared power is incorporated, the families receiving services will be more invested in reaching goals, more satisfied with services, and more hopeful about managing life beyond the service relationship. This fact sheet describes what

sharing power is, how it is integral to trauma-informed services, and how sharing power can improve outcomes of trauma-informed care.

- **NCTSN:** [Family Resilience and Traumatic Stress: A Guide for Mental Health Providers](#) This fact sheet discusses a family's ability to maintain or resume effective functioning, including care of its members following potentially traumatic events.
- **International Childbirth Education Association:** [Position Paper Safe Infant Sleep](#) All expectant parents should be given evidence-based information on normal maternal and infant physiology, behaviors surrounding feeding and sleep, and on naptime and nighttime safety in order to make informed decisions about where their babies will sleep.
- **Child Mind Institute:** [2020 Children's Mental Health Report: Telehealth in an Increasingly Virtual World](#)
- **Community Health Training Institute/ Charles and Lynn Schusterman Family Foundation:** [More Than Numbers: A Guide Toward Diversity, Equity, and Inclusion \(DEI\) in Data Collection](#)

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**How has the COVID-19 crisis impacted your life?** The Massachusetts Department of Public Health wants to hear from you! [Quick Survey](#) in 7 languages. Questions: [covid19survey@mass.gov](mailto:covid19survey@mass.gov)

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#### For Self-care:

- **HuffPost:** [10 Ways To Make Working From Home More Bearable Right Now.](#) In winter, we have a tendency to hibernate, but that doesn't cut it with a nine to five.
- **LifeHacker:** [Tweak Your Work-From-Home Life for Better Health](#)
- **New York Times Magazine:** [I Learned This Stress-Management Trick When I Was 3](#)
- **HuffPost:** [Some Friendships Are Taking A 'Pandemic Pause' And That's All Right.](#) COVID-19 burnout is sapping our energy, making it difficult to nurture all but a few relationships in our lives.
- **HuffPost:** [8 Tricks Sleep Experts Use When 2020 Anxiety Keeps Them Awake.](#) The COVID-19 pandemic, election, racial injustice and more have made this year hell. Here's how the pros get rest during it all.
- **Elemental:** [How to Bend Time to Your Wishes in the Pandemic. Are your days dragging on or flying by?](#)
- **HuffPost:** [Why Does Hand Sanitizer Smell Like Tequila Or Vodka?](#) (Hint: It Shouldn't.) Alcohol distilleries have been making sanitizer during the COVID-19 pandemic. Here are the regulations you should know about.
- **LifeHacker:** [Wear a Mask at the Drive-Thru.](#) Even if you aren't [going out to eat](#) at restaurants right now, you are probably ordering takeout and/or going through the occasional drive-thru and, when you do that, you almost certainly come into contact with at least one person—the one whose job it is to physically hand you your food. That person would appreciate if you wore a mask.
- **New York Times:** [Get the Birds To Come To You. Backyard birding has become the perfect pandemic pastime.](#) Here's how to draw more species to your yard, and maybe get a good photo, too.
- **The Conversation:** [Sick of COVID-19? Here's why you might have pandemic fatigue](#)
- **New York Times:** [Become a Better Listener. Your Family Will Thank You.](#) Effective communication skills are more important than ever in our close-quarters existence.
- **New York Times:** [Your Work Friends Knew Exactly What Kind of Week You'd Had.](#) A future without chats in the office kitchen seems pretty lonely.
- **NPR:** [Helping Hands Need A Break, Too: How To Lend Support Without Burning Out](#)
- **New York Times:** [How to Take Better Pet Portraits.](#) Even if you don't have an expensive camera, you can capture memorable images with your smartphone, the right software and a few tricks.

- **LifeHacker:** [It's Time for Two-Ingredient Emergency Cake](#)
- **LifeHacker:** [You Can Make an Emergency Cookie in Two Minutes](#)
- **LA Times:** [The official Halloween candy power rankings](#)
- **New York Times:** [A Spooky Fall Poem, By John Herrman, Photographs by Molly Matalon](#)
- **CNN:** [Pup-kin carving. Incredible pumpkin carving time lapse footage](#)
- **NPR:** ['I Got You Babe': A Band For People On The Autism Spectrum Melts Hearts Online 4 minute video](#)
- **CNN:** Halloween may be different this year, but the spooky music is still the same. This "Heads Will Roll" remix will haunt you and make you dance like a zombie all night long. ([Click here to rock out.](#))

Live webinars & open meetings: (new opportunities added in blue)

- **Fathers and Families Coalition:** [Research Innovations, New Findings and Practice Implications for Supporting Young Mothers in Foster Care](#), Oct. 28
- **Boston Foundation:** [The Nonprofit Racial Leadership Gap in Massachusetts: A Race to Lead Brief](#), Oct. 28
- **NEPHTC:** [Is it time to consider using Human Rights standards to look at Health?](#) What do you know about human rights and how can a public health practitioner support human rights? Oct. 28
- **NICHD:** Safe to Sleep Block Party: [The First 90 Days—What Every Parent Must Know About Safe Sleep](#), Oct. 28
- **Brazelton Touchpoints:** [Fighting Immigration Policies that Tear Families Apart](#), Oct. 28
- **Pandemic Parenting:** [Anti-Racist Pandemic Parenting](#), Oct. 29
- **Boston Globe:** [The Impact of COVID-19 on Greater Boston's Asian Communities. Stories of Racism and Resilience](#), Oct. 29
- **Boston Foundation:** [The Impact of COVID-19 on Greater Boston's Asian Communities. Stories of Racism and Resilience](#), Oct. 29
- **NICHD:** Safe to Sleep Block Party: [Caregiver Confidence— Safe Sleep in a Caregiving Setting](#), Oct. 29
- **Aces Connection:** [Cultural Humility, Curiosity, and Collaboration: Pathway to Cultural Competence](#), Oct. 30. You must join to participate; its free to join.
- **Brazelton Touchpoints:** [Nurturing the Nurturer: Self-care for Providers & Parents](#), Nov. 2
- **Judge Baker Children's Center:** Child Mental Health Forum provide information on scientific advances and evidence supporting clinical practice and research. Those who attend the virtual Forum are eligible to obtain CE/CEUs depending on their discipline. The Forum is held on the first Wednesday of each month, beginning November 4. Registration details will be sent closer to the first lecture date!  
[Subscribe to the CMHF Calendar](#)
- **Brazelton Touchpoints:** [Using a Hybrid Approach to Partner with Families](#), Nov. 5
- **Brazelton Touchpoints:** [Sensitive Periods in Development: The Effects of Early, Profound Deprivation](#), Nov. 6
- **StoryCenter:** [Storytelling in the Time of COVID-19](#), Nov. 6
- **Brazelton Touchpoints:** [Strengths-Based Family Engagement Webinar Series, with live Spanish translation, A View from All Sides: Perspective-Taking to Support Family Engagement](#), Mondays beginning Nov. 9.
- **PICCK:** [Postpartum Contraception and Lactation](#), Nov. 10
- **Children's Trust Family Support Training Center:** [Family Support Fridays: Trauma, Inmigracion y la Crianza Temprana: Trabajando con Familias Inmigrante](#), Nov. 13
- **MDPH/BSAS:** [Developing LOSS Teams](#), Nov. 17



- **Brazelton Touchpoints:** [Strengths-Based Family Engagement Webinar Series, with live Spanish translation, Choosing Your Attitude: Using Strength-Based Family Assumptions](#), Nov. 16
- **Brazelton Touchpoints:** [From "Second Shift" to "First Shift": Supporting Fathers as Central to Family Life](#), Nov.17
- **National Children’s Alliance:** [Preparing for CAC-Military Collaboration: Identifying Military Families and Tracking Military Affiliation](#), Nov. 18
- **StoryCenter:** [The Role of Digital Storytelling in Public Health](#), Nov. 18
- **Brazelton Touchpoints:** [Supporting Fathers Who Were Sexually Abused as Children](#), Nov. 18
- **Community Health Training Institute:** [Reframing Community Engagement](#), Nov. 19
- **New England Public Health Training Center:** [Raising the Bar: On Racism, Health and Publication Standards](#). Racism is a root cause of racial health inequities. Yet researchers and journals publish on racial health inequities without mentioning or examining racism. How do we raise this bar? Nov. 19
- **Brazelton Touchpoints:** [Providing Staff Support and Supervision Virtually](#), Nov 19
- **StoryCenter:** [Storytelling in the Time of COVID-19](#), Nov 20
- **Brazelton Touchpoints:** [Strengths-Based Family Engagement Webinar Series, with live Spanish translation, I Hear You: Active Listening to Engage Families](#), Nov 30
- **Office of Head Start:** [National Research Conference on Early Childhood 2020](#), Nov. 30 – Dec. 3
- **Brazelton Touchpoints:** [Understanding and Responding to Trauma in Virtual Service Delivery](#), Dec 3
- **StoryCenter:** [Storytelling in the Time of COVID-19](#), Dec. 4
- **Brazelton Touchpoints:** [Strengths-Based Family Engagement Webinar Series, with live Spanish translation, The Power of Observation: Connecting with Families Through the Child’s Behavior](#), Dec. 7
- **PICCK:** [Implicit Bias Training in Healthcare Part 1](#), Dec. 8
- **Children’s Trust Family Support Training Center:** [Nurturing Children Who Have Experienced Traumatic Stress](#), Dec. 11
- **Brazelton Touchpoints:** [Taking Care of Yourself as a Virtual Service Provider](#), Dec. 13
- **Brazelton Touchpoints:** [Strengths-Based Family Engagement Webinar Series, with live Spanish translation, Valuing Passion Connecting with Families Around What They Care About](#), Dec. 14
- **StoryCenter:** [Storytelling in the Time of COVID-19](#), Dec. 18
- **BACE:** [Intro to Childbirth Education for Perinatal Health Workers](#), Jan. 22
- **PICCK:** [Implicit Bias Training in Healthcare Part 2](#), Jan. 26
- **BACE:** [4 Day DONA Approved Birth Doula Training](#), Jan. 29, Feb. 5, 12, 19
- **BACE:** [Childbirth Educator Training Program](#), 10 week Tuesday evening course: March 16-May 18, 2021

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[More learning opportunities for family support professionals can be found here.](#)

During these unprecedented times, the Massachusetts Home Visiting Initiative has compiled this list of resources for aiding families during difficult times. [Covid-19 resources for family support professionals can be found here.](#)

The Massachusetts Home Visiting Initiative has a deep commitment to racial justice. Each of these is a collection of articles, books, videos and other materials addressing racial injustice, its impact on families and provides context for moving forward toward a more equitable and just future. [Racial justice resource compendiums for family support professionals can be found here.](#)

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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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The Massachusetts Home Visiting Initiative brings this E-Digest to you. If you no longer wish to receive the Digest please send an email to [Maxene.Spolidoro@mass.gov](mailto:Maxene.Spolidoro@mass.gov) Please write unsubscribe in the subject line. If you would like to add someone to our mailing list please send an email to [Maxene.Spolidoro@mass.gov](mailto:Maxene.Spolidoro@mass.gov); please write new subscriber in the subject line. Visit us at [www.mass.gov/dph/homevisiting](http://www.mass.gov/dph/homevisiting).

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