



Welcome to the MHVI Covid-19 Resource Digest, volume 11. 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](#)

Information for supporting families:

- **Mass.gov:** [COVID-19 Resources Available to Immigrants and Refugees](#)
- **HRSA:** [Important Home Visiting Information During COVID-19](#)
- **Washington Post:** [The surprising intimacy of online therapy sessions during the pandemic](#)
- **Greater Good Science Center:** [Will the Pandemic Have a Lasting Impact on My Kids?](#) Research on wars, natural disasters, and other crises reveals how to protect our children's mental health.
- **Internet Essentials** from Comcast: [When you're connected, you're ready for anything.](#) You may qualify if you are eligible for public assistance programs such as the National School Lunch Program, Housing Assistance, Medicaid, SNAP, SSI, and others. Learn how to get connected today!
- **HuffPost:** [How To Negotiate Rent With Your Landlord If You Can't Pay Due To Coronavirus.](#) These steps improve your chances of getting a temporary break from your lease.
- **New York Times:** [C.D.C. Warns of 'Aggressive' Rats Searching for Food During Shutdowns.](#) As restaurants and other businesses have closed during the coronavirus pandemic, rats may become more aggressive as they hunt for new sources of food, [the Centers for Disease Control and Prevention warned.](#)
- **Healio:** [COVID-19 disrupts vaccination efforts, putting 80 million kids at risk](#)
- **HuffPost:** [This Is Your Body And Brain On Coronavirus Quarantine.](#) Here's how the COVID-19 pandemic social distancing and lockdown affect you and what you can do about it.
- **The New York Times:** [In a World 'So Upside Down,' the Virus Is Taking a Toll on Young People's Mental Health](#)
- **The New York Times:** [It's Not Just You. There's A Reason Kids Are Clingy Right Now. Toddlers and teens alike can't seem to leave parents alone.](#) Here's what's behind it, and how to deal.
- **HuffPost:** [How To Keep Babies Busy In Lockdown, Even Just For 10 Minutes,](#) includes links to these resources: [Zero to Three](#), [Zero to Three's A Year of Play](#), [Healthy Nest videos](#), and the U.K.'s [National Health Service website](#). Zero to Three activities in Spanish.

- **HuffPost:** [10 Sneaky Ways Your Coronavirus Anxiety Is Coming Out](#). COVID-19 is messing with everyone's mental health. Here are subtle signs it's affecting yours, plus advice on how to cope.
- **LifeHacker:** [That Debit Card You Were Mailed Is Actually Your Coronavirus Relief Payment](#)
- **Washington Post:** [Fear, joy, grief, gratitude: The whiplash of parenting during existential chaos](#)
- **Washington Post:** [Life in lockdown is testing parents' bandwidth, but there are ways to protect your mental energy](#)
- **Healio:** [Parents experiencing high stress levels related to COVID-19, poll shows](#)
- **Healio:** [Audio-only telehealth: A 'crucial option' during COVID-19 pandemic](#)
- **Northwestern University:** [Food Insecurity Triples for Families with Children During COVID-19 Pandemic](#). Data show nearly half worry they will run out of food and have no money for more.
- **Flinders University:** [Child's play 'lost' in pandemic fear](#). Safe interactions are important to wellbeing
- **American Psychological Association:** [High stress related to coronavirus is the new normal for many parents, says new APA survey](#). Online learning, basic needs, missing milestones contribute to parental stress
- **Washington Post:** [Science-backed ways to create lasting memories for your child](#)
- **Consumer Product Safety Commission:** [Issues Tips to Avoid Injury Outdoors During COVID-19](#)
- **Kid in Danger:** [Stay Safe While Staying Home This Summer](#)
- **National Center for Pyramid Model Innovations:** [Rebuilding the Pyramid: Reconnecting After a Break](#)
- **National Center for Pyramid Model Innovations:** [Connecting with Families](#)
- **HealthyChildren (AAP):**
 - Parenting in a Pandemic: [Tips to Keep the Calm at Home](#) [Spanish](#)
 - [Tips for Coping with a New Baby During COVID-19](#) [Spanish](#)
 - [How to Help Children Build Resilience in Uncertain Times](#)
 - [Age-Based Tips to Help Juggle Parenting & Working at Home During the Pandemic](#)
 - [Return to School During COVID-19](#) [Spanish](#)
 - [Getting Children Outside While Social Distancing for COVID-19](#) [Spanish](#)
 - [Cloth Face Coverings for Children During the Pandemic](#) [Spanish](#)
 - [Household Disinfectants: Poison Safety During the Pandemic](#) [Spanish](#)
 - [Preventing Tobacco Exposure During Stay-at-Home Orders](#)
 - [Is it OK to see my pediatrician during COVID-19?](#) [Spanish](#)
- **PBS Kids:** [Host Storytime at Home](#): A step-by-step guide to creating a story-time similar to those your child has enjoyed at school, the library or bookstore.
- **PBS Kids:** [Using Stories to Nurture Your Child's Identity](#)

Other news:

- **Greater Good Science Center:** [How to Be a Remarkable Boss During Lockdown](#). Managers need to adapt to coronavirus conditions. Here are some ideas for how to do that.
- **Urban Institute:** [Amid Confusion over the Public Charge Rule, Immigrant Families Continued Avoiding Public Benefits in 2019](#)
- **Vanderbilt University:** [Parent depression linked to reduced empathy toward kids, increasing risk for adverse outcomes](#)
- **2020MOM:** [New CDC Report Shows 10-24% of Women Suffered from Maternal Mental Health Disorders in 2018](#)

- **Child Trends:** [Adverse childhood experiences are different than child trauma, and it's critical to understand why](#)
- **University of Western Ontario:** [Study: Why your child isn't sleeping—and how to fix it](#)
- **Lund University:** [Babies know when you imitate them—and like it](#)
- **Child Family Blog:** [Learning Through Play: More Than Laughter And Smiles](#)

Printables for families & staff and PDFs short print-outs for staff:

- **National Center for Pyramid Model Innovations:** [Helping Your Child During the Pandemic Spanish](#)
- **National Center for Pyramid Model Innovations:** [Tips for Helping Your Child During the Pandemic Spanish](#)
- **National Center for Pyramid Model Innovations:** [Help Us Calm Down: Strategies for Children Spanish](#)
- **National Center for Pyramid Model Innovations:** [Tips for Supporting Yourself During the Pandemic Spanish](#)
- **National Center for Pyramid Model Innovations:** [Tips for Supporting Yourself During the Pandemic Spanish](#)
- **National Center for Pyramid Model Innovations:** [Why Can't I Go to School? Spanish](#)
- **National Center for Pyramid Model Innovations:** [I Can Be Safe and Healthy by Washing My Hands! Spanish](#)
- **Greater Boston Legal Services:** [TAFDC - Transitional Aid to Families with Dependent Children During COVID-19](#)
- **Greater Boston Legal Services:** [EAEDC - Emergency Aid to the Elderly, Disabled and Children During COVID-19](#)

For Self-care:

- **Washington Post:** [Masks are changing the way we look at each other, and ourselves](#)
- **Greater Good Science Center:** [How I'm Finding Purpose and Connection in a Pandemic](#). The coronavirus crisis inspired one millennial to contribute to her communities—and she's not alone.
- **The New York Times:** [Three Stretches to Tend to the Aches and Pains of Working From Home](#). Time to add some these to your routine.
- **HuffPost:** [The Psychology Behind Video Calls – And Why They Mess With Our Minds](#). We're exhausted, oversharing and taking things the wrong way. Here's how video meetings change the way we communicate.
- **HuffPost:** [What Not To Say To Someone Who Was Laid Off Or Furloughed Due To COVID-19](#). There's a compassionate way to show up for a friend who is facing unemployment during the coronavirus pandemic.
- **NPR:** [What To Say When A Friend Is Struggling](#)
- **Vox:** [A sleep expert has some tips for your quarantine insomnia](#)
- **New York Times:** [How to Have a Safer Pandemic Memorial Day](#) (works for any gathering at home)
- **New York Times:** [How to Reduce Your Risk of PTSD in a Post-Covid-19 World](#). It's normal to feel a sense of hopelessness and loneliness in these times. But there are proven and proactive ways for you to get through it.
- **New York Times:** [How to Tell if It's More Than Just a Bad Mood](#). It is understandable if the coronavirus pandemic has put you in a funk, but depression should be evaluated and treated.

- **New York Times:** [Three Stretches to Tend to the Aches and Pains of Working From Home](#). Time to add some these to your routine
- **The Conversation:** [Chronic stress is affecting your mental health. Here's how exercise can help.](#)
- **Volunteer Match:** [Help with COVID-19 \(Coronavirus\) by Volunteering Remotely or On-Site](#). This page features virtual and on-site volunteer opportunities to aid communities impacted by COVID-19 (Coronavirus). Thousands of volunteers like you are needed daily. Check back often to find ways you can help during these difficult times
- **National Geographic Kids:** [Learn about African animals and how you can help them](#). Check out fun facts, games, photos, and more!
- **National Wildlife Foundation:** [Backyard Birding Tips For Beginners](#)
- **Bird Watcher's Digest:** [Make Your Yard a Haven for Birds: The Four Basics](#)
- **LifeHacker:** [What to Do If You Find a Baby Bird](#)
- **Washington Post:** [For many fans, the absence of sports feels like a loss. Psychologists say that's normal.](#)
- **NPR:** [Anxious? Meditation Can Help You 'Relax Into The Uncertainty' Of The Pandemic](#), includes podcast
- **ArtsAlive, Boston Globe:** [Celebrating the arts with exclusive content provided by local theaters, musicians and museums](#). New videos added every Thursday. [Let Your Light Shine, Boston Children's Chorus](#)
- **BSO.org, Boston Symphony Orchestra:** [BSO Homeschool](#), [Pops At Home](#), [BSO Archives](#)
- **CNN:** A joyful marimba noise, let's get some positive vibes going. [Listening to this should help.](#)
- **CNN:** [Dropkick Murphys and Bruce Springsteen to helm show from Fenway Park](#). The full electric performance -- with no live audience present -- will be simulcast worldwide from Fenway Park in Boston May 29 at 6 p.m. ES/3 p.m. PST on the band's Facebook, YouTube, Twitter and Twitch pages.

For Distance Learning (new opportunities added in blue)

Live webinars & open meetings:

- **ASTHV:** [Home Visiting is Essential: Action steps to ensuring program sustainability during COVID19](#), May 27
- **National Center on Early Childhood Development:** Coaching Corner Series, [A Day in the Life of a Coach](#): Part 2, May 27
- **Office of Head Start:** [Caring for Children with Special Health Care Needs During COVID-19](#), May 27
- **CLASP:** [How the History of Racism Is Negatively Affecting Our Response to the Overdose Epidemic in All Communities](#), May 27
- **CLASP:** ["Who Cares During the COVID-19 Pandemic."](#), May 27 (The realities of child care)
- **Mass Legal Services:** [Virtual Q and A for community advocates about restraining orders and family law questions](#), May 27
- **EmbraceRace:** [How the COVID crisis can spur us to advance authentic, multiracial democracy](#), May 28
- **Betsy Lehman Center:** [COVID-19 and Pregnancy in Massachusetts](#), live Town Halls
- **IECMHC:** [Culture, Identity, and History as Sources of Strength and Resilience for Tribal Communities](#), May 28
- **Office of Head Start:** [Family Engagement and Child Welfare](#), May 28
- **StoryCenter:** [Storytelling In The Time Of Covid-19 Webinar](#), May 29. Occurs every Friday. Sign up quickly; these fill up fast

- **Early Childhood National Centers:** [Social Distancing in Early Care and Education: Feasible or Impossible?](#), June 1
- **NAEYC Institute:** will offer six weeks of weekday webinars to support your professional development. Each session is open to anyone at no charge, our gift to you for all that you give to young children and their families. Beginning June 1
- **Brazelton Touchpoints:** [The Power of Observation: Connecting with Families Through the Child's Behavior](#), June 1
- **PICCK:** [Get Paid For Your Work: Guidance on LARC Billing](#), June 2
- **Community Engagement Webinar Series:** [Community Partnerships with Child Welfare](#), June 2
- **Office of Head Start:** [Social Distancing in Early Care and Education: Feasible or Impossible?](#), June 2
- **Brazelton Touchpoints:** Learning to Listen Webcast Series, [Marriage Equality and Same Sex Parenting: Families on the Frontlines](#), June 3
- **BMC/BSAS/OBAT:** [COVID-19 is Terrible, but I'm More Likely to Die from Structural Racism](#), June 4
- **Brazelton Touchpoints:** [Valuing Passion: Connecting with Families Around What They Care About](#), June 8
- **PICCK:** [Adapting to the New Normal: Contraceptive Care Services in Next Phase of COVID-19](#), June 9
- **Brazelton Touchpoints:** [How to Use Sesame Street in Communities Resources on Supporting Children and Families Enduring Traumatic](#), June 10
- **Office of Head Start:** [Home Visiting Series: Planning Virtual Home Visits and Socialization Activities with Families](#), June 10
- **Child Trends:** [Updates to the Healthy and Ready to Learn Measure](#), June 11
- **National Center for Pyramid Model Innovations:** [Delivering Coaching from A Distance](#), June 11
- **Fathers and Families Coalition of America:** [Advanced Practitioner Credential Summer Online Course](#), June 16, 18 & 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
- **IECMHC:** [Culture, Identity, History as Sources of Strength and Resilience for African American Children and Families](#) June 25
- **Boston Association for Childbirth Education and Nursing Mothers' Council (BACE):** [Breastfeeding Foundations for Perinatal Health Workers](#), June 26
- **Office of Head Start:** [Home Visiting Series: Behavior Has Meaning](#), June 30
- **Story Center:** [Strategic Distribution Of Public Health Stories](#), July 8
- **Office of Head Start:** [BabyTalks Series: Supporting Infants and Toddlers with Disabilities and Suspected Delays](#), July 9
- **Office of Head Start:** [Inclusion Series: Resources at Your Fingertips – Inclusion Professional Development Simplified!](#), July 21
- **Office of Head Start:** [Coaching Corner Series: Coaching Supports to Address Behavior Management](#), July 22
- **IECMHC:** [Culture, Identity, History as Sources of Strength and Resilience for Latino Children and Families](#), July 30

- **Office of Head Start:** [Spotlight on Innovative Practices Series: Implementation Strategies and Reflections on Practice-Based Coaching in State Early Childhood Professional Development Systems](#), August 11
- **Office of Head Start:** [Home Visiting Series: Curriculum and Ongoing Assessment in Home-Based Programs](#), August 12
- **Office of Head Start:** [Front Porch Series: Elevating the Role of Cultural Responsiveness in Effective Teaching Practices](#), September 3
- **Bridgewell:** [Resilient Survivors: Strong at Broken Places](#), September 18
- **BACE:** [4 Day DONA Approved Birth Doula Training](#), Sept. 18, 25, Oct. 2, 9, in person, in Fall River
- **Children's Trust:** [28th Annual A View from All Sides](#), October 15, virtual event.
- **Bridgewell:** [Behavioral and Therapeutic Tips and Tools from the Trenches for Teachers and Clinicians](#), October 21

Recorded webinars, courses and other learning opportunities:

- **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](#)
- **CLASP:** [Listening to Young Parents: The Multigenerational Making of Mental Health](#)
- **NIH:** Dr. Francis Collins: [Home Edition Episode 9 with Dr. Eliseo Pérez-Stable speaking on COVID-19 Health Disparities](#)
- **Center on the Developing Child, Harvard U.:** The Brain Architects Podcast: ["The Brain Architects COVID-19 Special Edition: Mental Health in a Locked-Down World"](#), podcast
- **Center for Early Childhood Mental Health Consultation:** [Recognizing and Addressing Trauma in Infants, Young Children, and their Families](#), multipart tutorial
- **CDC Learning Connection:** [Storytelling for Public Health](#), you will need to open an account; no fees
- **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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Immediate Opportunity:

- **Massachusetts State Loan Repayment Program:** MDPH is providing a loan repayment program (MLRP-2020) managed by the Massachusetts League of Community Health Centers, Inc. for health care professionals who commit to working full time or part time for two years in a community health center (up to \$25,000 per year for two years).
 - **Applications must be postmarked no later than June 3, 2020 to be received by the Massachusetts League of Community Health Centers, Inc., 2020 MLRP, 40 Court Street, 10th floor, Boston, MA 02108.**
 - Please note applications must be mailed via United States Postal Services **ONLY**. No other forms of mail will be accepted at this time.
 - Click here for the Program Guide and Application. For more information, click [here](#).
 - **Page 7 of the Program Guide has the list of eligible physical and mental health professionals**
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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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