Welcome to the MHVI Covid-19 Resource Digest, volume 10. 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 Coronvirus (Covid-19) website

Information for supporting families:

- **Mass.gov**: Reopening Massachusetts: The Baker-Polito Administration's comprehensive plan to safely reopen the Massachusetts economy, get people back to work, and ease social restrictions while minimizing the health impacts of COVID-19.
- **Boston Globe:** When is a drop in domestic violence bad news?
- **John Hopkins U.:** Pandemic poses key challenges for preventing child sexual abuse
- **NPR**: Act Now To Get Ahead Of A Mental Health Crisis, Specialists Advise U.S.
- **NPR**: Grief For Beginners: 5 Things To Know About Processing Loss
- **New York Times**: Kids Are Grieving, Too. Parents are facing difficult moments as children confront the death of a loved one, something they may not fully understand.
- **Child Trends**: Supporting Clients in Under-resourced Communities during the COVID-19 Pandemic
- **Child Trends**: 5 ways early care and education providers can support children's remote learning during the COVID-19 pandemic
- **Child Trends**: Strategies to Support the Administration of Direct Service Provision during the COVID-19 Pandemic
- **Western MA Network to End Homelessness**: Updated Eviction Moratorium Materials
- **Talk Poverty**: Coronavirus Could Cost Parents Custody of Kids in Foster Care
- **Medical News Today**: How to cope with autism during the COVID-19 pandemic
- **CNN Health**: 75,000 Americans at risk of dying from overdose or suicide due to coronavirus despair, group warns
- **HuffPost**: Why We Crave Human Touch, And How To Manage Without It. We may not be able to hug friends and family for a while thanks to coronavirus, and that can have consequences on our mental health.
- **HuffPost**: What Parents Need To Know About Well-Child Visits During Coronavirus. It's understandable to be nervous, but please don't skip your kids' checkups during COVID-19.
- **Yale University**: Handling Regression During COVID-19

- **HuffPost**: Resilience Is The Most Powerful Skill Kids Can Develop Right Now. Experts share advice on how parents can help their kids learn how to bounce back during the coronavirus pandemic.
- **Child Mind Institute:** How to Help Your Kids Handle Disappointment. Tools for coping with disappointment during the coronavirus crisis. Spanish
- **Child Mind Institute:** How can we help kids with self-regulation? Spanish
- **CNN Health**: Childhood vaccinations plunge since Covid-19 pandemic started, CDC says
- **HuffPost**: Kids Are So Over Zoom. Here's What To Do About It. Video calls can be a harsh reminder of the sudden changes in your child's life.
- **National Geographic**: Kids are having pandemic dreams, too. Here's what they might mean—and how parents can deal.
- **Washington Post**: Why kids love building forts — and why experts say they might need them more than ever and A kid stuck at home, short video
- **CNN Health**: Preschoolers and the pandemic: practical ways to keep them learning
- **Fathers.com**: Father-Child Fun with Knock-Knock Jokes
- **Fathers.com**: COVID Cabin Fever? 10 Ways to Connect with Your Kids
- **Parents with Confidence**: How mindfulness activities will help your child be more calm
- **PostivePsychology.com**: 25 Fun Mindfulness Activities for Children and Teens
- **Scary Mommy**: Audible Stories released a collection of free audiobooks for kids to get through quarantine together. Audible Stories
- **NPR:** Sesame Street's Grover On Coping During Coronavirus: Just For Kids, podcast
- **NPR**: When Will This Be Over? Sesame Workshop's Tips For Parenting During A Pandemic, podcast
- **Pop Sugar**: A Child Psychologist Shared the 5-Step "Script" She Uses When Kids Ask Tough Questions
- **National Home Visiting Resource Center**: Implementing Trauma-Informed Approaches in Home Visiting
- **NPR**: Meditation app Headspace is free for people who are unemployed. Free sessions are also available for health care workers and K-12 educators.

Other news:

- **ZDNet.com**: Majority of remote workers are more productive and communicative
- **The Conversation**: As reopening begins in uncertain coronavirus times, you need emotional protective equipment, too
- **HuffPost**: A legacy of sexism and racism has long fueled the underfunding of the child care industry. Now it's on the brink of collapse.
- **Mother to Baby**: What's the Dirt on Household Cleaners When Pregnant?
- **Child and Family Blog**: Children Adopted By Gay Fathers Show Stronger Attachment
- **New York Times**: Growing Up Alongside a Sibling With a Disability. When children help with the education of a brother or sister with special needs, the outcomes are often good for both.
- **CLASP**: Looking at Life Different: Equitable Mental Health Support for Young Adult Parents
- **CLASP**: Between the Lines: Understanding Our Country's Racialized Response to the Opioid Overdose Epidemic
- **Greater Good Science Center**: Even Hungry Babies Want to Share. A new study suggests that babies will give food to someone in need—even if they are hungry themselves.

For Self-care:

- **Washington Post:** Some of us have more time to sleep. So why are we so tired?
- **Washington Post**: Losing your motivation to exercise as the pandemic drags on? Here's how to get it back
- **HuffPost**: Why You Always Feel Tired, Even If You're Moving Less Than Ever. The coronavirus pandemic has us exercising and moving around less, yet we have no energy. What gives?
- **HuffPost**: This Is Your Body And Brain On Coronavirus Quarantine.
- **HuffPost**: Here's how the COVID-19 pandemic social distancing and lockdown affect you and what you can do about it.
- **GGSC**: How I'm Finding Purpose and Connection in a Pandemic
- **Boston Globe**: The science behind why some people are eating their way through the pandemic
- **Washington Post**: How to find your flow working from home, even if you're surrounded by a spouse, kids and worries
- **WomensHealth.gov**: Stress and your health: 13 steps to help handle stress in a positive way.
- **LifeHacker.com**: How to Avoid Burnout in the Middle of a Pandemic
- **INC.com**: Want to Work Smarter, Not Harder? 10 Scientifically Proven Ways to Be Incredibly Productive
- **LA Times**: So you really want to see your friends? Here's how to assess the risk
- **The Conversation**: How do you stay safe now that states are reopening? An expert explains how to assess risk when reconnecting with friends and family
- **Washington Post:** The big chill: A guide to using your freezer
- **Washington Post**: Kids are reading to therapy dogs on Zoom. They can't pet the pooches, but sessions still book up fast.
- **The Conversation**: Coronavirus diets: What's behind the urge to eat like little kids?
- **NPR**: 3 Tips To Make Your Face Mask More Effective
- **BBC:** What do our dreams mean?
- **The Conversation**: Want to sleep like a baby during the coronavirus crisis? Here are 10 ways to do it
- **The Conversation**: If you're not getting enough nature during the lockdown, try bringing it indoors with these simple hacks
- **Study Finds**: Corona-Daze: Average Person Forgets What Day It Is Five Times Per Week!
- **NPR**: An Illustrated Guide To Showing Up For Yourself
- **NPR**: Too Much Alone Time? Tips To Connect And Find Joy While Social Distancing
- **New York Times**: Now Is the Time to Ask Your Loved Ones About Their Lives
- **Washington Post**: Gardening boosts your mood as much as some types of exercise. The effects were strongest among people who grew their own vegetables.
- **Radio Times**: Healing words: poets and the pandemic
- **Poets.org**: Joy Harjo, America's Poet Laureate: Perhaps the World Ends Here
- **PositivePsychology.com**: 19 Cliché Happiness Quotes & The (Lack Of) Science Behind Them
- **New York Times**: Make Ice Cream, in a Mason Jar. If you are over quar-baking, iced confections might be the next thing.
- **Eventbrite.com:** The Best Online Fitness Classes for Breaking a Sweat at Home
- **CNN Health:** Need a Break? Take a Stretch 6 minute podcast.
- **CNN Health:** Dr. Sanjay Gupta on going back to the gym**:** Staying Fit, Staying Safe, 10 minute podcast
- **Eventbrite.com**: The Best Online Arts & Crafts Events To Bring Color Into Your Life

- **CNN:** These baby animals were all born during the coronavirus pandemic
- **NPR**: Stevie Wonder - Don't You Worry 'Bout a Thing
- **Julliard**: Bolero "What can we do together even while we are alone?" With 100+ Juilliard students and alumni, at home together.
- **Narrows Center,** Fall River: Free streaming live concerts Friday nights.

Timeless wisdom from Fred Rogers that can help all of us during these times: "Some days, doing "the best we can" may still fall short of what we would like to be able to do, but life isn't perfect—on any front—and doing what we can with what we have is the most we should expect of ourselves or anyone else."

For Distance Learning (new opportunities added in blue)

Live webinars & open meetings:

- **HuffPost**: Panel: How COVID-19 Could Change The Workplace Forever, May 20
- **Unc Gillings School Of Global Public Health:** Cultural Humility and Black Maternal Health in Historical Context, May 20
- **Zero to Three**: You Matter: Promoting Professional Resilience During Collective Crisis, May 20
- **HRSA**: Sheltering In Place, Intimate Partner Violence, and the Healthcare Response Webinar, May 20
- **PICCK:** How to Make EC EZ – For Your Patients and Your Practice, May 21
- **Office of Head Start:** Supporting Families Impacted by Substance Use Disorders, May 21
- **CLASP**: Advancing Racial Equity in Maternal Mental Health Policy, May 21
- **Kids in Danger**: Safe from the Start, May 21
- **SAMHSA**: Communities Respond to COVID-19: Implications for Asian Pacific Islanders, May 21
- **Children's Safety Network**: Play it Safe: Playground Safety for Everyone, May 26
- **Health.gov:** A Comprehensive Approach to Preventing Suicide: The Role of Law, Policy, and Social Determinants of Health, May 26
- **National Center on Early Childhood Development**: Coaching Corner Series, A Day in the Life of a Coach: Part 2, May 27
- **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
- **PICCK:** Get Paid For Your Work: Guidance on LARC Billing, June 2
- **Community Engagement Webinar Series**: Community Partnerships with Child Welfare, 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
- **Child Trends**: Updates to the Healthy and Ready to Learn Measure, June 11
- **Fathers and Families Coalition of America:** Advanced Practitioner Credential Summer Online Course, June 16, 18 & 23.

- **IECMHC:** Culture, Identity, History as Sources of Strength and Resilience for African American Children and Families June 25
- **Boston Associaton for Childbirth Education and Nursing Mothers' Council** (BACE): Breastfeeding Foundations for Perinatal Health Workers, June 26
- **Story Center**: Strategic Distribution Of Public Health Stories, July 8
- **IECMHC:** Culture, Identity, History as Sources of Strength and Resilience for Latino Children and Families, July 30
- **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
- **Bridgewell:** Behavioral and Therapeutic Tips and Tools from the Trenches for Teachers and Clinicians, October 21

Recorded webinars, courses and other learning opportunities:

- **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
- **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: COVID-19 Special Series "Domestic Violence and Shelter-In-Place" , 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

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**

Free Massachusetts Department of Public Health education publications and other materials are available at the Massachusetts Health Promotion Clearinghouse.

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