



Welcome to the MHVI Covid-19 Resource Digest, volume 29. 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 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](https://www.cdc.gov/coronavirus/2019-ncov/index.html)

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 Announces Federal Approval for September Pandemic EBT.](#) Over 470,000 students will receive P-EBT benefits starting September 30, 2020
- **HuffPost:** [Getting COVID-19 Is Putting Americans On The Brink Of Economic Crisis.](#) Most Americans who have been sickened by the coronavirus are facing serious economic hardship, a new survey shows.
- **Washington Post:** [The pandemic proves we all should know 'psychological first aid.' Here are the basics.](#)
- **Washington Post:** [Number of low-income children receiving vaccinations and dental care plummeted this spring, federal data shows](#)
- **The Conversation:** [Pregnancy during a pandemic: The stress of COVID-19 on pregnant women and new mothers is showing](#)
- **The Atlantic:** [All the Things We Have to Mourn Now. Six experts explain how to recognize the many new faces of grief during a pandemic.](#)
- **NPR:** [CDC's Halloween Guidelines Warn Against Typical Trick-Or-Treating](#)
- **TIME:** ['Where Are the Kids?' School Is Back in Session, but Many Kindergarteners Are Missing](#)
- **LifeHacker:** [Toddler Tantrums: A Pandemic Survival Guide](#)
- **Boston Globe/In the Family Way:** [There's been a lot of talk about protecting our kids. But parents, you need support, too.](#) We asked the experts about taking care of yourself in a completely strange world
- **New York Times:** [How Burnout Became the Norm for American Parents.](#) Overwhelmed and overworked parents are on the brink. They need to cut themselves some slack.
- **The Conversation:** [Teaching kids to read during the coronavirus pandemic: 5 questions answered](#)
- **New York Times:** [Tips for Solving 6 Common Remote Learning Issues](#)

- **New York Times:** [Kids Need Superheroes Now More Than Ever](#). If Captain America can defeat the Red Skull, a child can conquer her anxiety of a Zoom class.
- **The Conversation:** [Teaching kids to read during the coronavirus pandemic: 5 questions answered](#)
- **Washington Post:** [Should kids go trick-or-treating during a pandemic?](#) Experts share their advice.

Other news, towards racial justice:

- **NPR:** [A Key To Black Infant Survival? Black Doctors](#), 12 minute audio
- **Boston Globe:** [A new survey says white support for Black Lives Matter has slipped. Some historians say they're not surprised](#)
- **Pew Research Center:** [Support for Black Lives Matter has decreased since June but remains strong among Black Americans](#)
- **Washington Post:** [Stop telling Black people we could close the wealth gap if we valued education more](#). Black parents feel it's very important that their children earn a college degree, Michelle Singletary writes. But a degree doesn't necessarily confer the same advantages it does for Whites.'
- **CNN:** [Racism has cost America \\$16 trillion this century alone](#)
- **The Atlantic:** [Telling the Truth About Slavery Is Not 'Indoctrination.'](#) Our country is made better, not worse, by young people reckoning with the full legacy of the institution.
- **Pocket:** [The Unmistakable Black Roots of 'Sesame Street'](#). The beloved children's television show was shaped by the African-American communities in Harlem and beyond.
- **TIME:** [Nearly Half of New York City's Public-School Students Stayed Home to Protest Segregation in a 1964 Boycott. That Fight Is Still Unfinished](#)
- **Positive Parenting/Child Trends:** [Talking to Kids About Race Improves Their Mental Health](#), 2 minute video
- **The Conversation:** [Microaggressions aren't just innocent blunders – new research links them with racial bias](#)

Other news:

- **Mass.gov:** EOHHS issues much improved [guidance on public charge](#) - and strategy discussion on how to help families
- **CNN:** [FDA issues Benadryl warning as it investigates reports of teen injuries and deaths linked to TikTok challenge](#)
- **Aces Connection/Dr. Claudia Gold:** [Community Trauma Prevention Starts with Parent-Infant Relationships](#)
- **The Conversation:** [Stressful times are an opportunity to teach children resilience](#)
- **LifeHacker:** [How to Get Your Kid to Stop Whining](#)
- **LifeHacker:** [How to Make Your Toddler More Patient](#)
- **Positive Parenting/Child Trends:** [The Many Faces of the Modern Family](#), 2 minute video

Printables/PDFs for families & staff:

- **Children's HealthWatch:** [Moving Toward a More Equitable and Just Society: A New "What If Project" System Simulation Policy Brief](#)
- **Center on the Developing Child:** [Connecting the Brain to the Rest of the Body: Early Childhood Development and Lifelong Health Are Deeply Intertwined](#)
- **Center on the Developing Child:** [InBrief: Connecting the Brain to the Rest of the Body](#)

- **MLS.org:** [SNAP Food Assistance: Updated September 2020 Immigrants & Public Charge](#)
- **Judge Baker Children's Center:** [A Parent & Caregiver Guide TO Helping Your Family Before, During, And After A Crisis En Español](#)
- **NCTSN:** [Family Preparedness: Thinking Ahead](#) [Multiple Languages](#)
- **NCTSN:** [Family Preparedness Wallet Card](#) [Multiple Languages](#)
- **PBS for Parents:** [Learn Along Bingo for Ages 2-5: Caring for Each Other](#)

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

For Self-care:

- **New York Times:** [Healing the Whole Family](#). My parents wanted a better life for me, but they didn't know that the scars of their own childhood traumas could still cause pain.
- **Vox:** [How to be alone. Solitude is a skill. You can get better at it with practice.](#)
- **The Atlantic:** [What to Do When the Future Feels Hopeless. Humans like to feel optimistic about and in control of where their life is headed.](#) The pandemic has made it very hard to feel that way.
- **The Conversation:** [3 research-based ways to cope with the uncertainties of pandemic life](#)
- **The Lily:** [Your guide to making big decisions right now. Advice to help you navigate major choices during on ongoing crisis](#)
- **Insight Timer:** [Breathe With Me: A Meditation For Lonely Times](#). Guided imagery & mindful breathing to help with feelings of fear & sadness for people isolated by COVID19, as well as for people experiencing times of loneliness & bewilderment in their daily life. You can listen to it for free [here](#).
- **HuffPost:** [Here's What To Do If Someone Sneezes Or Coughs Near You](#). This expert tip could help you dodge potential COVID-19 particles from a sneeze or cough.
- **HuffPost:** [What Socializing Will Be Like This Fall And Winter During COVID-19](#). Here's what to expect with gatherings and activities over the colder months of the coronavirus pandemic.
- **NPR:** [Prepare Now For Your Pandemic Winter. Your Future Self Will Thank You](#), 12 minute audio
- **New York Times:** [How to Deal With a Friendship 'Quiet Season'](#). You might emerge from 2020 with fewer friendships, and that's OK.
- **HuffPost:** [5 Easy Ways To Make Restaurant Takeout Food Healthier](#). Tips and tricks to make meals at home more nutritious during the COVID-19 pandemic.
- **HuffPost:** [How To Have A Conversation With A Covid-Denier](#). Do you know people who downplay the seriousness of rising Covid-19 cases? Or think it's a hoax? You're not the only one.
- **30 Seconds:** [Post-Summer Blues as We Kick Off Autumn? Here Are 5 Ways to Boost Your Mood This Fall](#)
- **CNN:** [How to sleep better — kids and grown-ups alike](#)
- **TIME:** [Here's How To Become a Morning Person](#)
- **HuffPost:** [COVID-iquette: How To Politely Decline Social Invitations Amid The Pandemic](#). Etiquette experts share their tips for backing out of social engagements and rejecting invites in the age of coronavirus.
- **Washington Post:** [Some covid-19 rule-breakers could be narcissists, experts say. Here's how to approach them.](#)
- **LA Times:** [Having a holiday gathering? The CDC wants you to weigh these 7 factors](#)

- **Washington Post:** [The fitness industry is trying to lure gym members back — but experts say it's using flawed data](#)
- **Pocket:** [How to Start Running: A Beginner's Guide](#). Want to start a running habit but have no idea where to start? Here's everything you need to know to start running and actually enjoy it.
- **Washington Post:** [Follow these tips to hit the bike trail safely — and politely — during the pandemic](#)
- **Trail Link:** [Massachusetts Bike Trails and Maps](#)
- **Washington Post:** [Fall night sky to offer wondrous celestial sights from Halloween 'blue moon' to dazzling meteor showers](#)
- **Forbes:** [Your Stargazing Guide To Fall: One 'Halloween Blue Moon,' Two Eclipses And A Once-In-397 Years Sight](#)
- **Boston Globe:** [Chefs are parents, too. Here are their tips if your kitchen is now a makeshift school cafeteria](#). From banana sushi rolls to skewer snacks, these pros have lunch ideas in the bag
- **Washington Post:** [Sourdough tips and resources from a former skeptic](#)
- **TIMES:** [Classic No-Knead Bread](#)
- **The Atlantic:** [A Coronavirus Prayer](#)

Grants: [Baker/Polito Administration providing \\$10,000 to \\$50,000 grants to 501\(c\)\(3\)](#) community-based organizations and faith-based organizations (and other groups with a 501(c)(3) fiscal sponsor) who serve the communities most impacted by COVID-19 in Massachusetts. [Learn more and apply](#). Applications due Oct. 14.

Grants: [MDPH's Office of Sexual Health and Youth Development](#) with the Department of Transitional Assistance proposes to provide services to mitigate the negative economic and social/emotional impacts of COVID-19 on expectant and parenting youth ages 14-24 and their families through increasing life opportunities and enhancing family stability in priority communities. Priority communities are Chelsea, Lawrence, Holyoke, New Bedford, and Springfield. [Learn more and apply](#). Applications due Oct. 9

For Distance Learning (new opportunities added in [blue](#))

Live webinars & open meetings:

- **Brazelton Touchpoints:** [Taking Care of Yourself as a Virtual Service Provider, Sept. 30](#)
- **Child Trends:** [Considerations for supporting virtual learning for preschoolers in under-resourced communities](#), Sept. 30
- **NPR:** [Life Kit is hosting a virtual ~trivia night~](#) and you're invited. Sept. 30
- **MDPH/Suicide Prevention:** [Widening the Lens: Exploring the Meanings and Impact of Different Manifestations of Racism in Suicide Prevention](#), Sept. 30
- **FSG:** [Resilience Reimagined: Disruptive Leadership & Responsive Innovation](#), Oct. 1
- **Pandemic Parenting/Dr. Bruce Perry:** [Building Resilience: Understanding Patterns of Stress to Design Effective Doses of Meaningful Support](#), Oct. 1
- **IHR:** [Nurturing Families through Recovery](#), Oct. 2 & 5; ***must register by Sept. 25***
- **Zero to Three:** [Virtual Annual Conference](#), Oct. 5-9
- **Hunger to Health Collaboratory:** [Hunger to Health In COVID and Beyond: Food Policy as Health Policy](#), Oct. 6

- **JFK Library/Mass Mutual Foundation:** Driving While Black, Oct. 6
- **Child Mind Institute:** The 10th Annual: On the Shoulders of Giants Scientific Symposium, includes roundtable on the impact of the coronavirus pandemic and racial injustice on child and adolescent mental health, Oct. 6
- **MDPH/Suicide Prevention:** Understanding Trauma and Trauma-Informed Care, Oct. 6
- **National Low Income Housing Coalition:** Racial Equity and Housing Justice during and after COVID-19, Oct. 6
- **Fathers & Families:** A National Courageous Conversation: Child Support and Systems Engaging Families and Fathers, Oct. 7
- **PICCK:** BC ASAP – Same Day Access to Contraception, Oct. 7
- **StoryCenter:** NextUp, a FREE, two-hour online story sharing and writing workshop designed for Black, Indigenous, and people of color, Oct. 8, Nov. 12, Dec. 3
- **Children’s Trust Family Support Training Center:** Family Support Fridays: Dealing with Prolonged Pandemic Anxiety, Oct. 9
- **StoryCenter:** Storytelling in the Time of COVID-19, Oct. 9
- **BACE:** Breastfeeding Foundations for Perinatal Health Workers, October 10
- **BACE:** 4 Day DONA Approved Birth Doula Training, October 10
- **Office of Head Start:** Research and Evaluation Conference on Self-Sufficiency Oct. 13–15 and 19–22
- **Boston Foundation:** Addressing Inequities in Maternal Health, A Spotlight on Greater Boston, Oct 14
- **Brazelton Touchpoints:** Parents, Children and Transgender Identities, Oct. 14
- **Children’s HealthWatch:** Access Not Granted: Barriers To Health Care and Equity for Children and Families During COVID-19, Oct. 15
- **Children’s Trust:** 28th Annual A View from All Sides, October 15, virtual event.
- **JF&CS:** Racially Wounded: Nappy-Haired ‘Ghosts’ of Colorism in Parent/Infant/Therapist Relationships, Oct. 16.
- **Brazelton Touchpoints:** Honoring Each Person’s Experience to Support Mental Health, Oct. 19
- **Brazelton Touchpoints:** Parent and Child Voices: The Importance of Fathering and Co-parenting, Oct. 20
- **Bridgewell:** Behavioral and Therapeutic Tips and Tools from the Trenches for Teachers and Clinicians, October 21
- **Children’s Trust:** Fathers and Family Network Meeting, Oct. 23
- **Essentials for Childhood:** EfC Summit V, Framing Matters: How to communicate effectively about childhood adversity in the context of Racial Inequities, Oct. 23
- **StoryCenter:** Storytelling in the Time of COVID-19, Oct. 23
- **Brazelton Touchpoints:** Oct-Nov: Building Resilience while Social Distancing: Parental Depression & Coping, Oct. 26
- **Vital Village Network/BMC:** 2020 National Community Leadership Summit, Our Future – Our Communities, One of the most important conferences on the topics of child wellbeing and early-life adversity. Shape the conversation with fellow community leaders, practitioners, change agents, and advocates. October 26-27
- **Brazelton Touchpoints:** Fighting Immigration Policies that Tear Families Apart, Oct. 28
- **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](#)

- **StoryCenter:** [Storytelling in the Time of COVID-19](#), Nov. 6
- **PICCK:** [Postpartum Contraception and Lactation](#), Nov. 10
- **Children's Trust Family Support Training Center:** [Family Support Fridays: Trauma, Inmigración y la Crianza Temprana: Trabajando con Familias Inmigrantes](#), Nov. 13
- **Brazelton Touchpoints:** [From "Second Shift" to "First Shift": Supporting Fathers as Central to Family Life](#), Nov. 17
- **StoryCenter:** [The Role of Digital Storytelling in Public Health](#), Nov. 18
- **Brazelton Touchpoints:** [Supporting Fathers Who Were Sexually Abused as Children](#), Nov. 18
- **StoryCenter:** [Storytelling in the Time of COVID-19](#), Nov. 20
- **Office of Head Start:** [National Research Conference on Early Childhood 2020](#), Nov. 30 – Dec. 3
- **StoryCenter:** [Storytelling in the Time of COVID-19](#), Dec. 4
- **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
- **StoryCenter:** [Storytelling in the Time of COVID-19](#), Dec. 18
- **PICCK:** [Implicit Bias Training in Healthcare Part 2](#), Jan. 26

Recorded webinars, courses and other learning opportunities:

- **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. New Offerings: Systems Thinking, Story Telling for Public Health, and Holding Effective Meetings.
 - **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)
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Reminders of past postings with updated resources:

- **Mass.gov/Children and Youth with Special Health Needs: Emergency Care Planning for Children & Youth with Special Health Needs during COVID 19 and Beyond**
- **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**
- **MDPH/SAMSHA: Massachusetts Substance Use Helpline, an extensive list of substance use and recovery resources to support treatment and recovery service providers, people who may be using substances, people in recovery, and other allies as the COVID-19 pandemic continues to evolve.**
- **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**
- **Children's Trust/one tough job: back-to-school 2020 resources for parents**
- **Common Sense Open School: free and low-cost internet and devices**
- **MLPB: The Eviction Lab** has assembled a state-level overview of COVID-19-related eviction laws, ranked by tenant-protectiveness
- **MLPB: Fannie Mae and Freddie Mac** have developed online multifamily property lookup tools to help renters learn if they are protected from evictions during the pandemic
- **MLPB: The Department of Housing and Community Development (DHCD) has issued guidance urging state-subsidized housing providers to suspend non-essential evictions and temporarily suspend subsidy terminations. Additional homelessness prevention funds (RAFT) have been released as well.**

- **MLPB:** Housing discrimination – including eviction or refusal to rent – based on national origin or race, age, gender, or the perception that one has a disability, is illegal. If discrimination occurs, one can file a complaint with the [MCAD](#).
 - **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:

- **WGBH:** [Racism: Coverage And Context](#), A series of virtual forums examining race and inequality in Massachusetts
 - **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
 - **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.
 - **National York Times:** A [collection of historical photos, poetry and articles](#) about Juneteenth, commemorating the end of slavery in the U.S.
 - **30 Seconds:** [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](#).

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

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 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; please write new subscriber in the subject line. Visit us at www.mass.gov/dph/homevisiting.

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