



Welcome to the MHVI Covid-19 Resource Digest, volume 48. 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) works 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. Looking for resources for families: call 2-1-1 or visit [mass211.org](#).

Information for supporting families during Covid:

- **Mass.gov:** [Stop COVID-19 – Vaccine education and outreach materials](#). A toolkit of materials in multiple languages that community-based organizations can use to conduct outreach/education with the people and communities that they serve. Examples of materials include:
 - A guide to hosting a forum on COVID-19 vaccine
 - Vaccine need-to-know fliers and posters
 - Fliers about the distribution timeline
 - Post-vaccine information for Pfizer and Moderna
 - Social media graphics
- **The Conversation/Dartmouth College:** [What a squeezed rubber ducky suggests about the lingering effects of vaccine misinformation](#)
- **Mass.gov:** [Massachusetts Residents Will Receive Increased SNAP Benefits to Help Buy Groceries. During COVID-19: SNAP benefit amounts will increase 15% starting in February](#). The most recent Federal funding bill increases Supplemental Nutrition Assistance Program (SNAP) benefit amounts by 15% from January 2021 through June 2021.
- **Mass.gov:** [Massachusetts Receives Federal Approval for Thousands of Vulnerable Children to Receive Additional Food Benefits](#). 2,600 additional children to directly qualify for free and reduced-price lunches and P-EBT benefits
- **NPR:** [Fighting COVID-19 Vaccine Mistrust In The Black Community](#), 3 minute audio
- **MSNBC:** [Faith leader speaks to challenges in overcoming vaccine distrust](#). The Rev. Liz Walker of Roxbury Presbyterian Church in Massachusetts discusses mistrust of vaccines in the Black community and how to overcome the mistrust.
- **RPC Social Impact Center:** [Trauma to Triumph: Lessons from Tuskegee in this season of the COVID-19](#)
- **Vox:** [Most Americans are doing pods wrong](#). You should be adjusting your pandemic pod's rules to avoid exposure as needed.
- **TIME:** [Domestic Violence is a Pandemic Within the COVID-19 Pandemic](#)
- **New York Times:** [America's Mothers Are in Crisis. Is anyone listening to them?](#)
- **U of Oregon/Rapid-EC:** [Home Alone: The Pandemic Is Overloading Single-parent Families](#). Many single parents are lonely and overwhelmed as they face the challenges of balancing work and raising families — alone.

- **American Psychological Association:** [U.S. Adults Report Highest Stress Level Since Early Days of the COVID-19 Pandemic](#). More than 80% report emotions associated with prolonged stress, says post-inauguration Stress in America survey.
- **PBS:** [How to help kids build resilience amid COVID-19 chaos](#).
- **Medical News Today:** [Give children more autonomy during the pandemic, says study](#). Autonomy-based parenting promotes the well-being of children and their parents during the COVID-19 pandemic. The study appears in the journal [Child Development](#).
- **Huffpost:** [What Has The COVID-19 Pandemic Really Done To Toddler Development?](#) Some kids have lived half of their lives during COVID-19. What impact do early childhood development experts think that isolation will have on them?
- **NPR:** [Child Psychiatrists Warn That The Pandemic May Be Driving Up Kids' Suicide Risk](#), 7 minute audio
- **Trevor Project:** [Research Brief: Evidence on Covid-19 Suicide Risk and LGBTQ Youth](#)
- **Boston Globe:** [Pandemic socializing means pods, smaller groups, and sometimes exclusion](#). Here's how to help your child (and maybe even yourself). Dealing with a pandemic is bad enough; questioning your social worth doesn't make it any better. How to cope? We talked to three experts for ideas.
- **CNN:** [How to re-motivate kids for more distance learning](#).
- **CNN:** [Why parents should brace themselves for another uncertain summer and fall](#)
- And, just in case you haven't had enough: **Pinkfong x PAHO/WHO** | [Wash Your Hands with Baby Shark | Stay Safe from COVID-19](#),

Other news, towards racial justice and racial healing:

- **New York Times:** [Honor and Learn This Black History Month](#). More than ever, this month is a welcome time for the education and celebration of Black American culture.
- **Christian Science Monitor:** [Can Black History Month live up to its founder's vision?](#) Confining the study of Black history to February, our commentator argues, leads Americans to misunderstand their past – and present. When it comes to history, the whole is far greater than the sum of its parts.
- **Center for American Progress:** [Truth and Reconciliation. Addressing Systematic Racism in the United States](#)
- **The Atlantic:** [Illuminating the Whole American Idea: Introducing Inheritance](#). Too much knowledge has been lost, too many stories distorted, too many people forgotten. We mourn for all we do not know. Yet the vision and resilience of Black America are shaping this nation. Our future demands that we unbury the past.
- **The Conversation:** [3 ways Black people say their white co-workers and managers can support them and be an antidote to systemic racism](#)
- **The Conversation:** [When Black kids – shut out from the whitewashed world of children's literature – took matters into their own hands](#)
- **The Conversation:** [How 'Uncle Tom' still impacts racial politics](#)
- **USA Today:** [She was the first Black person freed by Lincoln, long before his presidency](#). Her grave was paved over and her story hardly known.
- **Huffpost:** [How To Talk To Your Children About Race](#). In her book Wish We Knew What To Say, Dr Pragya Agarwal encourages all families to talk more openly about racism and difference.
- **New York Times:** [Do We Ask Too Much of Black Heroes?](#) Every year for a month, we celebrate the heroes of Black history. But these stories can obscure how change happens and who gets left behind.

- **The Conversation:** [Slave-built infrastructure still creates wealth in US, suggesting reparations should cover past harms and current value of slavery](#)
- **Woman's Day:** [14 Black History Heroes You May Never Have Heard Of](#). These are life stories worth knowing. Slide show.
- **CNN:** [Profiles in perseverance](#). You may not know their names. But these courageous Black Americans changed history.
- **TIME:** [The Renaissance Is Black](#). A special project, created in partnership with Ibram X. Kendi, that celebrates the power of Black art.
- **Shondaland:** [Dr. Ibram X. Kendi and Dr. Keisha N. Blain Talk 400 Years of Black History in America](#). Drs. Kendi and Blain talk about their latest book and the amazing community of Black writers who came together to make it happen.
- **Greater Good Science Center:** [People in More Diverse Countries Are Less Prejudiced](#). A new study finds that people in diverse communities feel a greater sense of commonality with others—and have greater well-being, too.
- **NBC Today:** [What is systemic racism?](#) President Joe Biden mentioned "the sting of systemic racism" in his inauguration speech. Here's what the term means.
- **NBC Today:** [What is implicit bias? The invisible racism that makes Black women dread the doctor's office](#). "I just know not to get too rebellious." In medical settings, Black women are forced to play against stereotypes.

Other news:

- **New York Times:** [Why Your Kid Wears Shorts in Winter](#). While you freeze in cold weather, they have a secret weapon.
- **NPR:** [Make Space, Listen, Offer Hope: How To Help A Child At Risk Of Suicide](#)
- **Child Trends:** [Findings and Lessons Learned from an Evaluation of a Community-Based Teen Pregnancy Prevention Program for Young Men](#)
- **The Conversation:** [How food banks help Americans who have trouble getting enough to eat](#)
- **CNN:** [Leading baby food manufacturers knowingly sold products with high levels of toxic metals, a congressional investigation found](#)
- **Parent Data:** [Toxic Baby Metals](#)
- **Claudia M. Gold MD Blog:** [Parenting and the Stigma of Emotional Suffering](#)

Wisdom: [David Whyte's "Blessing" poem interpreted through a visual journey across the Irish landscape](#). A short film (4 minute) by Emmy-winning filmmaker Andrew Hinton. Musician and composer Owen Ó Súilleabháin, courtesy of Emergence Magazine.

Reports, Briefs, Infographics and other downloads:

- **Mass.gov:** [COVID-19 Printable Fact Sheets](#)
- **Urban Institute:** [Immigrant Families Continued Avoiding the Safety Net during the COVID-19 Crisis](#)
- **Urban Institute:** [Six Months into the Pandemic, 40 Percent of Parents with Young Children Have Experienced Economic Fallout](#). Findings from the September 11–28 Coronavirus Tracking Survey
- **Mass. Law Reform Institute:** [Fact Sheet: COVID-19, SNAP and Unemployment Benefits in Massachusetts: What to Know](#) (Updated January 2021)

- **NICHM:** [The Mental Health of Young Parents During COVID-19 and Beyond](#), Infographic
- **NIHCM:** [The Evolution of the Opioid Crisis: 2000-2018](#), infographic
- **NIHCM:** [Addressing Loneliness & Social Isolation During the Pandemic](#), infographic
- **NCTSN:** [Updated! Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019](#)
Provides information for parents and caregivers about COVID-19. Knowing important information about the current status of COVID-19 response efforts (e.g., testing, vaccines, treatments) and how to continue to manage your stress can help parents/caregivers cope better. This resource also helps parents and caregivers think about how COVID-19 has affected their family— both physically and emotionally—and what they can do to help their family cope.
- **NCTSN:** [Updated! Trink and Sam Fighting the Big Virus: Trink, Sam, and Littletown Work Together](#). Helps young children and families talk about their experiences and feelings related to COVID-19 and the need to shelter in place. In the story, the coronavirus has spread to Littletown causing changes in everyone's lives. The story opens doors to conversations about COVID-19, ways that families and communities are working together to keep safe from the virus, family and community strengths, common challenges and reactions in children and adults, ways that families support children and each other, and our intense gratitude for frontline workers.
- **NCTSN:** A caregiver guide is available in the back of the book that provides ways parents can use the story with their children. A companion story, [Fighting the Big Virus: Trink's and Sam's Questions](#), for how to answer children's questions about the virus is also available.
- **NCTSN:** [Supporting Children After the U.S. Capitol Attack](#). Understanding Media Exposure. What Parents Can Do to Help. When Your Family is Part of the Event.
- **CDC:** [Vital Signs Fact Sheet: Violence Impacts Teens' Lives](#)
- **Administration for Children and Families:** [Snapshots from the NSECE: How are Lower-Income Households Using Nonparental Care for Children Under Age 6?](#)
- **US House of Representatives:** [Baby Foods Are Tainted with Dangerous Levels of Arsenic, Lead, Cadmium, and Mercury](#)
- **Healthy Babies Bright Futures:** [What's in my baby's food?](#) A national investigation finds 95 percent of baby foods tested contain toxic chemicals that lower babies' IQ, including arsenic and lead Report includes safer choices for parents, manufacturers and retailers seeking healthy foods for infants
- **Bipartisan Policy Center:** [How Two Tax Policies Help Working Families Access and Afford Child Care](#)
- **Charlie's Kid:** [Dos And Don'ts Of Safe Sleep](#)

For Self-care:

- **Huffpost:** [The End Of The COVID-19 Pandemic Is Coming. Don't Get Careless Now](#). We're all fatigued, and our resolve is slipping. But this is also the most consequential point of the coronavirus crisis so far.
- **Huffpost:** [It's Not Just You. A Lot Of Us Are Hitting A Pandemic Wall Right Now](#). The past few weeks of the coronavirus crisis have been especially taxing on our mental health. Here's why, and some advice on coping.
- **The Atlantic:** [The Pandemic Has Erased Entire Categories of Friendship](#). There's a reason you miss the people you didn't even know that well.
- **Huffpost:** [Signs Your Anxiety Over Avoiding People Is Turning Into Something Worse](#). Here's how avoiding others as COVID-19 spreads can become a bigger mental health problem and how to address it.

- **Healthline:** [My Parents Are Vaccinated but I'm Not. Is It Safe for Us to Visit?](#)
- **Healthline:** [Which Facial Covering is Better? Experts Talk KN95, Cloth, and Surgical Masks](#)
- **verywellmind:** [7 Things to Do if You Feel Emotional](#)
- **verywellmind:** [How to Adapt to a Stressful Situation](#)
- **Greater Good Science Center:** [Five Skills We Need for the Year Ahead.](#) The pandemic has taught us some important lessons about how to take care of ourselves and each other.
- **Greater Good Science Center:** [How to Overcome the Pressure to Always Do More.](#) A psychologist argues that we should stop blaming ourselves for being lazy and start creating a society where overwhelm isn't the norm.
- **verywellmind:** [5 Ways to Calm Down Quickly When You're Feeling Overwhelmed](#)
- **verywellmind:** [How Negative Emotions Affect Us.](#) Anger, frustration, fear, and other "negative emotions" are all part of the human experience; manage them without denying them, and there are several reasons for this.
- **NPR:** [How Poet Maggie Smith 'Tried On' Hope To Keep Moving Forward](#), 22 minute audio
- **CNN:** [12 lifestyle habits to reduce stress](#)
- **verywellmind:** [7 Breathing Exercises for Better Sleep. Learn to Channel Your Relaxation](#)
- **WebMD:** [How to Get Back to Sleep](#)
- **Boston Globe:** [Black History Month Film Festival full schedule](#)
- **New York Times:** [5 Minutes That Will Make You Love String Quartets.](#) Listen as our writers and some of our favorite artists share music of intimacy, intensity and joy.
- **NPR:** [Melanie Charles: Tiny Desk \(Home\) Concert](#)

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

- **RPC Social Impact Center:** [Can We Talk? Community Conversations on Trauma and Healing](#), Thursdays
- **Loretta Ross:** [Calling In The Calling Out Culture](#), Feb. 9
- **Brazelton Touchpoints:** [A View from All Sides: Perspective-Taking to Support Family Engagement](#), Feb. 9
- **Brazelton Touchpoints:** [Virtual Service Delivery Webinar Series / Serie de seminarios web sobre la prestación de servicios virtuales:](#)
 - Exploring the Pandemic's Impact on Children's Well-Being / Explorando el impacto de la pandemia en el bienestar de los niños, Feb. 10
 - Promoting Positive Parent-Child Interactions Virtually / Promoviendo interacciones positivas entre padres e hijos virtualmente, Feb. 24
 - Exploring the Pandemic's Impact on Families' Well-Being / Explorando el impacto de la pandemia en el bienestar de las familias, March 10
 - Challenging Conversations with Families Virtually / Conversaciones desafiantes con las familias virtualmente, March 24
- **HRiA:** [Analyzing the U.S. War on Drugs and Racist Drug Policies](#), Feb. 10
- **Systems for Action:** [Effectiveness of Early Childhood Development Partnerships in Addressing Pediatric Health and Social Needs during the COVID-19 Pandemic](#), Feb. 10
- **Zero to Three:** [Supporting Young Children and Families Using Telehealth During the COVID-19 Pandemic](#), Feb. 10
- **Mass.gov/MDPH:** [COVID-19 Vaccine: Start a Conversation in your Community](#), Feb. 11
- **MassCAP:** [Supporting Job Readiness in the Time of COVID-19](#), Feb. 11
- **MassCAP:** [The Phases of Collective Impact](#), Feb. 11

- **PICCK:** Age Matters: A Developmental Approach to Contraceptive Counseling for Adolescents, Feb. 11
- **MDPH/Community Health Training Institute:** Building Resilient Communities, Feb. 11
- **MDPH/BSAS:** Innovative Approaches to Working with Challenging Clients: Doing Things Differently v. Trying Harder, Feb. 12
- **Brazelton Touchpoints Center:** Parenting While Black Webinar Series offers honest conversations for Black parents and between Black parents.
 - Let's Talk About It: How Are "We" Doing? Feb. 15
 - Black Mental Health Matters: Health, Hope, and Healing, March 1
 - Becoming a Family, Part I, March 15
 - Becoming a Family, Part II – Birthing while Black – The Imagined versus the Real, March 29
 - No Instructions: Development Across the Early Years – The Imagined versus the Real, April 12
 - Embracing the Brilliance and Resilience in Black Families, April 26
- **Mass.gov/MDPH:** COVID-19 Vaccine: Start a Conversation in your Community, Feb. 16
- **Brazelton Touchpoints:** Choosing Your Attitude: Using Strength-Based Family Assumptions, Feb. 16
- **Alliance for Early Success:** Using and Communicating Data to Advance Racial Equity in Early Care and Education Systems, Feb. 17
- **Office of Head Start:** Child Care Health Consultation, Responding to COVID-19 in Early Childhood Programs, Feb. 18
- **MDPH/Suicide Prevention:** Intersections of Suicide and Opioid Use: A Gatekeeper Training, Feb. 18
- **HRiA:** Addressing Drug-Related Stigma and Bias, Feb. 18
- **MDPH/BSAS:** Cultural Humility as a Methodology for Collaborating with Massachusetts Native Communities, Feb. 19
- **MDPH/BSAS:** Introduction to Trauma-Informed De-Escalation Techniques, Feb. 23
- **Brazelton Touchpoints:** Active Listening to Engage Families, Feb. 23
- **Start Early:** National Home Visiting Virtual Summit, Feb. 22-26
- **MassAIMH:** Reflective Supervision in Early Education and Care, Feb. 24 – April 14
- **Child Trends:** Black Parents' Experience of COVID-19: Trauma, Policy Opportunities, and Finding Joy, Feb. 24
- **MDPH/BSAS:** Youth Substance Use 101, Feb. 25
- **HRiA:** Exploring Pathways of Recovery, Feb. 25
- **Loretta Ross:** White Supremacy in the Age of Trump, Feb. 24, March 3, March 10, March 17
- **MA Act Early:** Early Childhood Developmental Monitoring, Screening, Referral and Milestones Feb. 25 & 26
- **Children's Trust:** Family Support Fridays, Technicool: Keeping Kids Safe on the Internet, Feb. 26
- **Brazelton Touchpoints:** The Power of Observation: Connecting with Families Through the Child's Behavior, March 2
- **Brazelton Touchpoints:** An evidence-based approach to building strong family-child relationships from before birth through age 5, 4 weekly sessions, beginning March 3
- **Loretta Ross:** White Supremacy in the Age of Trump, March 3, March 10, March 17
- **MDPH/BSAS:** Trauma and Smoking: Special Issues in Tobacco Treatment for People in Recovery, March 8
- **Brazelton Touchpoints:** Valuing Passion: Connecting with Families Around What They Care About, March 9

- **National Health Resource Center on Domestic Violence:** Health, Healing and Relationships: Intimate Partner Violence, Trauma and HIV, March 10
- **PICCK:** Contraceptive Conundrums, March 16
- **Loretta Ross:** White Supremacy in the Age of Trump, March 10, March 17
- **BACE:** Breastfeeding Foundations for Perinatal Health Workers, March 12 & 13
- **BACE:** Childbirth Educator Training Program, 10 week Tuesday evening course: March 16-May 18
- **MassCAP:** National Anti-Hunger Policy Conference, March 16-18
- **MassCAP:** Using Creativity and Self-Awareness for Effective Team Leadership, March 25
- **MA Act Early,** Motor and Cognitive Milestones for Children, March 25 & 26
- **Children's Trust:** Family Support Fridays, Cultural Humility Practices with Children and Families, March 26
- **PICCK:** Contraception In The Biden-Harris Administration, April 14
- **MA Act Early,** Social & Speech Milestones for Children, April 29 & 30
- **PICCK:** Beyond LARC: Putting People And Equity At The Center Of Contraceptive Access Efforts, May 12
- **Fathers & Families Coalition of America:** 22nd Annual Families and Fathers Conference, May 16-19
- **MA Act Early,** Attachment and Complex Trauma May 27 & 28
- **PICCK:** Promoting Quality And Equity To Make Birth Safer For All: A PQC Story, June 3
- **US Breastfeeding Committee:** National Breastfeeding Conference & Convening, June 9-11
- **Prevent Child Abuse America:** Transforming Our Tomorrow: 2021 National Conference, Aug. 10-12

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

[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.](#)

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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