



Welcome to the MHVI Covid-19 Resource Digest, volume 50. 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.*

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:** [Baker-Polito Administration launches targeted outreach initiative in 20 hardest hit communities](#) to increase equity in COVID-19 vaccine awareness and access; \$1m to support vaccination in historically underserved communities
- **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
- **Robert Wood Johnson Foundation:** [Community Health Workers: Walking In The Shoes of Those They Serve](#). By harnessing trust, community health workers are becoming a powerful force for achieving health equity.
- **Vox:** [How a Black bioethicist makes the case for vaccination to people of color](#)
- **DTA/SNAP Path to Work:** [If you recently lost your job or have been unemployed for a while, you may feel anxious, vulnerable, and hopeless. With SNAP Path to Work, you are not alone in your struggle.](#)
- **FCC:** [Emergency Broadband Benefit](#). The Emergency Broadband Benefit provides a discount of up to \$50 per month towards broadband service for eligible households and up to \$75 per month for those on Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop, or tablet from participating providers if they contribute \$10-\$50 toward the purchase price.
- **Reuters:** ['Hard to bring tears out:' Stunned by pandemic, some Americans struggle to grieve](#)
- **Washington Post:** [We've been cooped up with our families for almost a year. This is the result](#). What the data says about forced togetherness amid a pandemic
- **Mind/Shift:** [Why We Need to Pay More Attention to the Youngest Children Right Now \(and Their Parents\)](#)
- **Knowable:** [Kids of the Covid generation: The road ahead](#). What will become of children growing up during the pandemic? There's reason for concern, but the research on resilience is reassuring. A developmental psychologist explains what adults can do to protect youngsters from long-term harm.
- **Huffpost:** [It's OK If Your Kid Doesn't Learn To Read This Year](#). There has never been a "right" age anyway. And there are far more important lessons for kids to take away from the pandemic.

- **Families First:** [How to talk to your child about coronavirus disease 2019 \(COVID-19\)](#): This article by UNICEF provides 8 tips to help comfort and protect children in the midst of COVID-19.
- **Families First/PBS for Parents:** [Kids Regressing? Help Them Cope With Stress During Coronavirus](#)
- **Families First/Audible:** [Audible is offering free access to audiobooks for children and teens](#). Audiobooks are available in seven different languages, including English, Spanish, French, and more

Other news, towards racial justice and racial healing:

- **The Conversation:** [How Black cartographers put racism on the map of America](#)
- **CNN:** [Profiles in perseverance. You may not know their names. But these courageous Black Americans changed history.](#)
- **Mashable:** [1619 is a pivotal date in American history for two reasons](#)
- **The Conversation:** [How a mass suicide by slaves caused the legend of the flying African to take off](#)
- **The Atlantic:** [A Forgotten Black Founding Father](#). Why I've made it my mission to teach others about Prince Hall
- **HOPE:** ["They never saw a child": Ruby Bridges and the Adulthood of Black Girls](#)
- **Georgetown Law, Center on Poverty and Inequality:** [Girlhood Interrupted: The Erasure of Black Girls' Childhood](#)
- **The Conversation:** [What I learned when I recreated the famous 'doll test' that looked at how Black kids see race](#)
- **C Net:** [Google's Black History Month Doodle celebrates poet, activist Audre Lorde](#). The acclaimed Black lesbian poet wrote of her hatred of racial and sexual prejudice.
- **NPR:** [The Mothers Who Raised Martin Luther King Jr., Malcolm X and James Baldwin](#), 22 minute audio
- **TIME:** [Hate Crimes Against Asian Americans Are on the Rise. Many Say More Policing Isn't the Answer](#)
- **TIME:** ['I Will Not Stand Silent.' 10 Asian Americans Reflect on Racism During the Pandemic and the Need for Equality](#)
- **TIME:** ['America's Notorious for Saying One Thing and Doing Something Else.'](#) Albert Woodfox Talks Solitary Confinement, Social Distancing and Racial Justice
- **New York Times:** [Carnival in Winter](#). From J'Ouvert in Brooklyn to Caribana in Toronto and Notting Hill in London, Carnival has come to be a full-tilt joy fest of renewal, resistance and remembering for Caribbean immigrants. Welcome to the party.
- **GBH:** ['We Get To Celebrate Our Blackness': An Everett Teen's Club For Discussing Race Catches On](#)

Other news:

- **MA Department of Education:** [We need your voice. Opportunities for engagement are live, online, and through surveys each month from January-June 2021](#). Please engage, connect, and lead this work with us.
- **Huffpost:** [How To Talk To Your Kids About Class And Financial Privilege](#). Start the conversations when they're young and encourage openness so they can learn about wealth, money, pay and discrimination.
- **Center on the Developing Child/Harvard U.:** [5 Facts About Health That Are Often Misunderstood](#)
- **Moms:** [How Toddlers Benefit From Relationships With Adults Other Than Their Parents](#). A toddler raised in an environment with healthy relationships with adults other than their parents benefits more from life than one who doesn't.
- **Knowable:** [Unseen scars of childhood trauma](#). Twenty years of research have established the connection between adverse childhood experiences and long-term health. Now researchers are looking for ways to measure the biology behind the correlation and try to reverse it.

- **AAP Journal Blog:** [The Biology of Adversity in Childhood: Why You Should Care](#)
- **Huffpost:** [How To Teach Kids To Be A 'Helper'](#). Here's some expert-backed advice for parents who want their children to be positive forces in their communities.
- **CBS News:** [Tip-over TVs and furniture have killed 450 children since 2000](#)
- **Kids in Danger:** [Every Hour A Child Is Rushed to the Emergency Room from a Furniture Tip-over](#)
- **NIH:** [Video coaching program may improve parenting skills and children's school readiness](#). NIH-funded study suggests feedback-based video intervention could help at-risk families.
- **Child Trends:** [Measuring Gender Attitudes and Norms among Adolescent and Young Adult Males in the United States](#)
- **The Conversation:** [5 ways parents can help kids avoid gender stereotypes](#)

Reports, Briefs, Infographics and other downloads:

- **Georgetown Law, Center on Poverty and Inequality:** [Girlhood Interrupted: The Erasure of Black Girls' Childhood](#)
- **Center on the Developing Child, Harvard U.:** [How Racism Can Affect Child Development, infographic](#)
- **Families First:** [COVIBOOK](#): Use this free short book to support and reassure your young children in regards to COVID-19. This book is an invitation for families to discuss the full range of emotions arising from the current situation. Available in English, Spanish, and 20 other languages.

For Self-care:

- **Greater Good Science Center:** [Six Ways to Manage Coronavirus Depression. Knowing what depression looks like and how to manage it can help prevent you from slipping into dark moods.](#)
- **TIME:** [How to Work from Home Without Burning Out](#)
- **MBG Lifestyle:** [How To Separate Your Workday From Nighttime While Working From Home](#)
- **Elemental:** [It's Not Just You: The Pandemic Has Made Social Anxiety So Much Worse](#). Social distancing mimics avoidance, which 'feeds and waters' social anxiety
- **Psyche:** [How to make friends as an adult. Friendships give us so much.](#) Be bold, take the initiative, and you'll be surprised how many people are pleased to connect
- **Psyche:** [Why awesome natural beauty drops the jaw and lifts the spirit](#)
- **TIME:** [Why Nostalgia Is Good for Your Mental Health](#)
- **Healthline:** [Anxious About Calling in Sick While Working at Home? You're Not Alone](#)
- **Greater Good:** [Why We're Drawn to Nature. What happens when we spend time outdoors?](#) We explore how getting out in nature can restore peace of mind -- and make us more creative. 17 minute audio
- **Huffpost:** [How To Rekindle A Friendship When You Haven't Spoken In A Long Time](#). Whether you had a falling out or just drifted apart, here's how to start a conversation with an old friend.
- **Mashable:** [Take this month to visit Black history exhibits online](#)

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

- 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
- Brazelton Touchpoints: [Promoting Positive Parent-Child Interactions](#), 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
- **Infant and Early Childhood Mental Health Consultancy:** Culture, Identity, and History as Sources of Strength and Resilience for African American Children and Families, Feb. 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:** Interrupting Racism Level 3: Operationalizing Racial Equity in Workplace Policies & Practices, March 3 & 4
- **MDPH/BSAS:** Trauma & Smoking: Special Issues in Tobacco Treatment for People in Recovery, March 8
- **MDPH/BSAS:** Introduction to Trauma-Informed Treatment with Adolescents, March 8 & 9
- **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
- **Loretta Ross:** White Supremacy in the Age of Trump, March 10, March 17
- **BACE:** Breastfeeding Foundations for Perinatal Health Workers, March 12 & 13
- **PICCK:** Contraceptive Conundrums, March 16
- **BACE:** Childbirth Educator Training Program, 10 week Tuesday evening course: March 16-May 18
- **MassCAP:** National Anti-Hunger Policy Conference, March 16-18
- **Brazelton Touchpoints:** Disrupting Implicit Bias in Early Childhood Programs, March 17
- **MDPH/BSAS:** Facilitating Effective Groups with Youth and Young Adults, March 23
- **Infant and Early Childhood Mental Health Consultancy:** Culture, Identity, and History as Sources of Strength and Resilience for Latino Children and Families, March 23
- **MassCAP:** Using Creativity and Self-Awareness for Effective Team Leadership, March 25
- **MA Act Early,** Motor and Cognitive Milestones for Children, March 25 & 26
- **MDPH/BSAS:** Interrupting Sexual Harassment & Violence, March 25 & 26
- **Children's Trust:** Family Support Fridays, Cultural Humility Practices with Children and Families, March 26
- **Brazelton Touchpoints Center:** 2021 National Forum: Working Together Towards Racial Equity for Children, Families, and Communities, April 6-8
- **HOPE:** Seizing the Moment – the First Annual HOPE Summit, The opportunity to change how we support children and families and create a system of care based on understanding, equity, and trust. HOPE (Healthy Outcomes from Positive Experiences), grounded in science that demonstrates the formative role of positive experiences in human development, April 9
- **PICCK:** Contraception In The Biden-Harris Administration, April 14
- **BMMA:** Black Maternal Health Virtual Conference, April 16 & April 17
- **Brazelton Touchpoints:** Listening to Transgender Children, Transforming Ourselves, April 28
- **MA Act Early,** Social & Speech Milestones for Children, April 29 & 30

- **Brazelton Touchpoints:** [Uniting Worldviews to Advance Relationships in Indigenous Communities](#), May 12
 - **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
 - **Children's Trust:** [29th Annual A View from All Sides Virtual Conference](#), Nov. 4
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[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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Curator/Publisher: Maxene Spolidoro, MS, Communications Director, MA Dept. of Public Health, Bureau of Family Health and Nutrition

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