



Welcome to the MHVI Covid-19 Resource Digest, volume 52. We're departing from our usual content to bring you resources for these times. *Think a friend or colleague should get this newsletter? Share [this link](#) with them to sign up.*

This volume of the MHVI Covid-19 Resource Digest marks a full year we've provided resources for the families you serve, your agencies and for yourselves. We'll be taking a short break while I'm out on medical leave. Stay well; stay safe and when it's your turn, please vaccinate.

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 Atlantic:** [The Surprising Key to Combatting Vaccine Refusal](#). It's not just one problem—and we're going to need a portfolio of approaches to solve it.
- **Mass.gov:** [Massachusetts Expands P-EBT to Kids Under Six Receiving SNAP, Increases All P-EBT Benefits by 15%](#)
- **Mass. DTA:** [What is P-EBT for kids 0-5 years old on SNAP? MA EBT Pandemic Program](#)
- **Science Blog/U of CA San Francisco:** [Child Abuse Surges In Times Of Crisis – The Pandemic May Be Different](#)
- **Futurity/U of MI:** [Parents' Pandemic Depression Boosted Kids' Anxiety](#), Parent depression and stress early in the pandemic negatively contributed to their young children's home education and anxiety.
- **CBS News:** [The COVID baby boom is looking more like a baby bust](#). Provisional birth rate data provided to CBS News by 29 state health departments shows a roughly 7.3% decline in births in December 2020, nine months after COVID-19 was declared a pandemic by the World Health Organization.
- **Huffpost:** [New Report Shows Just How Hard 2020 Was On America's Kids](#). Our children "are in trouble" say researchers, who ranked the states where children have been most negatively affected by COVID-19.
- **NIH:** [Law enforcement seizures of methamphetamine and marijuana rose during pandemic](#)
- **Child Mind Institute:** [Screen Time During the Coronavirus Crisis. What limits are appropriate when kids are stuck at home? en Español](#)
- **Healthline:** [How to Talk to Kids Who Are Fearful of COVID-19](#)
- **Washington Post:** [How to help kids regain their footing after a year of stress and disruption](#)
- **CNN:** [Domestic violence incidents rose in the US during pandemic lockdowns, analysis finds](#)
- **TIME:** [Insurance Claim Data Show How Much Teen Mental Health Has Suffered During the U.S. COVID-19 Pandemic](#)

- **naeyc:** [Singing and Moving in the Time of COVID-19](#) Recognizing the importance of music and movement in early childhood, here are [strategies for safer music and movement activities](#) in person and virtually, based on recommendations from the CDC and recent research.
- **National Geographic:** [Are you procrastinating more? Blame the pandemic.](#) We know putting things off is bad for us. But an evolutionary battle in our brains can drive us to procrastinate—and lockdowns are adding fuel to the fire.
- **The Conversation:** [COVID-19 survivor's guilt a growing issue as reality of loss settles in](#)
- **Huffpost:** [Bent Not Broken](#) is a comprehensive look back on the first year of the COVID-19 pandemic and how it has disrupted our mental health. We're all going through it to some degree: The loneliness, the burnout, the uncertainty, the trauma. In this series, you'll find advice and insight from experts on how to manage your emotional well-being as we move into year two. We've been so vigilant about protecting our physical health, but we can't forget our mental health, too.
- **The Atlantic:** [You Got the Vaccine! What Can You Do Now? A guide to America's awkward, semi-vaccinated months](#)

Other news, towards racial justice and racial healing:

- **Undefeated:** [New public information campaign answers Black people's questions about COVID-19 vaccines.](#) "The Conversation: Between Us, About Us" video series aims to close the gap in who gets the lifesaving shots.
- **Undefeated:** [More African Americans say they'll take the coronavirus vaccine, new survey finds.](#) KFF poll finds 62% of Black people say they'll get vaccinated, up sharply from the number in September
- **Child Trends:** [Family, Economic, and Geographic Characteristics of Black Families with Children.](#) This issue brief, the first in the series, provides a brief summary of recent data and historical context on family structure, employment and income, and geography for Black people with young children in the United States. Other briefs will draw on these and other data, when relevant, to highlight facilitators and barriers to access for key family support systems that can help Black families and children thrive, particularly those who are economically disadvantaged.
- **The Conversation:** [How urban planning and housing policy helped create 'food apartheid' in US cities](#)
- **Brookings:** [Re-imagining safety, belonging, and justice in the wake of anti-Asian violence](#)
- **Boston Globe:** [There is no anti-racist movement without fighting anti-Asian discrimination.](#) Segregated approaches to fighting racism are costing us humanity.
- **Washington Post:** [As schools reopen, Asian American students are missing from classrooms](#)
- **Center for Law and Social Policy:** [Half-Truths, the Capitol Insurrection, and My Black Son.](#) Reflections from Child Care Policy Analyst Alycia Hardy on explaining the Capitol insurrection to her son.
- **Center for Law and Social Policy:** [Immigrant Families during the Pandemic: On the Frontlines but Left Behind](#)
- **The Conversation/Clark U.:** [How Black Americans used portraits and family photographs to defy stereotypes](#)
- **TIME:** [Six Dr. Seuss Books Will Stop Being Published Because of Racist Imagery](#)
- **Boston Globe/A Beautiful Resistance:** [The Black history I carry with me. Explore the full project.](#)

Other news:

- **Huffpost:** [How To Talk To Your Kid About Disabilities.](#) Parents should discuss inclusivity and representation for disabled people with their children.
- **Huffpost:** [Moments That Showed How Important Representation Is For Kids.](#) From Barack Obama's hair touching moment to the impact of "Hamilton," these examples highlight the power of diversity in children's media, toys and more.

- **TIME:** [How to Raise Resilient Kids](#)
- **The Atlantic:** [There's a Better Way to Parent: Less Yelling, Less Praise](#). When Michaeleen Doucleff met parents from around the world, she encountered millennia-old methods of raising good kids that made American parenting seem bizarre and ineffective.
- **Commonwealth:** [Health insurers to promote 2017 birth control provision. Measure allows women to obtain 12-month supply of pills](#). ... only about 300 women obtained a 12-month supply of birth control last year through the state's largest insurers, and none had received it through MassHealth, the state's Medicaid program, according to a source at MassHealth and advocates.

If you're a Massachusetts resident who is 18 or older, take the [COVID19 Vaccine Hesitancy Survey](#) today and share how **YOU feel about the current covid19 vaccines.**

Reports, Briefs, Infographics and other downloads:

- **Zero to Three:** [Parents' Just-In-Time Work Schedules Are Not Working For Babies](#)
- **Center for Law and Social Policy:** [The Roots of Discipline-Induced Trauma for Black Children in Early Childhood Settings](#)

For Self-care:

- **The Atlantic:** [We have been doing this so long, we're forgetting how to be normal](#).
- **National Geographic:** [Are you procrastinating more? Blame the pandemic](#). We know putting things off is bad for us. But an evolutionary battle in our brains can drive us to procrastinate—and lockdowns are adding fuel to the fire.
- **Huffpost:** [7 Red Flags You're Experiencing Trauma From The COVID-19 Pandemic](#). Here's how to spot coronavirus-related post-traumatic stress disorder, plus advice on how to address it.
- **Huffpost:** [Bent Not Broken](#) is a comprehensive look back on the first year of the COVID-19 pandemic and how it has disrupted our mental health.
- **verywellmind:** [Are Your Friends Mentally Draining You?](#)
- **Healthline:** [A Simple Phone Call Can Help Relieve Anxiety and Depression for Those in Lockdown](#)
- **The Atlantic:** [A Counterintuitive Way to Cheer Up When You're Down](#). When you most need to get happier, try giving happiness away.
- **The Atlantic:** [Go Ahead and Fail. Perfectionism can make you miserable](#). Here's how you can muster the courage to mess up.
- **Greater Good Science Center:** [How to Build a Culture of Generosity at Work](#). Here are six practices to help your team ask for and give more help to each other.
- **New York Times:** [How to Write a Gratitude Letter](#). Concerned about a friend or a loved one who may be feeling the winter doldrums? Try writing them a gratitude letter.
- **Huffpost:** [How To Process Grief Caused By COVID-19 \(Even If You Didn't Lose Someone\), You don't have to be mourning a loved one to need help coping](#). The coronavirus pandemic has led to all types of grief.
- **Huffpost:** [6 Signs Feeling Lonely Has Become A Bigger Issue \(And How To Fix It\)](#). The COVID-19 pandemic has led to more people being alone and more loneliness, which can hurt your mental health.
- **Greater Good Science Center:** [What Will the World Look Like After Coronavirus?](#) Ninety-nine thinkers weigh in on how COVID-19 will impact our future.
- **TIME:** [So You Want to Meditate? Here's the Simple Way to Start](#)
- **Huffpost:** [7 Little Things You Can Do When You're Feeling Pandemic Burnout](#). The chronic stress brought on by the coronavirus has left us emotionally blunted. Experts share some tips on how to cope.

- **Huffpost:** [How Long It Might Take To Mentally Recover From The COVID-19 Pandemic](#). Sadly, there will be long-term mental health effects from the coronavirus. And they may linger beyond the end of the crisis.
- **30 Seconds:** [At Your Wits' End & Need to Escape? Try These 7 Creative Out-of-the-Box Ways to Take a Mental Break](#)
- **Greater Good Science Center:** [Six Ways to Incorporate Awe Into Your Daily Life](#)
- **Futurity:** [Why Aren't People Good At Thinking Just For Fun?](#) Check out some [tips](#) on how to get pleasantly lost in your thoughts.
- **Flipboard:** [The Sleep Habits Of Happy And Successful People](#). Not getting enough quality sleep is the easiest way to kill productivity. Here are some better-sleeping tips and tricks from experts to help you get some better shut-eye. (8 articles)
- **NPR:** [Good Conversations Take Time And Attention. Here's How To Have Better Ones](#), 18 minute audio
- **Lifehacker:** [How and When to Plant a Spring Garden](#)
- **New York Times:** [Start Your Seeds in Yesterday's News](#). A simple roll of newspaper creates a biodegradable pot to get your spring planting season off the ground.
- **Code Switch:** Stay safe and think of [Nina Simone's cover of the Beatles' "Here Comes The Sun."](#)

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

- **Office of Head Start/Home Visiting Series:** [Supporting Positive Family Responsiveness to Children's Communication](#), March 10
- **National Health Resource Center on Domestic Violence:** [Health, Healing and Relationships: Intimate Partner Violence, Trauma and HIV](#), March 10
- **Jewish Family Services:** [Forgotten Dreams: Tapping into the Power of Sleep and Dreams for Self-Care and Caregivers](#), March 11
- **Loretta Ross:** [White Supremacy in the Age of Trump](#), March 10, March 17
- **BACE:** [Breastfeeding Foundations for Perinatal Health Workers](#), March 12 & 13
- **Boston Public Library:** [Lucy Stone: Make the World a Better Place](#) Explore the lifelong fight of Massachusetts's own Lucy Stone to win equal voting rights for women and African Americans
- **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
- **Office of Head Start:** [Understanding Substance Use to Support Families in Head Start Programs](#), March 17
- **Brazelton Touchpoints:** [Disrupting Implicit Bias in Early Childhood Programs](#), March 17
- **HRiA/MDPH:** [COVID-19 One Year Later: Moving Forward in Harm Reduction & Overdose Prevention](#), March 18
- **Alliance for Strong Families and Communities:** [How to Communicate about Childhood Adversity to Build Understanding](#), March 22
- **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
- **MDPH/BSAS:** [Supporting Youth and Families in Recovery from Substance Use Disorders](#), March 29 & 30
- **MDPH/Suicide Prevention:** [Safety Planning Intervention](#), March 29
- **Boston Public Library:** ["Equal to the Occasion" Boston's Women and the Underground Railroad](#). Find out how the women of Boston became critical contributors to the Underground Railroad. March 30

- **Brazelton Touchpoints Center:** [2021 National Forum: Working Together Towards Racial Equity for Children, Families, and Communities](#), April 6-8
- **Tufts/Mother Lab:** [4th Annual Black Maternal Health Conference: Centering the Role of Doulas in Addressing Maternal Health Disparities](#), April 9
- **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
- **MDPH/Suicide Prevention:** [The Toll of Working with Trauma: Understanding Self-Care as an Ethical Imperative](#), April 12
- **PICCK:** [Contraception In The Biden-Harris Administration](#), April 14
- **BMMA:** [Black Maternal Health Virtual Conference](#), April 16 & April 17
- **Futures without Violence:** [National Conference on Health and Domestic Violence](#), April 27-30
- **Brazelton Touchpoints:** [Listening to Transgender Children, Transforming Ourselves](#), April 28
- **MA Act Early,** [Social & Speech Milestones for Children](#), April 29 & 30
- **MDPH/Addiction Trainings for Workforce Serving Youth and Young Adults:** [Child Welfare and Trauma-to-Prison Pipeline](#), May 12
- **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

[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.

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.

Curator/Publisher: Maxene Spolidoro, MS, Communications Director, MA Dept. of Public Health, Bureau of Family Health and Nutrition

You can follow MHVI on [Facebook](#), [Twitter](#) and [Pinterest](#)
