



Welcome to the MHVI Covid-19 Resource Digest, volume 61, July 6, 2021. 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.*

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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](#).

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### Information for supporting families during Covid:

- **CDC/OMH:** [CDC launched a Covid-19 Vaccine Chat on WhatsApp for the Spanish-speaking community. Find important info about vaccine locations and frequently asked questions.](#)
- **HRSA:** Spread the word to ensure families get their [Child Tax Credit](#) benefits. Starting July 15 and continuing through December 2021, the new Child Tax Credit in the American Rescue Plan (ARP) Act provides monthly benefits of \$250 per child between ages 6-17 and \$300 per child under age 6. Help families who did not file taxes last year use the [IRS's Child Tax Credit Non-filer Sign-up Tool](#) to apply for the benefits. Direct families to [childtaxcredit.gov](#) to learn more.
- **WhiteHouse.gov:** [The Child Tax Credit. En Español](#)
- **CDC:** [Mental Health Among Parents of Children Aged <18 Years and Unpaid Caregivers of Adults During the COVID-19 Pandemic — United States, December 2020 and February–March 2021](#) Early during the COVID-19 pandemic, nearly two thirds of unpaid caregivers of adults reported adverse mental or behavioral health symptoms, compared with approximately one third of non-caregivers. In addition, 27% of parents of children aged <18 years reported that their mental health had worsened during the pandemic.
- **MedPageToday:** [Public Health Workers' Mental Health Battered During Pandemic.](#) — Over half of workers reported adverse mental health symptoms
- **Huffpost:** [How To Help Anxious Kids Through This Next Phase Of The Pandemic.](#) People are going mask-free and life is opening up — and some kids are nervous. Here's how to help.
- **Kaiser Family Foundation:** [Mental Health in Massachusetts.](#) This fact sheet provides an overview of mental health and substance use disorders in Massachusetts, including mental illness during the COVID-19 pandemic, the prevalence of common mental health and substance use disorders prior to the pandemic, and coverage and access issues. For comparison, national level data are also included whenever possible.
- **Lifehacker:** [Find Free Food in Your Area With This New Google Tool.](#) A locator map aggregates info on food pantries, school lunch programs, and other resources for the food-insecure. Data on this map is provided by [No Kid Hungry](#), [USDA](#) and [FoodFinder](#).
- **Greater Good Science Center:** [How to Reset Your Family's Screen Time After the Pandemic.](#) Many families relied on screens a lot during the pandemic. Team up with your kids to create healthier media habits.
- **WebMD/WBUR:** [Shortage of Mental Health Beds Keeps Kids Trapped Inside ERs](#)
- **NYT:** [8-Year-Olds in Despair: The Mental Health Crisis Is Getting Younger.](#) The number of children who need urgent mental health care has been on the rise for years, and spiked during the pandemic.
- **Kaiser Family Foundation:** [Damage to Children's Education — And Their Health — Could Last a Lifetime](#)

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## Other news, towards racial justice and racial healing:

- **The Conversation:** [Critical race theory: What it is and what it isn't](#). The development of critical race theory by legal scholars such as [Derrick Bell and Crenshaw](#) was largely a response to the slow legal progress and setbacks faced by African Americans from the end of the Civil War, in 1865, through the end of the civil rights era, in 1968. To understand critical race theory, you need to first understand the history of African American rights in the U.S.
- **Robert Woods Johnson/Better Life Lab:** [A Portrait of Caring Black Men](#)
- **Robert Woods Johnson/Culture of Health:** [Reclaiming the Narrative of Black Fatherhood](#)
- **CNN:** [This late civil rights icon's imprint is everywhere today](#). Best known for popularizing the term “Black Power,” the civil rights activist [Kwame Ture \(formerly Stokely Carmichael\)](#) would have turned 80 years old on June 29. This important birthday offers an opportunity to reflect on how profoundly his legacy has influenced present-day Black politics—including the Black Lives Matter movement.
- **Mashable:** [What is critical race theory? And why is everybody fighting about whether it should be taught in schools?](#)
- **Medical News Today:** [Fast food's equity problem: Black and Hispanic youth unfairly targeted by ads](#)
- **Boston Globe:** [US housing policies fueled racial discrimination](#). Many disturbing trends persist that have made integrated communities, and therefore integrated neighborhood schools, more elusive.
- **Boston Globe:** [For Asian Americans, heart-to-heart talks about painful issues like racism can bridge the generation gap](#)

## Other news and information:

- **National Institute for Children’s Health Quality:** [Exploring a Nonbinary Approach to Health](#). Holding space for inclusive and expansive language in maternal and child health.
- **NYT:** [Transgender Childhood Is Not a ‘Trend.’](#) As far back as historians have found evidence of transgender people, they’ve found transgender children.
- **Forbes:** [Largest Survey Of Transgender And Nonbinary Youth Says More Than Half Seriously Considered Suicide](#)
- **Science Daily/Rutgers U.:** [Just enough information will motivate young children to learn, drive curiosity](#). Preschoolers need to know just enough, but not all, about something to motivate them to learn more
- **Science Daily/U. of Texas:** [Evidence against physically punishing kids is clear](#). A conclusive narrative review has found physical punishment of children is not effective in preventing child behavior problems or promoting positive outcomes and instead predicts increases in behavior problems and other poor outcomes over time. The study by an international group of scientists including a researcher from The University of Texas at Austin was published today in The Lancet.
- **NIH:** [Healthy diet before and during pregnancy linked to lower risk of complications](#)
- **Early Learning Nation:** [Beyond ‘Good Job’ – Praise that Pulls for a Child’s Growth and Development](#)
- **Early Learning Nation:** [Scientists from the Start: Babies Are More Thoughtful, More Analytical than You’d Ever Imagine](#)
- **NIHCQ:** [Exploring a Nonbinary Approach to Health](#). Holding space for inclusive and expansive language in maternal and child health
- **NYT:** [How to Raise a Reader](#). The benefits of reading at every stage of a child’s development are well documented. Happily, raising a reader is fun, rewarding and relatively easy.
- **NYT:** [How Children Read Differently From Books vs. Screens](#). Scrolling may work for social media, but experts say that for school assignments, kids learn better if they slow down their reading.

- **NYT:** [8-Year-Olds in Despair: The Mental Health Crisis Is Getting Younger](#). The number of children who need urgent mental health care has been on the rise for years, and spiked during the pandemic.
- **NYT:** [Reading Aloud to Young Children Has Benefits for Behavior and Attention](#)
- **NYT:** [How to Talk to a Child Who Is Struggling](#). When a younger child seems to be struggling with depression or anxiety, it can be difficult to talk about it. Here are some ways to help kids open up about tough emotions
- **Child Mind Institute:** [How to Help Kids Who Are Lonely](#). What parents can say to kids who are struggling socially and how they can help. [En Español](#)
- **Child Mind Institute:** [Social Challenges of Kids With Learning Problems](#). Learning problems can affect not just school but communicating and connecting with other kids. [En Español](#)
- **Child Mind Institute:** [Helping Young Children Who Are Socially Anxious](#). Tips for helping reluctant children join in play and group activities. [En Español](#)

### Reports, Briefs, Infographics and other downloads:

- **WhiteHouse.gov:** [Help is Here: The American Rescue Plan Delivers Major Tax Relief for Families with Children](#)
- **WhiteHouse.gov:** [Help Is Here Monthly payments for families with kids](#)
- **Office of Head Start:** [The Pyramid Model for Promoting the Social and Emotional Development of Infants and Young Children Fact Sheet](#)
- **Rapid-EC/U. of Oregon:** [families with young children are burdened with rising debt](#). The data indicate that families with young children have been struggling considerably with debt and bills since the COVID-19 pandemic began.
- **Center for American Progress:** [The True Cost of High-Quality Child Care Across the United States](#),
- **HRSA:** [Massachusetts's MIECHV Program FY 2020](#)
- **HRSA/Bridging the Word Gap Research Network:** [How Home Visitors Can Help Bridge the Word Gap](#). The purpose of this research-based brief is to support Home Visitors in educating Parents and Caregivers on different strategies they can use to help bridge the word gap with their children.
- **NIH/Eunice Kennedy Shriver National Institute of Child Health and Human Development:** [Safe Sleep for Your Baby brochure for African American audiences](#)
- **NIH Eunice Kennedy Shriver National Institute of Child Health and Human Development:** [Safe Sleep for Your Baby brochure for American Indian/Alaskan Native audiences](#)

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### For Self-care:

- **Verywellmind:** [Staying Body Positive After Covid-19](#)
- **Vice:** [Why You're Listening to More Music Now That Life Is Returning to Normal](#). We asked a neurologist and an epidemiologist about how our social lives and mental health are tied to our listening habits.
- **NPR:** [Stuck In A Rut? Sometimes Joy Takes A Little Practice](#), 3 minute audio
- **PSYCHE:** [How to breathe](#). Whether your aim is improved health, mental calm or achieving transcendence, breathing techniques can help you get there
- **PSYCHE;** [Talking out loud to yourself is a technology for thinking](#).
- **The Atlantic:** [3 Rules for Politeness During a Confusing Social Transition](#). Our pre-pandemic social manners have been upended. But although etiquette is always in flux, its principles should be timeless.
- **Verywellmind:** [How to Make Sure You Have a Relaxing Staycation](#)

- **Verywellmind:** [17 Ways to Develop Your Creativity](#)
- **Greater Good Science Center:** [Learning to Live in a World without a Loved One](#). How can we cope with loss and navigate the grieving process?
- **Greater Good Science Center:** [Four Ways Self-Compassion Can Help You Fight for Social Justice](#). Fierce self-compassion can help us cultivate the clarity and courage to stand up to oppression.
- **Verywellmind:** [11 Anger Management Strategies to Help You Calm Down](#)
- **Verywellmind:** [Tips on How to Cope With a Crisis or Trauma](#)
- **Verywellmind:** [How to Stop Putting Pressure on Yourself. Cut Down on Self-Imposed Stress](#)
- **TIME:** [Why Spending Time With Friends Is One of the Best Things You Can Do for Your Health](#)
- **TIME:** [The Health Benefits of Coffee](#)
- **PSYCHE:** [How to think clearly](#). By learning to question and clarify your thoughts, you'll improve your self-knowledge and become a better communicator
- **Greater Good Science Center:** [How Noticing Emotions at Work Can Build Trust](#). Recognizing your coworkers' feelings is a way to show that you care.
- **Vox:** [The pandemic has made small talk even more painful](#). The social amnesia of forgetting how to read people's faces and gauge conversations is very, very real.
- **The Conversation:** [A brief history of the s'more, America's favorite campfire snack](#)
- **The Conversation:** [In America's sandwiches, the story of a nation](#)
- **NPR:** [Joy Generator](#) -Feeling blah? Science shows you can boost happiness by taking time for small moments of delight. We've got ideas to try out right now. So let's play!
- **NYT:** Here's [Seals and Crofts performing "Summer Breeze"](#) live on Burt Sugarman's "The Midnight Special" in 1973. (And, I know, many of you weren't even born.)

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

- **MIRA Coalition:** [Intro to Immigration - 2021 Summer Training Series](#), Rights and Benefits for Immigrants, July 8
- **GBH/Stories from the Stage:** [Telling An Award Winning Story](#), July 8
- **New England Public Health Training Center:** [Speaking up at work: why does it matter and how might it help us stay healthy?](#) July 8
- **Safe Kids World Wide:** [Childhood Injury Prevention Convention Virtual Conference](#), July 12 – 16
- **Office of Head Start:** [The Latest Live from the ACF Office of Early Childhood Development](#), July 13
- **National Collaborative for Infants & Toddlers:** [Prenatal-to-Three Messaging Research Webinar](#), July 14
- **Office of Head Start:** [The Science Behind Social and Emotional Development](#), July 15
- **National Academies of Sciences, Engineering and Medicine:** [COVID-19: Disaster Preparedness and Vulnerable Populations](#), July 15
- **Brazelton Training Center:** [Supporting Young Children and Families in the Return to Early Learning Settings](#), July 15
- **Office of Head Start:** [The Science Behind Social and Emotional Development](#), July 15
- **Brazelton Training Center:** [Beyond Trauma-Informed Care: A Developmental-Relational Framework for Engaging Adults and Children in Healing and Resilience](#), July 20
- **MIRA Coalition:** [Intro to Immigration - 2021 Summer Training Series](#), Immigration and Families, July 22
- **EmbraceRace:** [Racial Socialization as Resistance to Racism: The Early Years](#), June 22
- **Public Health Institute of Western MA:** [Vaccines & Masks: Navigating Workplace Culture](#), June 24
- **NCCAN:** [22nd National Conference on Child Abuse and Neglect](#), July 27-29
- **Office of Head Start,** [Stress and Trauma Part 1: Pandemic-related Struggles and Lessons Learned](#), July 27
- **Office of Head Start:** [Stress and Trauma Part 2: Buffering the Impact of the Pandemic](#), July 29

- **MIRA Coalition:** [Intro to Immigration - 2021 Summer Training Series](#), Immigration Policy Updates and the Work Ahead, Aug. 5
- **Prevent Child Abuse America:** [Transforming Our Tomorrow: 2021 National Conference](#), Aug. 10-12
- **Office of Head Start:** [Asking Good Questions to Support Children's Thinking and Learning](#), Sept. 2
- **Office of Head Start:** [Mothers and Babies: An Intervention to Prevent Postpartum Depression](#), Sept. 16
- **PICCK:** [Partners in Contraceptive Choice and Knowledge \(PICCK\)](#), Annual Meeting, Sept. 18
- **Boston Globe:** [Globe Summit: The Great Recovery](#), a virtual conference that will convene the conversation about our post-Pandemic future across four verticals – economy, health, innovation, and sustainability. Headliners: Dr. Anthony Fauci, Dr. Ibram X. Kendi, Marylou Sudders & more, Sept. 22-24
- **PICCK:** [What's New in Contraception 2021](#), Sept. 29
- **Brazelton Training Center Touchpoints:** [The How of Child and Family Engagement Series](#), Oct. 5 modules
- **PICCK:** [What Do Patients Want? Pregnancy Intention and Contraceptive Needs Assessment](#), Oct. 20
- **Boston Association for Childbirth Education & Nursing Mothers' Council:** [BACE+ Accelerated Childbirth Educator Training Workshop](#), for those with strong content knowledge and experience. Hybrid format - online and in person classes, Oct. 20, 21 & Nov 31
- **Children's Trust:** [29th Annual A View from All Sides Virtual Conference](#), Confronting Racism: Promoting Racial Justice, Equity, and Inclusion in Family Support, [Interview with Dr. Ibram X. Kendi](#) Nov. 4
- **PICCK:** [Substance Use Disorder and Family Planning Care](#), Nov. 18

[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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