Welcome to the MHVI Covid-19 Resource Digest, volume 66, August 10, 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. The MHVI Digest will pause until September; I’ll be on leave; be well.

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:

- **TIME:** How Will Delta and COVID-19 Change This Back-to-School Season? Here's What to Know, includes 6 minute video
- **Boston Globe:** CDC issues new eviction ban for most of US through Oct. 3. The ban ... would temporarily halt evictions in counties with “substantial and high levels” of virus transmissions and would cover areas where 90% of the U.S. population lives.
- **NYT:** Pandemic Aid Programs Spur a Record Drop in Poverty. The most comprehensive study yet of the federal response to the pandemic shows huge but temporary benefits for the poor.
- **Child Trends:** Lessons from the Expanded Child Tax Credit Can Strengthen Other Safety Net Programs
- **National Research Institute on Hispanic Children and Families:** 4 in 10 Latino and Black households with children lack confidence that they can make their next housing payment, one year into COVID-19
- **Mass.gov:** Attorney General’s Guide to the Child Tax Credit in Massachusetts. Learn more about the Child Tax Credit, including what to do if a debt collector tries to garnish your monthly payments or someone contacts you to ask for your personal information. Multilingual flyers from the AG’s Office explain how much money you may receive and what you need to do to get the payments. English, Português (Portuguese), Español (Spanish), 中文 (Chinese),
- **CNN:** Ob-gyn associations recommend all pregnant people get vaccinated against Covid-19
- **CDC:** COVID-19 Vaccines While Pregnant or Breastfeeding
- **CNN:** Your toddler may not remember socializing before the pandemic. Here’s how to help them adjust
- **NYT:** The Kindergarten Exodus. As the pandemic took hold, more than 1 million children did not enroll in local schools. Many of them were the most vulnerable: 5-year-olds in low-income neighborhoods.
- **WBUR:** How To Keep Your Child Safe From The Delta Variant. Public health experts — all parents — share their personal strategies for keeping their kids and families safe these days.
- **The Conversation:** How parents can help kids deal with back-to-school anxiety
- **AAP:** Child Discipline During the Covid-19 Pandemic
- **AAP:** Despite the Pandemic, Many Parents Report Family Closeness
- **AAP:** Intimate Partner Violence (IPV) in the Home During the COVID-19 Pandemic
- **AAP:** Stress and Violence at Home During the Pandemic
- **Futures without Violence:** Resources for Safety and Support During COVID-19
- **Knowable:** Effects of the pandemic on the developing child; How Covid-19 and social distancing are affecting children now, and what to expect as we emerge from the crisis. 1 hour audio
- **Huffpost:** 4 Things To Start Doing Now To Get Kids Ready For School This Fall. How to hold on to the last moments of summer while helping kids transition to another COVID-era school year.
• **Huffpost:** [Tough Love And Offers To Drive: How People Are Convincing Holdouts To Get Vaccinated](https://www.huffpost.com/entry/tough-love-and-offers-to-drive-how-people-are-convincing-holdouts-to-get-vaccinated). We asked folks who've successfully persuaded a loved one to get vaccinated to share what argument finally worked.


• **Huffpost:** [New Study Shows Just How Much Kids' Mental Health Has Suffered In The Pandemic](https://www.huffpost.com/entry/new-study-shows-just-how-much-kids-mental-health-has-suffered-in-the-pandemic). Anxiety and depression doubled among children around the world, according to an analysis.

• **Huffpost:** [How Do We Move Away From All The Screen Time Our Kids Are Used To Now?](https://www.huffpost.com/entry/how-do-we-move-away-from-all-the-screen-time-our-kids-are-used-to-now) For 18 months, we've used screens to teach our kids and keep our collective sanity. Here's how to cut back.

• **Child Mind Institute:** [Preparing Your Child to Go Back to School In-Person](https://www.childmind.org/prepare-child-go-back-school). After a year of remote and hybrid learning, getting back to normal may be a challenge. [En Español](https://www.childmind.org/prepare-child-go-back-school-es).

---

**Other news and information, towards racial justice and racial healing:**

- **Greater Good Science Center:** [Nine Picture Books That Illuminate Black Joy](https://greatergood.berkeley.edu/article/item/nine_picture_books_that_illuminate_black_joy). These books celebrate Black children's everyday lives—being bold, curious, creative, loving, and playful.

- **Greater Good Science Center:** [Seven Ways to Fight Bias in Your Everyday Life](https://greatergood.berkeley.edu/article/item/seven_ways_to_fight_bias_in_your_everyday_life). Foster diversity and inclusion and build a better world by putting your beliefs into practice.

- **The Undefeated:** [How Obama changed the conversation around ‘first blacks.’ The only relevant question now is when, not if, a black person will fill a particular job](https://theundefeated.com/article/how-obama-changed-the-conversation-around-first-blacks-the-only-relevant-question-now-is-when-not-if-a-black-person-will-fill-a-particular-job).

- **The 19th:** [For Black parents, barriers to postpartum mental health care begin before the first call for help](https://the19th.org/article/for-black-parents-barriers-to-postpartum-mental-health-care-begin-before-the-first-call-for-help). Black people who need help during or after pregnancy face hurdles with cultural differences that affect diagnosis, a fear of over policing, and medical professionals who may not have the resources -- or interest.

- **Center for American Progress:** [Ensuring Equal Pay for Black Women is Not Just About Work—It’s Also About Family](https://www.americanprogress.org/article/ensuring-equal-pay-for-black-women-is-not-just-about-work-it-s-also-about-family/)

- **Futurity/NC State U.** [Adults Mistake Black Children Who Seem Older As Angry](https://futurity.org/adults-mistake-black-children-who-seem-older-as-angry/). The older an adult thinks a Black child is, the more likely the adult is to incorrectly view the child as being angry, according to a new study.

*Did someone forward you this newsletter? To subscribe please send an email to Maxene.Spolidoro@mass.gov. Please put subscribe in the subject line.*

---

**Other news and information:**

- **Verywellmind:** [The Language We Use Around Mental Health Matters](https://www.verywellmind.com/the-language-we-use-mental-health-matters-4074635). Words are extremely powerful. They linger with us long after a conversation is over, and they can impact our decisions and the way we feel about ourselves.

- **ASCEND:** [8 Principles For Engaging And Centering Parent Voices](https://ascendmovement.org/principles-for-engaging-and-centering-parent-voices/)

- **The 19th:** [For Black parents, barriers to postpartum mental health care begin before the first call for help](https://the19th.org/article/for-black-parents-barriers-to-postpartum-mental-health-care-begin-before-the-first-call-for-help). Black people who need help during or after pregnancy face hurdles with cultural differences that affect diagnosis, a fear of over policing, and medical professionals who may not have the resources -- or interest.

- **Knowable:** [Studying poverty through a child’s eyes](https://knowablemagazine.org/article/studying-poverty-through-a-childs-eyes). Researchers studying how poverty and adversity affect children’s development often track how negative experiences — be they poverty itself or factors such as having an incarcerated parent — affect decision-making, stress levels or aspects of brain function. But Seth Pollak, a psychologist at the University of Wisconsin–Madison, says that most of these efforts miss a crucial but long-overlooked component: children’s perceptions of their experiences.
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.

**Child Mind Institute:** **School Mornings Without the Stress.** How to get your child up and out the door with the least amount of conflict. [En Español]

**Child Mind Institute:** **Back-to-School Tips for Kids Who Are Struggling.** How resetting expectations and planning ahead can help children with learning challenges. [En Español]

Reports, Briefs, Infographics and other downloads:

- **ASCEND:** [Bringing Fathers Into Focus for Child and Family Well-Being](#) and Working Through Immigrant Status, September 16; Growing Language Skills, October 14; Cultural Competence Secrets to Success, November 10. [All use the same registration link](#), and provides access to the webinar recording.
- **ASCEND:** [State of the Field: Two-Generation Approaches to Family Well-Being](#)
- **ASCEND:** [1 in 5 podcast](#) vividly profiles the stories of 15 student parents who share their journeys of going to school, working, and raising a family.
- **National Center on Parent, Family and Community Engagement:** [Partnering with Families to Access Benefits Through the American Rescue Plan](#)
- **Shah Family Foundation:** [Child Tax Credit Checks](#): Apply for taxes now & get monthly money ($250-$300 per child) starting July 15! You can apply today, even if you don’t usually file taxes. [Apply now!](#)
- **Mass.gov:** [The Department of Early Education and Care (EEC) developed guidance for parents, families and other caregivers of young children that focuses on understanding and fostering healthy child development.](#) The guidance materials provide tips and suggested activities for families to help positively impact their child’s growth and learning. 11 hand-outs in 6 languages. And, a 12 minute video: [How to Share Books with your Child](#).
- **Office on Women’s Health:** [Your Guide to Breastfeeding](#), an easy-to-read publication with how-to information and support to help women breastfeed. [Download the ePub](#), free of charge, for your tablet, eReader or smartphone. [MOBI format also available](#).
- **Office on Women’s Health:** For employers, OWH developed [The Business Case for Breastfeeding](#), a comprehensive program designed to educate employers about the value of supporting breastfeeding employees in the workplace.
- **Knowable/U. of Wisconsin-Madison:** [The Development of Emotion Reasoning in Infancy and Early Childhood: Annual Review of Developmental Psychology](#)
- **Rapid-EC/U. of Oregon:** [On Shaky Ground: Unpredictability In Ability To Pay For Basic Needs Affects Family Well-Being](#)
- **U. of Michigan/Parenting in Context Research Lab:** [Stress And Parenting During The Coronavirus Pandemic](#)
- **NPR/ The Oregonian:** [Print And Fold Your Own COVID-19 Etiquette Guide](#)
- **Office of Head Start:** [Playful And Fun Learning Environments For Infants And Toddlers](#)
- **Office of Head Start:** [Supporting Early Brain Development: Building The Brain](#)
- **NCTSN:** [A Guide to Forming Advisory Boards for Family-Serving Organizations](#) This guide helps to demystify the process and allows professionals to think about the bigger strategic decisions that will form the bedrock of your board.
- **NCTSN:** [Family Members/Caregivers: Things to Consider Before Serving on Advisory Boards](#). Provides information for family members and caregivers who are trying to decide whether or not to serve on advisory boards.
- **JAMA Pediatrics:** [Global Prevalence of Depressive and Anxiety Symptoms in Children and Adolescents During COVID-19 - A Meta-analysis](#)
For Self-care:

- **PSYCHE:** [How to stop procrastinating](#). Do you keep putting things off when you know you shouldn’t? Get going by understanding the psychology of irrational delay.
- **Huffpost:** [It’s Hot Desk Summer. Are You Prepared To Share A Desk With A Co-worker?](#) Desk-sharing is becoming an office norm, and it comes with its own etiquette.
- **Vox:** [Why can’t we sleep? How work schedules wreck our biological clocks.](#) 21 minute audio
- **Verywellmind:** [5 Times When Quitting Is Actually a Sign of Mental Strength](#)
- **NPR:** [When The Headlines Won't Stop, Here’s How To Cope With Anxiety](#), 14 minute audio
- **Harvard Gazette:** [Why returning to ‘normal’ feels so not.](#) Take small steps back after pandemic trauma, psychologist says
- **NPR:** [Advice For Dealing With Uncertainty — From People Who've Been There](#), 18 minute audio
- **NPR/Throughline:** [Stories of How We Cope With Chaos (2021)](#), 1 hour audio
- **Verywellmind:** [Why Emotional Resilience Is a Process](#)
- **NPR:** [COVID-19 Etiquette: 6 Common Conundrums (And A Printable Pocket Guide)](#)
- **Fast Company:** [How creative are you? This 4-minute word test will tell you.](#) According to researchers from McGill, Harvard, and the University of Melbourne, a quick test could reveal how much creative potential lies within.
- **NYT:** [5 Minutes That Will Make You Love Stravinsky.](#) Dive into the composer who changed music history and gave Mikhail Baryshnikov “my first heady sniff of the West.”
- **Flip Board:** [Take a Backyard Vacation.](#) Make your own back yard a dreamy staycation destination. We're showcasing travel-themed recipes and helping you gear up for backyard clambakes, camping under the stars, tropical getaways, and more virtual escapes. *12 articles to up your staycation game!*
- **WBUR:** [A 2021 Guide To New England's Summer Drive-Ins And Outdoor Movie Pop-Ups](#)
- **CNN:** [Dance your heart out.](#) Korean pop stars BTS’ song, "Permission to Dance," is also the inspiration for their latest dance challenge. It’s all about casting your worries aside and moving your body to their bouncy, catchy tunes after a tough year.

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

- **Boston Globe:** [Justice, Equity & Inclusion Series: Creating A Culture Of Compassion](#), Aug. 11
- **AAP:** [Back to School for Quirky Kids: Ease the Transition to In-Person Learning](#), Aug. 11
- **Aspen Institute:** [Building Trust with Immigrant Families: Spreading and Adapting 2Gen Working Practices](#), Aug. 12
- **MDPH/BSAS:** [The Spirit of Motivational Interviewing: Engaging Youth in Substance Use Treatment](#), Aug. 12
- **Office of Head Start:** [Identifying and Addressing Maternal Depression](#), Aug. 17
- **SAMSHA:** [Virtual Roundtable: Creating and Enhancing Pathways to a Racially/Ethnically Diverse Behavioral Health Workforce](#), Aug. 18
- **MDPH/Suicide Prevention:** [Moral Injury and Suicide in the Time of COVID](#), Aug. 24
- **MDPH/BSAS:** [Cultural Humility as a Methodology for Collaborating with Massachusetts Native Communities](#), Aug. 27
- **National Coalition for Infant Care:** [7th Annual Infant Health Policy Summit](#)
- **Office of Head Start:** [Asking Good Questions to Support Children’s Thinking and Learning](#), Sept. 2
- **Brazelton Touchpoints Center:** [Supporting Young Children and Families in the Return to Early Learning Settings](#), Sept. 9
- **MDPH/BSAS:** [Setting and Maintaining Professional Boundaries](#), Sept. 9
- **Brazelton Touchpoints Center:** [Families in Recovery: Touchpoints in the Context of Substance Use Disorder](#), Sept. 13
- **Office of Head Start**: Mothers and Babies: An Intervention to Prevent Postpartum Depression, Sept. 16
- **Infant-Parent Training Institute**: Conversations and Controversies in Infant Mental Health, One Friday each month, beginning Sept. 17; continues into May
- **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 Touchpoints Center**: The How of Child and Family Engagement Series, Oct. 4
- **Infant-Parent Training Institute**: Reflective Supervision in Early Education and Care, 8 consecutive Tuesdays, Oct. 5 through Nov. 23
- **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
- **Infant-Parent Training Institute**: IPTI Speaker Series: Expanding the Circle of Security: A Panel Presentation to Examine the Mindset Shift from Changing Behavior to Understanding What the Behavior is Communicating, Nov. 5
- **PICCK**: Substance Use Disorder and Family Planning Care, Nov. 18
- **BACE**: Intro to Childbirth Education for Perinatal Health Workers. Fulfills DONA requirement, Dec. 4
- **BACE**: 4 Day DONA Approved Birth Doula Training, Dec. 5, 11,12, 18
- **PICCK**: Contraception and Seizure Disorder, December 7

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