
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:
- **The 74**: Exclusive Data: Absenteeism Surged Among English Learners During Pandemic. “[School] was no longer our primary concern. We had to do anything to survive.”
- **The 74**: State of Play: What Researchers Know — and Don’t — about Enrollment Declines and Learning Loss as School Year Gets Underway
- **Bloomberg**: Diaper Inflation Wrecks Already-Strained Family Budgets in U.S.
- **WBUR**: Teens’ screen time doubled to 8 hours a day during the pandemic — not counting schoolwork
- **NYT**: The U.S. Birthrate Has Dropped Again. The Pandemic May Be Accelerating the Decline. Over all, the birthrate declined by 4 percent in 2020. Births were down most sharply in December, when babies conceived at the start of the health crisis would have been born.
- **The Atlantic**: COVID Parenting Is Reaching a Breaking Point. An epidemiologist joins five Atlantic parents to discuss just how long their pandemic trade-offs can hold.
- **Healthline/JAMA**: Preschoolers Can ID People’s Emotions Under Face Masks

Other news and information, towards equity, justice and healing:
- **Washington Post**: The Black people who lived in Walden Woods long before Henry David Thoreau
- **Washington Post**: If first-graders are old enough to use racial slurs, they’re not ‘too young’ to learn about racism
- **Equity Research Action Coalition**: Black Child National Agenda: America Must Deliver on its Promise
- **Equity Research Action Coalition**: Are Black and Latine Families With Babies Feeling Relief From the Child Tax Credit
- **The Conversation**: I’ve started acknowledging the people who lived on this land first – and you should too
- **The Guardian**: Dancer, singer ... spy: France’s Panthéon to honour Josephine Baker. The performer will be the first Black woman to enter the mausoleum, in recognition of her wartime work. You can listen to Josephine Baker - Greatest Hits.
- **The Conversation**: How Black cartographers put racism on the map of America How can maps fight racism and inequality?
- **The Lily**: My grandfather founded the National Day of Mourning to dispel the myth of Thanksgiving. I’m carrying on his legacy. Every year, I march to tell the true history of the European conquest of the United States
- **GBH**: WORLD Channel presents films rich with voices from the Indigenous community. Listen and learn from these Native storytellers. Find these films on GBH.org and WORLDchannel.org.
Other news and information:

- Buzz Feed: Murder Is A Leading Cause Of Death In Pregnancy In The US
- Center of Budget and Policy Priorities/Rapid-EC: “It’s ‘Unconscionable’: We Depend on Child Care Workers to Provide High-Quality Care to Our Children. But Many of Those Workers Can’t Afford Food and Rent.
- BBC Reel: How motherhood changes the brain There are many hidden forces at play that shape a new mother’s identity, biology and physical self. Melissa Hogenboom, BBC science journalist and author looks at the latest neuroscientific understanding of how the brain changes during pregnancy and motherhood, and the positive impact this can have on new mothers. 7 minute video
- Healthy Children/AAP: The Power of Play - How Fun and Games Help Children Thrive
- Washington Post: Awe might be our most undervalued emotion. Here’s how to help children find it.

Reports, Briefs, Infographics and other downloads:

- Rapid-EC: The rate of hunger among providers has increased significantly since before the pandemic, from 23% to 29%.
- Rapid-EC: Still In Uncertain Times; Still Facing Hunger
- Rapid-EC: Child Care Shortages Weigh Heavily on Parents and Providers
- Rapid-EC: Emotional Distress on the Rise for Parents... Again
- HHS: A Community Toolkit for Addressing Health Misinformation  (Spanish coming soon)
- Sesame Street in Communities: Let’s Help: A Guide for Grown-Ups Helping Children Through the Toughest Times

For Self-care:

- Psyche: How to heal through life writing. Learning to write about trauma helps you to process the painful experience, and gives you the life skills to overcome it
- The Guardian: The seven types of rest: I spent a week trying them all. Could they help end my exhaustion?
- Very Well Mind: How to Get Better at Dealing With Change
- Greater Good Science Center: What Does Intellectual Humility Look Like? Research is uncovering the benefits of recognizing that you might be wrong, who tends to be more humble, and some hints about how to cultivate this skill.
- Washington Post: Winter is coming. But with these tips, you don’t have to fear it.
- Medical News Today: Outdoor exercise lessened anxiety, depression during COVID-19 lockdowns
- CNN: How to build a habit in 5 steps, according to science

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

- MDPH/BSAS: Operationalizing Diversity, Equity & Inclusion in Employment: Level 3, Dec. 1
- Migration Policy Institute: The Importance of Family, Friend, and Neighbor Care for Immigrant and Dual Language Learner Families, Dec. 1
- SAMSHA/Zero to Three/Center for the Developing Child: Preparing the Workforce to Better Support our Little Ones, Dec. 2
- MDPH/BSAS: Best Practices in Youth and Young Adult Substance Use Treatment, Dec. 2
- MDPH/BSAS: Using Hip-Hop to Understand Substance Use and Promote Wellness with Black Youth Dec. 2
- MDPH/Suicide Prevention: Opioid Misuse and Suicide Prevention, Dec. 2
- MDPH/BSAS: Setting and Maintaining Professional Boundaries, Dec. 3
- **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
- **MDPH/BSAS**: Vicarious Trauma, Dec. 7
- **PICCK**: Contraception and Seizure Disorder, Dec. 7
- **HRiA**: Opioid Overdose Rescue and Prevention - Part 1, Dec. 7
- **Office of Head Start**: Strategies to Promote Cognitive Self-regulation, Dec. 8
- **YW Boston**: Quantifying Equity and Inclusion, Dec. 8
- **Brazelton Touchpoints Center**: Indigenous Wisdom for Listening to Children and Families, Dec. 8
- **NIH**: 2021 Youth Mental Health Disparities Conference: Identifying Opportunities and Priorities in Youth Mental Health Disparities Research, Dec. 8, 9
- **Office of Head Start**: How Infants Think and Feel: What Research Tells Us, Dec. 8
- **HRiA**: Opioid Overdose Rescue and Prevention - Part 2, Dec. 9
- **MDPH/Suicide Prevention**: Impacted Family & Friends Lived Experience 101: Ending the Marginalization & Why That Matters for Suicide Prevention & Mental Wellness for the Entire Family, Dec. 9
- **Children’s Trust Family Support Training Center**: A Strength-Based Approach to Transforming Difficult Behaviors, Dec. 10
- **MDPH/Suicide Prevention**: Postvention: Responding to Schools, Workplaces, and Communities Following Suicide, Dec. 10
- **BACE**: Intro to Childbirth Education for Perinatal Health Workers, Dec. 11
- **Massachusetts Commission on the Status of Grandparents Raising Grandchildren**: Wellness and Self-Care for the Caregiver Register Here Dec. 13 & 14
- **MDPH/BSAS**: Trauma and Tobacco Use: Considerations for People in Recovery, Dec. 13
- **MDPH/BSAS**: Can They Really Change? Can We? Dec. 13 & 14
- **BACE**: 4 Day DONA Approved Birth Doula Training, Dec. 12, 13, 17, 18
- **Children’s Bureau**: All Children-All Families: Improving Practice For and With LGBTQ+ Youth and Families, Dec. 14
- **Boston Foundation**: Building AAPI Power: Representation, Voice and Advocacy in Local AAPI Communities, Dec. 15
- **MDPH/BSAS**: Blunt Talk: Reframing the Conversation with Youth about Marijuana, Dec. 15
- **MDPH/BSAS**: Introduction to Trauma-Informed De-Escalation Techniques, (583) Dec. 15
- **MDPH/Suicide Prevention**: Intersections of Suicide and Opioid Use: A Gatekeeper Training, Dec. 15
- **Children’s Trust**: Boston Fathers & Family Network/ The Legacy of Fatherhood: Learning from Three Generations of Fathers, Dec. 16
- **MDPH/BSAS**: Introduction to Trauma-Informed De-Escalation Techniques, (543) Dec. 16
- **Brazelton Touchpoints Center**: Innovating Partnerships with Families in Recovery: National Substance Use Disorder Summit 2022, Jan. 26
- **PICCK**: The Intersection Between Family Planning and Mental Health, Jan. 26
- **MA Act Early**: Interprofessional Education on the Promotion of Parental Monitoring of Developmental Milestones, Jan. 28
- **SAMSHA/Zero to Three/Center for the Developing Child**: Integrating IECMH into Early Childhood Delivery Systems, Feb. 3
- **PICCK**: Contraception During Cancer Care, February 17
- **SAMSHA/Zero to Three/Center for the Developing Child**: Strategies Supporting Service Delivery, March 3
- **PICCK**: The Critical Role of Contraceptive Prescribers in Pregnancy Options Counseling and Abortion Referrals, March 22
• **Start Early:** National Home Visiting Summit, Our annual conference brings together early childhood leaders from across the county to advance the home visiting field. March 22-24

• **2020 Mom:** Building the Maternal Mental Health Constellation, March 23-25

• **PICCK:** Gynecologic Care of Patients with Disabilities: Reflections on Family Planning Services, April 12

• **PICCK:** Contraception During Perimenopause, May 26

• **PICCK:** Tools for Patient-Centered Contraceptive Counseling, June 28

• **PICCK:** Partners in Contraceptive Choice and Knowledge (PICCK) Annual Meeting for CME/CNE Credit, September 17, 2022

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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.

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](mailto: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](mailto:Maxene.Spolidoro@mass.gov); please write new subscriber in the subject line. Visit us at [www.mass.gov/dph/homevisiting](http://www.mass.gov/dph/homevisiting).

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