



Welcome to the MHVI Covid-19 Resource Digest, volume 45. 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.*

---

The 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:** [When can I get the COVID-19 vaccine?](#) Learn where you will fit into the COVID-19 vaccine distribution timeline.
- **Mass.gov:** [COVID-19 Vaccine Frequently Asked Questions](#)
- **Migration Policy Institute:** [Nearly 3 Million U.S. Citizens and Legal Immigrants Initially Excluded under the CARES Act Are Covered under the December 2020 COVID-19 Stimulus](#)
- **Mass.gov:** [Paid Family and Medical Leave Benefit Program Launches For Eligible Workers in Massachusetts](#)
- **Mass.gov:** [Paid Family and Medical Leave is here](#). Whether you're a Massachusetts worker, employer, or health care provider, find all the information you need to get started.
- **IRS.gov:** The Internal Revenue Service (IRS) is providing a status of EIPs with its [Get My Payment tool](#).
- **NPR:** [Why Billions In Food Aid Hasn't Gotten To Needy Families](#), 3 minute audio
- **CNN:** [How to re-motivate kids for more distance learning](#)
- **CNN:** [The Covid-19 pandemic worsened an already dire childhood obesity epidemic](#)
- **Child Trends:** [More than One in Four Latino and Black Households with Children Are Experiencing Three or More Hardships during COVID-19](#)
- **NPR:** [Pandemic Takes Toll On Children's Mental Health](#), 4 minute audio
- **CDC:** [COVID-19 Parental Resources Kit: Ensuring Children and Young People's Social, Emotional, and Mental Well-Being](#)
- **Forbes:** [The Psychological Trauma Of Covid-19](#)
- **TIME:** [Fewer Children Died in 2020, Despite the Pandemic](#). Experts Are Trying to Figure Out Why
- **WebMD:** [Grandkids Often a COVID Conundrum for Families](#)
- **New York Times:** [Should You Worry About Your Kid's Pandemic Weight Gain?](#) Think of body changes as something to be curious about, not a problem to be solved.
- **New York Times:** [So You Think Your Kid Needs a Covid Test](#). Here's everything you need to know about when to get it and what to expect.

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

- **New York Times:** [Martin Luther King Jr. Day: 9 Ways to Honor His Legacy](#). Marches and parades are on pause this year. But streamed events and exhibitions are still commemorating King's achievements.
- **New York Times:** [Teaching and Learning About Martin Luther King Jr. With The New York Times](#). How do you celebrate and teach the legacy of Martin Luther King Jr., both on the holiday that celebrates his birth, and all year long?
- **Flipboard:** [Honoring Martin Luther King Jr.](#) After a year characterized by conflict and division, it's clear that Dr. King's work is still unfinished. Here are some ideas for educating yourself about his life and ways to pay tribute to him. Plus, meet the new generation of activists who are working on the things that mattered to Martin Luther King Jr.
- **Robert Wood Johnson Foundation (RWJF):** [Survey: Attitudes, Views and Values around Health, Equity and Race Amid COVID-19](#). A national, ongoing survey explores deep-rooted views of those with low and middle incomes, with a focus on people of color, on health, equity and race.
- **RWJF/Culture of Health Blog:** [Five Experts Reflect on the Health Equity Implications of the Pandemic](#)
- **CLASP:** [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.
- **Vox:** [Ibram X. Kendi on why white America is still shocked by white supremacy](#). Antiracism work continues in 2021, but the events of January 6 prove that fighting bigotry is a journey.
- **The Conversation:** [Racial discrimination ages Black Americans faster, according to a 25-year-long study of families](#)
- **U. of South Carolina:** [Tools to Raise an Anti-Racist Generation](#)
- **Doing Good Together:** [Diversity Toolkit: A Guide to Discussing Identity, Power and Privilege](#)
- **Doing Good Together:** [Read with Empathy](#). Making time and space to read together is the simplest, most effective way to nurture compassion. A good book opens the door to a new perspective, creating a wonderful opportunity to strengthen empathy muscles

## Other news:

- **Healio:** [US neonatal abstinence syndrome, maternal opioid disorder rates on the rise](#)
- **30 Seconds:** [How to Talk to Kids About the Capitol Riot: 11 Tips to Help Children Process the Storming of the Capitol](#)
- **NPR:** [How To Talk To Kids About The Riots At The U.S. Capitol](#), 3 minute audio
- **30 Seconds:** [Talking to Kids About Tragedy Is Hard: Here Are 5 Things Parents Need to Know](#)
- **brightline:** [6 tips from child therapists on how to talk with kids and teens about the violence at the U.S. Capitol](#)
- **New York Times:** [The Psychology Behind Sibling Rivalry. You can't avoid fighting](#). You can only hope to contain it.
- **JAMA Pediatrics:** [Trends in Use and Perceptions of Nicotine Vaping Among US Youth From 2017 to 2020](#)
- **AAP Pediatrics:** [Rising Stimulant Overdoses Among Young People in the United States](#)
- **Science Daily:** [New insight into why breastfed babies have improved immune systems](#). Research led by the University of Birmingham (U.K.) and Birmingham Women's and Children's NHS Foundation Trust has revealed new insight into the biological mechanisms of the long-term positive health effects of breastfeeding in preventing disorders of the immune system in later life.

- **Child and Family Blog:** [Caring Dads Probably Came First, Before Providing Dads](#)
- **New York Times:** [What to Expect When You're Expecting the Worst](#). People who have lost pregnancies often emotionally distance themselves when they become pregnant again. But is that healthy?

-----  
*Wisdom: We will turn the corner on this era of disruption of our democracy. We will teach our kids that our precious freedom of speech is coupled with an obligation to use that freedom without inciting violence or damage to others. We will get through this.* - Naomi Allen, [Brightline](#) CEO and Co-Founder  
 -----

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

- **Early Childhood National Centers:** [Cold Weather Safety](#). Children are more vulnerable than adults to the effects of cold weather. These tips will help parents keep children safe, healthy, and warm in the winter.
- **Early Childhood National Centers:** [Planning for Winter Emergencies](#)
- **Child Care Aware:** [Supporting Children after Violence](#) (infographic)
- **Child Care Aware:** [Let's Talk about Feelings: Brain Building Tips for Encouraging Healthy Emotional Development in Young Children](#) [Spanish](#)
- **National Center on Early Childhood Health and Wellness;** [Children's Responses to Crises and Tragic Events](#)
- **Child Care of Missouri:** [Comfort Kits for Kids](#)
- **California Dept. of Developmental Services:** [Feeling Safe, Being Safe](#)
- **Child Care Aware:** [Flu prevention during the covid-19 pandemic](#)
- **Child Trends:** [Strategies to Virtually Support and Engage Families of Young Children during COVID-19 \(and Beyond\)](#), Lessons from Research and Considerations for Your Community

### For Self-care:

- **NPR:** [Why You Should Still Wear A Mask And Avoid Crowds After Getting The COVID-19 Vaccine](#)
- **verywellmind.org:** [7 Useful Tips for Improving Your Mental Focus](#). Fortunately, focus is a lot like a mental muscle. The more you work on building it up, the stronger it gets.
- **HuffPost:** [Do You Have Visual Fatigue? Try Out Eye Yoga, Plus 5 Other Tips](#). Lockdown has increased the time we're looking at screens.
- **HuffPost:** [How To Give Yourself A Hug To Soothe Your Soul](#). Could self-hugging be a useful tool to cope with a lack of physical contact? We asked the experts.
- **HuffPost:** [Brain Fog Is Real – Try These 5 Tips To Fight The Fuzz](#). The pandemic has left us in a state of chronic stress – and brain fog is a result of that.
- **WebMD:** [How to Quiet Your Mind](#)
- **Mental Health America:** [Secondary Trauma In The Time Of COVID-19](#)
- **verywellmind.org:** [How to Get out of a Rut. Psychological Strategies to Get Unstuck](#)
- **TIME:** [You Asked: Is It Good or Bad to Take a Nap?](#)
- **IDontMind:** [5 Things You Should Know About Warm Lines](#). This may be the best way to fight the loneliness you could be feeling this time of year.
- **HuffPost:** [Trying To Be Happier Won't Work. Here's What Will, According To Science](#). Actively pursuing happiness can backfire. Here's what research shows actually helps increase joy.
- **CNN:** [If 2021 already seems like too much, there's a hotline that urges people to call in and scream](#)

- **New York Times:** [Go Ahead. Fantasize.](#) Imagining a better future, whether it includes gigantic house parties or just more hugs, helps humans cope with difficult times.
- **BBC:** [Why being creative is good for you](#)
- **Boston Globe:** [Grammy-nominated rapper Joyner Lucas awarded Key to the City of Worcester](#)
- **TIME:** [In These Tumultuous Times, Sea Shanty TikToks Have Suddenly Become a Port in the Storm](#)
- **Boston Globe:** [Celebrity Series offers home concerts recorded around the world.](#) Twenty-four paid and free digital concerts starting in mid-January. These concerts, exclusive to Celebrity Series, will feature artists working across the classical, jazz, and global music spheres, performing in recital halls, theaters, and living rooms around the world.
- **New York Times:** Virtual Travel: Nordic skiing in rural Alaska is a healthy pastime and a form of transportation. Watch children [learn to ski in the picturesque tundra.](#)

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

- **Labor Guild/Greater Boston Legal Services:** Update: [Unemployment Benefits During Covid-19](#), Jan. 21
- **Children’s Trust:** [Family Support Fridays](#), Safe Sleep with MDPH. Strategies and resources to help families open up about the challenges they face with infant safe sleep. Participants will learn ways to respect cultural traditions and beliefs while still promoting a safe sleep. Jan. 22
- **Brazelton Touchpoints:** [Virtual Service Delivery Webinar Series / Serie de seminarios web sobre la prestación de servicios virtuales:](#)
  - Building Your Team Virtually: Hiring and Onboarding during Covid-19 / Construyendo su equipo virtualmente: contratando e integrando durante Covid-19, Jan. 27
  - Exploring the Pandemic’s Impact on Children’s Well-Being / Explorando el impacto de la pandemia en el bienestar de los niños, Feb. 10
  - Promoting Positive Parent-Child Interactions Virtually / Promoviendo interacciones positivas entre padres e hijos virtualmente, Feb. 24
  - Exploring the Pandemic’s Impact on Families’ Well-Being / Explorando el impacto de la pandemia en el bienestar de las familias, March 10
  - Challenging Conversations with Families Virtually / Conversaciones desafiantes con las familias virtualmente, March 24
- **Loretta Ross:** [Calling In The Calling Out Culture](#), Jan 19, Jan 26, Feb. 2, Feb. 9
- **MassAIMH:** [COVID19: Helping Children and Families Manage Stress and Build Resilience](#), Jan. 21
- **Early Childhood National Centers:** [Building the Brain: Supporting Children’s Early Brain Development](#), Jan. 21
- **MDPH/BSAS:** [Setting and Maintaining Professional Boundaries](#), Jan. 21
- **Brazelton Touchpoints:** [Honoring Each Person’s Experience to Support Mental Health](#), Jan. 21
- **Early Childhood National Centers:** [5Rs of Early Learning Leadership: Building a Foundation of Responsive Relationships](#), Jan. 25
- **New England Public Health Training Center:** [The Biochemistry of Happiness: Creating a Culture of Happiness at Work](#), Jan. 26
- **Early Childhood National Centers:** [Separated, But Together: How to Strengthen Collaboration in a Virtual World](#), Jan. 26
- **PICCK:** [Implicit Bias Training in Healthcare Part 2](#), Jan. 26
- **Loretta Ross:** [Calling In The Calling Out Culture](#), Jan 26, Feb. 2, Feb. 9
- **Discovery Museum:** [Talking to Kids about Race and Racism: A Conversation with Dr. Beverly Daniel Tatum](#), Jan. 27

- **Boston Globe:** [Black Fatigue: Racism And Its Impacts On Mental Health](#), Jan. 28
- **Boston Globe:** [The State of Race: The Housing Gap](#), Jan. 28
- **MA Act Early:** Learn the Signs. Act Early Jan. 28 & 29
- **BACE:** [4 Day DONA Approved Birth Doula Training](#), Jan. 29, Feb. 5, 12, 19
- **Office of Head Start/Training Center:** [Caring for Young Children and Staff During COVID-19](#), Jan. 28
- **Early Childhood National Centers:** Building Foundations for Economic Mobility Series, [Partnering with Families During Emergencies](#), Jan. 28
- **Zero to Three:** [Equity and Evidence Paid Family Leave Webinar](#), Jan. 28
- **Zero to Three:** [Continuing the Dialogue: Infants and Toddlers Face Racism Too Part II](#), Jan. 28
- **MA Act Early:** [Learn the Signs. Act Early](#), Jan. 28 & Jan. 29
- **Brazelton Touchpoints:** [Building Resilience while Social Distancing: Parental Depression & Coping](#), Jan. 28
- **Children's Trust/ Fathers and Family Network Virtual Meeting:** [Integrating Popular Media into Fathering Curricula: An Introduction for Facilitators, Teachers, and Therapists](#), Jan. 29
- **MDPH/BSAS:** [Opioid Misuse and Suicide Prevention](#), Jan. 29
- **MDPH/BSAS:** [Understanding Compassion Fatigue and Enhancing Self-Care Practices](#), Feb. 2
- **Zero to Three:** [Critical Competencies for Infant-Toddler Educators™ Coaching Program](#), begins Feb. 3
- **Zero to Three:** [DC:0-5™ Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood Clinical Training](#), Feb. 3, other dates available
- **Loretta Ross:** [Calling In The Calling Out Culture](#), Feb. 2, Feb. 9
- **JFCS/Infant-Parent Training Institute:** [Reflective Supervision in Early Education & Care](#), Feb. 3, Wednesdays and Fridays through March
- **Brazelton Touchpoints:** [Nurturing the Nurturer: Self-care for Providers & Parents](#), Feb. 4
- **Illinois Assn. for Infant Mental Health:** [This Hallowed Ground: Four Decades in Infant Mental Health, A Discussion Series with Michael Trout](#), beginning Feb. 5 (6 biweekly sessions)
- **JFCS/Infant-Parent Training Institute:** [Perinatal Mental Health Course](#), Feb. 5, 4 Fridays
- **Loretta Ross:** [Calling In The Calling Out Culture](#), Feb. 9
- **Brazelton Touchpoints:** [A View from All Sides: Perspective-Taking to Support Family Engagement](#), Feb. 9
- **PICCK:** [Age Matters: A Developmental Approach to Contraceptive Counseling for Adolescents](#), Feb. 11
- **MDPH/Community Health Training Institute:** [Building Resilient Communities](#), Feb. 11
- **Brazelton Touchpoints:** [Choosing Your Attitude: Using Strength-Based Family Assumptions](#), Feb. 16
- **Alliance for Early Success:** [Using and Communicating Data to Advance Racial Equity in Early Care and Education Systems](#)
- **MDPH/Suicide Prevention:** [Intersections of Suicide and Opioid Use: A Gatekeeper Training](#), Feb. 18
- **MDPH/BSAS:** [Cultural Humility as a Methodology for Collaborating with Massachusetts Native Communities](#), Feb. 19
- **Start Early:** [National Home Visiting Virtual Summit](#), Feb. 22-26
- **Children's Trust:** [Family Support Fridays](#), Technicool: Keeping Kids Safe on the Internet, Feb. 26
- **Brazelton Touchpoints:** [Active Listening to Engage Families](#), Feb. 23
- **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

- **Brazelton Touchpoints:** The Power of Observation: Connecting with Families Through the Child's Behavior, March 2
- **Loretta Ross:** White Supremacy in the Age of Trump, March 3, March 10, March 17
- **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:** Childbirth Educator Training Program, 10 week Tuesday evening course: March 16-May 18
- **MA Act Early,** Motor and Cognitive Milestones for Children, March 25 & 26
- **Children's Trust:** Family Support Fridays, Cultural Humility Practices with Children and Families, March 26
- **MA Act Early,** Social & Speech Milestones for Children, April 29 & 30
- **MA Act Early,** Attachment and Complex Trauma May 27 & 28
- **US Breastfeeding Committee:** National Breastfeeding Conference & Convening, June 9-11

---

[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).

---

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](#).

---