



Welcome to the MHVI Covid-19 Resource Digest, volume 47. 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:

- **CDC:** [Covid-19 Toolkit for Pregnant People and New Parents](#)
- **US Dept of Health and Human Services:** [New poverty guidelines](#) released. Many programs across the federal government, as well as state governments and nonprofit organizations, rely on these guidelines to determine family eligibility for systems and services.
- **Robert Wood Johnson Foundation:** [Many Uninsured Adults Have Not Tried to Enroll in Medicaid or Marketplace Coverage](#)
- **Futurity/PLOS ONE:** [One in three adults are experiencing anxiety and depression related to COVID-19, a new study shows.](#)
- **ZME Science:** [Should we double-mask to prevent COVID-19? Fauci \(and others\) say yes.](#) As new variants of the virus expand, experts look at better ways to be protected with face masks.
- **Boston Globe:** [You may need a better mask. Here's how to find one.](#) Tips on what to look for to upgrade your face covering to N95 standards
- **Futurity/U. of Michigan:** [Parents are yelling at their kids more during the pandemic.](#) The stress and uncertainty during the COVID-19 pandemic has taken a toll on parents, and children are feeling the psychological and physical brunt of it, researchers say.
- **The Conversation:** [Why using fear to promote COVID-19 vaccination and mask wearing could backfire](#)
- **The Conversation:** [Why the next major hurdle to ending the pandemic will be about persuading people to get vaccinated](#)
- **Child Trends:** [More than One in Four Latino and Black Households with Children Are Experiencing Three or More Hardships during COVID-19](#)
- **US Consumer Product Safety Commission:** [COVID-19 'Stay-at-Home,' Coupled with Super Bowl LV Viewing, Can Mean Danger for Kids from Falling Furniture and TVs](#)
- **The Conversation:** [10 parenting strategies to reduce your kids' pandemic stress](#)
- **HuffPost:** [The COVID-19 Pandemic Has Led To A 'Baby Bust,' Not A Baby Boom.](#) Experts predict the scourges of coronavirus and an economic recession will lead to a drop in birth rates. Here's why that matters.
- **Child Family Blog:** [The Gift Of The COVID-19 Pandemic: More Playtime With Dad](#)
- **The Conversation:** [Why rituals are important survival tools during the COVID-19 pandemic](#)

- **Huffpost:** [Moms Have Held Everything Together This Past Year, Except Their Friendships](#). And that's OK. Here are small steps to get back on track, if you want to.
- **PBS:** [Parenting During Coronavirus: Dealing With Burnout](#)

Other news, towards racial justice and racial healing:

- **New York Times:** [Do We Ask Too Much of Black Heroes?](#) Every year for a month, we celebrate the heroes of Black history. But these stories can obscure how change happens and who gets left behind.
- **Huffpost:** [PROTECT BLACK WOMEN ISN'T just a slogan. It requires real work.](#) The phrase is all over social media, on T-shirts and tote bags. Here's what it looks like to back up affirmations with action.
- **New York Times:** [These Images Tell the Stories of American Blackness.](#) The cut-and-paste montages of Black historical figures watching over successful Black Americans serve as folklore to a community clinging to their heroes.
- **Vox:** [The mirage of the Black middle class. Black Americans have been shut out of stability at every turn.](#)
- **Futurity/Brown U.:** [Infant Health Inequality Has Been Rising Since 2010.](#) After several decades of improvement, inequality in infant health is once again on the rise in the United States, research finds.
- **HuffPost:** [Emmett Till's Chicago House Gets Landmark Status Amid Plans For Black Heritage Site.](#) A nonprofit plans to turn his home into a pilgrimage site, educating visitors about the slain teen's life while "rewriting the narrative of who Black people are."
- **The Conversation:** [3 ways Black people say their white co-workers and managers can support them and be an antidote to systemic racism](#)
- **Gal-dem:** [Like Yewande, I've had enough of people mispronouncing my name on purpose](#)
- **TIME:** [Before She Refused to Give Up Her Seat, Rosa Parks Had a Long History as a Voting Rights Activist](#)
- **Boston Globe:** [A fiery Black abolitionist from Boston is all but forgotten. Yet his words still resonate](#)
- **PBS:** [13 Children's Books With Strong Black Characters](#)
- **PBS:** [Teaching Your Child About Black History](#)
- **Brazelton Touchpoints Center:** [Parenting While Black Webinar Series](#) offers honest conversations for Black parents and between Black parents. We will create a welcoming space for sharing strength-based and culturally responsive ideas. Offered biweekly, beginning on Monday, February 15.
- **Parade:** [120 Inspiring Quotes for Black History Month: 'Freedom Is Never Given'](#)
- **Boston Globe:** [Black History Month Film Festival,](#)

Other news:

- **Huffpost:** [How Pets Can Help With Child Mental Health And Development.](#) Experts break down the benefits of pet companionship for children and their families.
- **Futurity/U. of Washington:** [Fighting Poverty Reduces Child Neglect Cases](#)
- **Futurity/U. of Copenhagen:** [Childhood adversity ups risk of early death.](#) Social adversity in childhood increases the risk of premature death in early adulthood.
- **Early Learning Nation:** [Infants the World Over Can Spot a Lullaby—in Any Language.](#) Researchers Are Hot on the Trail of Why
- **CDC:** [Nationwide Study Shows Continued Rise in Opioid Affected Births](#)
- **Hispanic Children and Families:** [Disruptions to Child Care Arrangements and Work Schedules for Low-Income Hispanic Families are Common and Costly](#)

- **Boston Globe:** [Want to get kids outside this winter? Try selling them on animal tracking](#)
- **New York Times:** [There's No Easy Fix for Children's Weight Gain](#). Experts advise families to avoid blaming themselves and to look for opportunities to congratulate children for healthy behaviors and good decisions.

 Wisdom: *"My humanity is bound up in yours, for we can only be human together."* — **Bishop Desmond Tutu**

Reports, Briefs, Infographics and other downloads:

- **National Home Visiting Resource Center:** [Engaging Families in Virtual Home Visiting: Perspectives From the Field](#).
- **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
- **US Consumer Product Safety Commission:** [Product Instability or Tip-Over Injuries and Fatalities Associated with Televisions, Furniture, and Appliances: 2020 Report](#)
- **CDC:** [Pregnant? Take these steps to protect yourself and your baby from COVID-19](#)
- **CDC:** [Keep Your Baby Healthy and Safe Take these steps during the COVID-19 pandemic](#)
- **CDC:** [How to Safely Breastfeed If You Have COVID-19](#)
- **CDC:** [Caring for Your Baby if You Have COVID-19](#)

For Self-care:

- **HuffPost:** [5 Things To Do When You're Stressing Over The 'COVID 15'](#). Instead of fretting about weight gain in quarantine, show some self-compassion. You're living through a pandemic, after all.
- **The Guardian:** [Lost touch: how a year without hugs affects our mental health](#)
- **Huffpost:** [Common Mental Health Advice We Should Actually Ignore Right Now](#). The COVID-19 pandemic and political stress have changed how we should practice self-care. Here's what to do instead.
- **New York Times:** [How to Reset \(or at Least Lower\) Your Stress in 5 Minutes](#)
- **NPR:** [How To Set Boundaries With Family — And Stick To Them](#), 20 minute audio
- **The Atlantic:** [The Pandemic Has Erased Entire Categories of Friendship](#). There's a reason you miss the people you didn't even know that well.
- **New York Times:** [Find and Keep New Friends. The coronavirus pandemic has profoundly disrupted some social circles](#). Here's what experts and new pals have to say about making, and maintaining, pandemic friends.
- **What's Up Mom:** [Starting a Quarantine "Pod?" Advice from Someone Who's Been There](#)
- **NPR:** [Want To Be Happier? Evidence-Based Tricks To Get You There](#), 15 minute audio
- **NPR:** [Procrastination Is More Than Putting Things Off. Here's How To Kick the Habit](#), 21 minute audio
- **New York Times:** [Don't Work on Your Party Laptop or Party on Your Work Laptop](#). Drawing boundaries and sticking to them is good for your mental health, and your privacy.
- **The Guardian:** [Lockdown cabin fever? 56 tried, tested and terrific ways to beat the boredom](#)
- **Quartz:** [The science behind why people turn to gardening to cope with stress](#)
- **New York Times:** [Why \(and How\) to Use a Workout Journal](#)
- **FlipBoard/PureWow:** [everything you need to know to keep your indoor plants alive](#)

- NPR: [Lous And The Yakuza: Tiny Desk \(Home\) Concert](#), 2.5 minute audio

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

- **MassCAP/ Public Good App House:** [Apps that Address Food Insecurity](#), Feb. 3
- **NIHCM:** [COVID-19 and the Legacy of Racism: Vaccine Hesitancy and Treatment Bias](#), Feb. 3
- **Institute for the Advancement of Family Support Professionals:** [Continuing to Support Families Virtually](#), Feb. 3
- **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
- **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
- **HRiA:** [Opioid Overdose Rescue and Prevention](#), 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)
- **BACE:** [4 Day DONA Approved Birth Doula Training](#), Feb. 5, 12, 19
- **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
- **Brazelton Touchpoints:** [Virtual Service Delivery Webinar Series / Serie de seminarios web sobre la prestación de servicios virtuales:](#)
 - 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
- **HRiA:** [Analyzing the U.S. War on Drugs and Racist Drug Policies](#), Feb. 10
- **MassCAP:** [Supporting Job Readiness in the Time of COVID-19](#), Feb. 11
- **MassCAP:** [The Phases of Collective Impact](#), Feb. 11
- **PICCK:** [Age Matters: A Developmental Approach to Contraceptive Counseling for Adolescents](#), Feb. 11
- **MDPH/Community Health Training Institute:** [Building Resilient Communities](#), Feb. 11
- **MDPH/BSAS:** [Innovative Approaches to Working with Challenging Clients: Doing Things Differently v. Trying Harder](#), Feb. 12
- **Brazelton Touchpoints Center:** [Parenting While Black Webinar Series](#) offers honest conversations for Black parents and between Black parents.
 - Let's Talk About It: How Are "We" Doing? Feb. 15
 - Black Mental Health Matters: Health, Hope, and Healing, March 1
 - Becoming a Family, Part I, March 15
 - Becoming a Family, Part II – Birthing while Black – The Imagined versus the Real, March 29

- No Instructions: Development Across the Early Years – The Imagined versus the Real, April 12
- Embracing the Brilliance and Resilience in Black Families, April 26
- **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, Feb. 17
- **MDPH/Suicide Prevention:** Intersections of Suicide and Opioid Use: A Gatekeeper Training, Feb. 18
- **HRiA:** Addressing Drug-Related Stigma and Bias, Feb. 18
- **MDPH/BSAS:** Cultural Humility as a Methodology for Collaborating with Massachusetts Native Communities, Feb. 19
- **MDPH/BSAS:** Introduction to Trauma-Informed De-Escalation Techniques, Feb. 23
- **Brazelton Touchpoints:** Active Listening to Engage Families, Feb. 23
- **Start Early:** National Home Visiting Virtual Summit, Feb. 22-26
- **MassAIMH:** Reflective Supervision in Early Education and Care, Feb. 24 – April 14
- **MDPH/BSAS:** Youth Substance Use 101, Feb. 25
- **HRiA:** Exploring Pathways of Recovery, Feb. 25
- **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
- **Children’s Trust:** Family Support Fridays, Technicool: Keeping Kids Safe on the Internet, Feb. 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
- **MDPH/BSAS:** Trauma and Smoking: Special Issues in Tobacco Treatment for People in Recovery, March 8
- **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
- **PICCK:** Contraceptive Conundrums, March 16
- **Loretta Ross:** White Supremacy in the Age of Trump, March 10, March 17
- **BACE:** Breastfeeding Foundations for Perinatal Health Workers, March 12 & 13
- **BACE:** Childbirth Educator Training Program, 10 week Tuesday evening course: March 16-May 18
- **MassCAP:** National Anti-Hunger Policy Conference, March 16-18
- **MassCAP:** Using Creativity and Self-Awareness for Effective Team Leadership, March 25
- **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
- **PICCK:** Contraception In The Biden-Harris Administration, April 14
- **MA Act Early,** Social & Speech Milestones for Children, April 29 & 30
- **PICCK:** Beyond LARC: Putting People And Equity At The Center Of Contraceptive Access Efforts, May 12
- **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

[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](#).
