



Welcome to the MHVI Covid-19 Resource Digest, volume 49. 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.*

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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](#).

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### Information for supporting families during Covid:

- **Boston Globe:** [COVID-19 vaccine news, resources, and guidance. The latest on how and where to get a vaccine, plus the latest news and resources on development and distribution in Massachusetts](#)
- **Mass.gov:** [Stop COVID-19 – Vaccine education and outreach materials](#). A toolkit of materials in multiple languages that community-based organizations can use to conduct outreach/education with the people and communities that they serve. Examples of materials include:
  - A guide to hosting a forum on COVID-19 vaccine
  - Vaccine need-to-know fliers and posters
  - Fliers about the distribution timeline
  - Post-vaccine information for Pfizer and Moderna
  - Social media graphics
- **NIHCM:** [COVID-19 & The Legacy of Racism: Vaccine Hesitancy, Access & Uptake](#), infographic
- **CMS.gov:** [2021 Special Enrollment Period in response to the COVID-19 Emergency](#)
- **The Conversation:** [CDC says masks must fit tightly – and two are better than one](#)
- **CLASP:** [Executive Summary: Immigrant Families during the Pandemic: On the Frontlines but Left Behind](#)
- **New York Times:** [Is My Kid a Hypochondriac? Or is she just living in a pandemic?](#)
- **The 19<sup>th</sup>:** [The loneliness of an interrupted adolescence](#). Think being a teenager was rough? Try doing it in a pandemic.
- **TIME:** [My Kids Are in Daycare. How Should That Affect My Family's Social Distancing Strategy?](#)
- **NIH:** [Study Identifies Risk Factors for Elevated Anxiety in Young Adults During COVID-19 Pandemic](#). Findings on impact of childhood temperament could help with anxiety prevention efforts.
- **Washington Post:** [Remote school is stressing parents out. Here's how to tame the anxiety.](#)
- **NPR:** [Renters Are Getting Evicted Despite CDC Order — 'I'm Scared'](#), 5 minute audio

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

- **Huffpost:** [Anti-Asian Hate Crimes Are On The Rise Due To COVID-19. Here's How To Help](#). Since the beginning of the pandemic in March, Asian Americans have reported 3,000 hate crimes against them nationwide.

- **Huffpost:** [How Parents Can Help Their Kids Make Lasting Interracial Friendships](#). As a parent, you have the power to encourage — or discourage — your child's cross-racial friendships.
- **Huffpost:** [4 Easy, Everyday Ways To Teach Your Kids About Representation](#). How parents can help their children understand and appreciate diversity.
- **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. Accompanying this article are the stories of 8 women working for Black women and girls:
  1. [Black women aren't saving America for you. They're protecting themselves.](#)
  2. [Kj Brooks went viral for lambasting a police board. She's just getting started.](#)
  3. [I was attacked by a transphobic mob. Here's why I'm fighting harder for Black trans women now.](#)
  4. ['On the record' put Black survivors at the forefront. Drew Dixon hopes to keep them there.](#)
  5. [Black women can't be the only ones holding men like R. Kelly accountable.](#)
  6. [I was groomed and abused by r.kelly. Here's what coming forward taught me.](#)
  7. [This midwife is giving pregnant Black women the health care they deserve.](#)
  8. [This organization fights for black girls targeted by over-policing & school pushout](#)
- **Vox:** [The story of vaccines in America starts with an enslaved African man](#). How Onesimus introduced inoculation to America, saving hundreds of lives during the smallpox epidemic.
- **Boston Globe:** [How Black women have built movements and cultivated joy](#). A letter to my young niece about staying true to your goals, deriving sustenance from nature, and other insights I've gleaned from activists.
- **House Beautiful:** [9 Everyday Things We Wouldn't Have Today Without These Black Inventors](#). The first home security system was created by a Black woman in Queens, NY.
- **CNN:** [Profiles in perseverance. You may not know their names. But these courageous Black Americans changed history.](#)
- **The Atlantic:** [The Inheritance: A project about American history, Black life, and the resilience of memory](#)
- **The Atlantic:** [A Forgotten Black Founding Father](#). Why I've made it my mission to teach others about Prince Hall
- **NPR:** ['Black Moses' Lives On: How Marcus Garvey's Vision Still Resonates](#), 65 minute podcast
- **Greater Good Science Center:** [Five Ways to Reduce Racial Bias in Your Children](#). How do we combat racial prejudice? New research reveals how parents influence the formation of bias in children.
- **Huffpost:** [Moments That Showed How Important Representation Is For Kids](#). From Barack Obama touching a boy's hair to the impact of "Hamilton," these examples highlight the power of diversity in children's media, toys and more.
- **CLASP:** [A Black History Month reflection on discipline failures in child care](#)
- **CLASP:** [The Roots of Discipline-Induced Trauma for Black Children in Early Childhood Settings](#)
- **Boston Globe:** [A Beautiful Resistance x Reebok celebrates Black History Month with Jeneé Osterheldt](#), 1 minute audio with 6 stories following.
- **NPR:** [The Lasting Power Of Whitney Houston's National Anthem](#), 25 minute audio
- **NPR:** [The Hidden Legacy Of The Pointer Sisters, Genre-Busting Pioneers Of Message Music](#)

#### Other news:

- **Protecting Immigrant Families:** [Immigrant Eligibility for Public Programs During COVID-19](#) (updated 2/1/21)

- **Greater Good Science Center:** [How to Help Your Kids Feel Loved](#). Loving bonds between parents and kids can help kids grow into compassionate adults.
- **Georgetown University Center for Children and Families:** [Launched the Medicaid Learning Lab to provide a free monthly webinar series to help participants better understand the roles Medicaid](#), and its smaller companion Children's Health Insurance Program (CHIP), play in providing health coverage to children, pregnant women, and families. The Medicaid Learning Lab will meet the third Thursday of each month at 1 p.m. ET and is free and open to all.
- **New York Times:** [How to Help When Adolescents Have Suicidal Thoughts](#). Even when rates of suicidal ideation increase, there are ways to keep kids safe.
- **New York Times:** [Emptying the Dishwasher Can Enrich Kids' Mental Health](#). Guiding children toward mastery of new skills can help them thrive — and get some household chores done at the same time.
- **National Center for Homeless Education:** [Access to Higher Education for Students Experiencing Homelessness](#). This tool uses motivational interviewing questions to help determine the client's interest in pursuing education, provides online resources to help the client explore education and career pathways and determine possible pathway options in areas of interest, includes information on how to pay for higher education, and recommends next steps towards the client's goals.
- **Child and Family Blog:** [Nurturing Curiosity And Invention: How Parents Can Put Their Children On The Path To Innovation](#)
- **Huffpost:** [5 Science-Backed Reasons To Cuddle Your Kids](#)
- **Futurity/U of Michigan:** [Spanking Kids Is As Bad As Abuse For Future Trauma Risk](#)

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

- **Mass.gov:** [COVID-19 Printable Fact Sheets](#)
- **NIHCM:** [COVID-19 & The Legacy of Racism: Vaccine Hesitancy, Access & Uptake](#), infographic
- **Protecting Immigrant Families:** [Public Charge: What Advocates Need to Know Now](#)
- **Protecting Immigrant Families:** [Immigrant Eligibility for Public Programs During COVID-19](#) (updated 2/1/21)
- **Protecting Immigrant Families:** [Immigrant Eligibility for Public Programs During COVID-19 \(Spanish\)](#)
- **CLASP:** [Immigrant Families during the Pandemic: On the Frontlines but Left Behind](#)
- **SAMSHA:** New brochures available for download or ordering – no cost:
  - [Talk. They Hear You. Talking with Your Teen About Marijuana: Keeping Your Kids Safe – Parent Brochure](#)
  - [Talk. They Hear You. Talking with Your Teen About Vaping: Keeping Your Kids Safe – Parent Brochure](#)
  - [Talk. They Hear You. 5 Conversation Goals: Talking with Teens About Alcohol and Other Drugs—Mini Brochure](#)
  - [Talk. They Hear You. Talking with Your Teen About Opioids: Keeping Your Kids Safe—Parent Brochure](#)
- **National Home Visiting Research Center:** [Engaging Families in Virtual Home Visiting: Perspectives From the Field](#)
- **National Governors Association:** [Maternal And Child Health Update 2020](#)

## For Self-care:

- **Vox:** [What you're feeling is grief](#). With more than 450,000 dead and no clear end in sight, some have found tools for coping with loss and stress are no longer working.
- **Huffpost:** [How Long-Distance Friends Stay Connected Across The Miles](#). Here's what BFFs do to stay in touch when they're far apart.
- **Huffpost:** [6 Questions To Ask Instead Of 'How Are You?', According To Therapists](#). Between the pandemic and hellscape that is 2020, "How are you?" just doesn't cut it anymore. Here are some alternatives to try instead.
- **Washington Post:** ['Coronaphobia': Covid anxiety has a name. Here's how to cope](#).
- **Washington Post:** [Pandemic anxiety is making us sleepless, forgetful and angry](#). Here are tips for coping.
- **Fast Company:** [How to train your brain to be more present](#). This temptation to multitask has only gotten worse in the work-from-home era. But there are ways to fight it.
- **verywellmind:** [The Importance of Maintaining Structure and Routine During Stressful Times](#)
- **Greater Good Science Center:** [How Friends Help You Regulate Your Emotions](#). We get by with a little help from our friends, a new study finds.
- **BBC:** [How to escape your motivational trough when you're flagging](#)
- **NPR/TedTalksRadio:** [Matthew Walker: Why Is It Essential To Make Time For Sleep?](#) Sleep is Your Super Power. 11 minute audio
- **New York Times:** [Neglecting Yourself Doesn't Make You a Better Mother](#). Showering and eating regularly can be a form of self-care.
- **Huffpost:** [7 Heart-Healthy Activities That Have Nothing To Do With Traditional Cardio](#). You don't need to run, cycle or sweat excessively. Here's how to improve your heart health without forcing your exercise.
- **NPR:** [How To Savor Chocolate Like A Cocoa Expert](#), 21 minute audio
- **Flipboard:** [The Ultimate Guide To Keeping Your Plants Alive](#)
- **Boston Globe:** [Boston musicians on the Black composers to hear now](#)
- **NPR:** [Tiny Desk playlist celebrating the quest for Black freedom and justice](#), curated by the Smithsonian Institution's National Museum of African American History and Culture.

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

- **Brazelton Touchpoints:** [Virtual Service Delivery Webinar Series / Serie de seminarios web sobre la prestación de servicios virtuales](#):
  - 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
- **Brazelton Touchpoints Center:** [Parenting While Black Webinar Series](#) offers honest conversations for Black parents and between Black parents.
  - 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

- **Mass.gov/MDPH:** [COVID-19 Vaccine: Start a Conversation in your Community](#), Feb. 16
- **Brazelton Touchpoints:** [Choosing Your Attitude: Using Strength-Based Family Assumptions](#), Feb. 16
- **Infant and Early Childhood Mental Health Consultancy:** [Culture, Identity, and History as Sources for Strength and Resilience for Tribal Communities](#), Feb. 17
- **GBH:** [A Discussion of Race Amity and The Other Tradition](#), Feb. 17
- **Alliance for Early Success:** [Using and Communicating Data to Advance Racial Equity in Early Care and Education Systems](#), Feb. 17
- **Zero to Three:** [Continuing Conversations on Race and Equity: Honoring Black Excellence and the Commitment to Racial Consciousness](#), Feb. 18
- **Office of Head Start:** [Child Care Health Consultation, Responding to COVID-19 in Early Childhood Programs](#), Feb. 18
- **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
- **Start Early:** [National Home Visiting Virtual Summit](#), Feb. 22-26
- **Brazelton Touchpoints:** [Active Listening to Engage Families](#), Feb. 23
- **MDPH/Office of Community Health Workers:** [Community Health Workers COVID-19 Questions & Answers](#), Feb. 23
- **MassAIMH:** [Reflective Supervision in Early Education and Care](#), Feb. 24 – April 14
- **Child Trends:** [Black Parents' Experience of COVID-19: Trauma, Policy Opportunities, and Finding Joy](#), Feb. 24
- **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
- **Infant and Early Childhood Mental Health Consultancy:** [Culture, Identity, and History as Sources of Strength and Resilience for African American Children and Families](#), Feb. 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
- **Brazelton Touchpoints:** [An evidence-based approach to building strong family-child relationships from before birth through age 5, 4 weekly sessions, beginning March 3](#)
- **Loretta Ross:** [White Supremacy in the Age of Trump](#), March 3, March 10, March 17
- **MDPH/BSAS:** [Interrupting Racism Level 3: Operationalizing Racial Equity in Workplace Policies & Practices](#), March 3 & 4
- **MDPH/BSAS:** [Trauma & Smoking: Special Issues in Tobacco Treatment for People in Recovery](#), March 8
- **MDPH/BSAS:** [Introduction to Trauma-Informed Treatment with Adolescents](#), March 8 & 9
- **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:** Breastfeeding Foundations for Perinatal Health Workers, March 12 & 13
- **PICCK:** Contraceptive Conundrums, March 16
- **BACE:** Childbirth Educator Training Program, 10 week Tuesday evening course: March 16-May 18
- **MassCAP:** National Anti-Hunger Policy Conference, March 16-18
- **Infant and Early Childhood Mental Health Consultancy:** Culture, Identity, and History as Sources of Strength and Resilience for Latino Children and Families, March 23
- **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
- **Brazelton Touchpoints Center:** 2021 National Forum: Working Together Towards Racial Equity for Children, Families, and Communities, April 6-8
- **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
- **Fathers & Families Coalition of America:** 22nd Annual Families and Fathers Conference, May 16-19
- **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
- **Prevent Child Abuse America:** Transforming Our Tomorrow: 2021 National Conference, Aug. 10-12
- **Children's Trust:** 29th Annual A View from All Sides Virtual Conference, Nov. 4

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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.](#)

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Free Massachusetts Department of Public Health education publications and other materials are available at the [Massachusetts Health Promotion Clearinghouse](#).

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Previous volumes of the MHVI Covid-19 Digests can be found in the [State Library of Massachusetts](#) archives.

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