



# DBP WEEKLY NEWS

*A weekly newsletter for families of Developmental & Behavioral Pediatrics (DBP) at Boston Medical Center during COVID-19 Social Distancing*



## WHAT'S HAPPENING?

*Massachusetts has launched a new COVID-19 text message-alert system in both English and Spanish. Text **COVIDMA** (English) or **COVIDMAESP** (Spanish) to **888-777** to receive alerts via text.*

## ACTIVITY

*For a fun (and a bit messy) family activity, try making homemade oobleck for some sensory play!*

- *Mix 2 parts cornstarch to 1 part water in a bowl. Mix the cornstarch and water until your oobleck is formed. **Tip:** If you would like to color your oobleck, add your food coloring to your water and then mix with the cornstarch.*

- *Try using small toys like animals in your play!*

*For more tips and suggestions, check out*

**[thebestideasforkids.com/how-to-make-oobleck](https://thebestideasforkids.com/how-to-make-oobleck)**



## WELLNESS CHECK

*Last week we checked in on how you are all holding up; this week we want to check in on the kids. During these challenging times, you may notice your child's emotions and discomfort expressed in many different ways. Sadness and grief for the way things "used to be" may take the form of tiredness, anger, boredom, resistance, numbing out, and displaced frustration. This is all normal and warranted given the circumstances. The best thing we can do for our children is to let them express their feelings. Talk about what their friends are talking about, and let them know that it is OK to have many different feelings. Let children know this is a hard time in life for many people, but it is also OK to feel happy and excited at times.*



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## RESOURCE

## INTERNET & PHONE SERVICE

### COVID-19 RESPONSE FROM BROADBAND & TELEPHONE SERVICE PROVIDERS

*In response to COVID-19, the Federal Communications Commission (FCC) launched the **Keep Americans Connected Initiative** to ensure that people do not lose their broadband or telephone connectivity during the pandemic. Over 600 broadband and telephone service providers in the country have signed on to commit to the following through May 13, 2020:*

1. **Not terminate service** to any residential or small business customers because of their inability to pay their bills due to the disruptions caused by the coronavirus pandemic
2. **Waive any late fees** that any residential or small business customers incur because of their economic circumstances related to the coronavirus pandemic
3. **Open its Wi-Fi hotspots** to the public.

*Providers servicing Massachusetts residents that have signed the FCC's pledge include: AT&T, Charter Spectrum, Comcast, Consolidated, Cox, RCN, Sprint, T-Mobile, and Verizon. Additionally, many carriers are providing customers with unlimited or additional minutes and data until May 13, 2020.*



*To learn more about specific COVID-19 related actions announced by phone & internet providers serving Massachusetts, visit [tinyurl.com/MAphoneISP](https://tinyurl.com/MAphoneISP)*

### Special Deals for Low-Income Households

- **COMCAST** is offering 60 days of free service to new Internet Essentials customers and free remote installation. It's also increasing service speeds for new and existing customers.
- **PCS FOR PEOPLE** offers low-cost Wi-Fi hotspots and computers to qualifying households. They now accept Pell Grant documentation for eligibility for higher education students impacted by COVID related school closures.
- The **RCN** Internet First program is designed to help families and students in low-income households have reliable access to the internet.
- **STARRY** is offering free service until the end of May to all current Starry Connect subscribers and anyone who signs up for Starry Connect before the end of May. You must live in a building that is currently served by the Starry Connect program.
- Through the Lifeline Program, **VERIZON** is offering Fios at reduced prices.
- **SPECTRUM** is offering 60 days of free internet for students and installation fees will be waived for new student households. Limited to Spectrum Massachusetts cities/towns

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## RESOURCES

*Boston Medical Center is here to support you during this difficult time. Check out our new resource spreadsheet, which has links to online learning, social stories, music/animal/fitness programs, live online classes and more. See the second tab for free meals and financial services throughout Massachusetts. This spreadsheet is available in multiple languages and will be continuously updated as new resources become available.*

**[tinyurl.com/CoronaResourcesBMC](https://tinyurl.com/CoronaResourcesBMC)**

*Know of something to add? Email [autismprogram@bmc.org](mailto:autismprogram@bmc.org) with suggestions.*



## CLINIC

*Developmental & Behavioral Pediatrics clinicians are available by phone/Zoom for telehealth visits and consultations. Please call us at **617-414-4841** if you have any questions or are in need of support. To create a free Zoom account, visit [zoom.us/signup](https://zoom.us/signup).*

## OUR CLINICIANS

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## ABOUT THIS NEWSLETTER

*This newsletter is brought to you by the Autism Program at Boston Medical Center, a family support program of Developmental & Behavioral Pediatrics. We are committed to supporting any family of DBP during this time, regardless of diagnosis. Please don't hesitate to reach out, and follow us on social media for more tips and information!*



BMC.org/autism  
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