

# DEVELOPMENTAL & BEHAVIORAL PEDIATRICS NEWSLETTER



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



## Project Bread

Project Bread "connects people and communities in Massachusetts to reliable sources of food while advocating for policies that make food more accessible—so that no one goes hungry. For anyone in Massachusetts who needs food assistance, start by calling the FoodSource Hotline. The Hotline is your one-stop-shop to learn about all the resources available to help you. Use the FoodSource Hotline to find accessible and affordable food for yourself or your family."

Do you know about the Preventive Food Pantry at Boston Medical Center? Created in 2001, the Food Pantry works to address nutrition-related illness and under-nutrition for our patients. Families can visit the Food Pantry every two weeks (maximum twice per month) and receive three to four days' worth of food for their household each time. The Food Pantry is open Monday to Friday from 10:00 AM to 4:00 PM. It is managed by four staff members and many volunteers. Patients need to be screened and referred to the Food Pantry by their Primary Care Provider. Talk with your PCP today if you think your family may be eligible or call 617.414.3834 for more information.

## Holiday Assistance

**Globe Santa:** Globe Santa provides holiday gifts to children and families in need throughout the Greater Boston area. Families request toys for children 12 or younger by writing to Globe Santa and including a Holiday Gift Verification Form from the Department of Transitional Assistance or another approved agency. More Information can be found **HERE!** Deadline to apply: November 5.

**Salvation Army:** Local Salvation Army corps in MA can be found **HERE!** To be eligible for gift assistance, families must provide: Proof of identification, Current utility bill, Birth certificate of each child under the age of 16, proof of financial need

**ABCD Toy Drive:** Fill out this [form](#) to check eligibility for ABCD programs and services, including holiday gift assistance. More information can be found **HERE!**

**My Brother's Keeper Christmas Assistance:** The Christmas Assistance Program serves families across Eastern Mass, including Boston and Cape Cod. All requests are processed by phone. Instructions and contact information can be found **HERE!**

## Clinician Spotlight

Get to know your DBP providers with our clinician spotlight!  
This month meet **Nurse Practitioner Rachel Amgott!**

Q: How many years have you worked at BMC?

A: 6 ½ years

Q: Where did you attend nursing school/training?

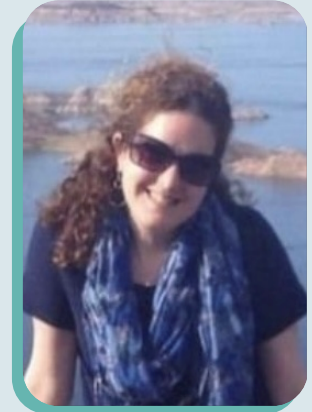
A: I attended Simmons College, now University in Boston for my undergraduate and graduate nursing training. I have been practicing as a Pediatric Nurse Practitioner since 2004.

Q: What do you enjoy most about working in DBP?

A: The opportunity to learn something new from each patient/family!

Q: What's a fun fact about you?

A: As a teenager I worked at an ice cream shop-Buttercrunch is my favorite!



## DCR Universal Access Program

Before the weather gets too cold, check out the Universal Access Program from the Department of Conservation and Recreation! This program provides outdoor recreation opportunities in Massachusetts state parks for visitors of all abilities. Events take place at state parks across Massachusetts and require registration and completing a waiver ahead of time. Check out their hiking and recreation event calendars [HERE](#) for more information!



Universal  
Access  
Program

## Safety Tip of the Month!

Cooking fires are the leading cause of home fires and home fire injuries and studies have shown children aged 5-10 are at most risk of scald and fire burns. Here are some cooking safety tips to minimize the chance of fires and burns:

- \*Cover a pan or grease fire with a lid and turn the heat off
- \*Don't move a burning pan
- \*Don't use water or a fire extinguisher on a grease fire
- \*Stand by your pan – don't leave food unattended
- \*Keep pot handles turned inward
- \*Talk to your child about kitchen safety

If you are concerned about your child's safety in the kitchen we recommend looking into:

\*Stove Guards\* \*Stove Knob Covers\* \*Appliance Latches\*

For more information on cooking safety, check out the Department of Fire's resource page [HERE!](#)



## Resources



The Autism Program is continuing to support families in many ways both inside and outside of Boston Medical Center. Check out our website to learn more about the services, supports and programs we offer including our Autism Friendly Hospital Initiative, Teens Engaged as Mentors (TEAM) program, and our training offerings. We also have a huge resource library where you can access free information on a variety of topics such as safety, behavioral support, transition to adulthood, insurance and more!

<https://www.bmc.org/pediatrics-autism-program>

**Do you have an idea for a future newsletter? Email us at.**

**[autismprogram@bmc.org](mailto:autismprogram@bmc.org)**

**with suggestions.**

## Clinic

Our clinicians are available for developmental evaluations, assessments and follow up. To connect with the clinical team, please call 617-414-4841 and follow the prompts for Developmental Pediatrics.

### Our Clinicians

Marilyn Augustyn, MD  
 Naomi Steiner, MD  
 Arathi Reddy, DO  
 Rachel Amgott, NP  
 Christina Lazdowsky, NP  
 Mei Elensary, MD  
 Alyssa King, PhD  
 Jocelyn Kuhn PhD  
 Audrey Christiansen, MD  
 Sarah Canale, MD  
 Britany Weissman, MD  
 Mary Ellen Killion, NP

## 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! **To unsubscribe, please reply by email with the word "stop!"**



[BMC.org/autism](https://BMC.org/autism)  
[Autismprogram@bmc.org](mailto:Autismprogram@bmc.org)



The Autism Program at Boston Medical Center



@BMCAutismProgram