

DEVELOPMENTAL & BEHAVIORAL PEDIATRICS

NEWSLETTER



A monthly newsletter for families of Developmental & Behavioral Pediatrics (DBP)
at Boston Medical Center

What's Happening?

Happy November!

Winter, along with the end of 2023, is quickly approaching - which certainly begins to hint at the holiday season!

For the November edition of our DBP newsletter, we wanted to start off by sharing some **ASD-friendly Thanksgiving tips and resources** that could be useful for your family.

Click each title for more info or to register!

For Your Child:

Thanksgiving Social Stories

- Thanksgiving Social Story by Els for Autism
- Happy Thanksgiving! by Autism Speaks

For Your Family:

How to Prepare an Autism-Friendly Thanksgiving

- 12 Tips by ABA Centers of America
- 5 Tips by Autism Society
- The Real Reasons Autistic People are Stressed during the Holiday Season by Terra Vance

For You:

Self-Care Before the Holidays

- Self-Care Strategies from an Autism Mom by Milestones Autism
- Mom's Self-Care Support Group by Autism Alliance
- Managing Holiday Stress by AANE
- Coffee Tuesdays by Raising Harts

Upcoming Events

Click each title for more info or to register!

Free English & Spanish IEP Workshop

This online workshop will help families understand the different sections of the IEP, how to prepare for the IEP meeting, how to respond to the IEP, protections in the law, and much more!

November 7th & 9th | 6:30 to 8 PM

Webinar: Understanding the Female Phenotype in ASD by Alyssa Travers, PhD

This Coffee Convo presentation by the Lurie Center for Autism will discuss sex and gender differences in ASD prevalence, features of the female phenotype of ASD, as well as helpful strategies and resources.

November 15th | 6:30 to 7:30 PM

Food Security Resources

Click each title for more info!

Project Bread Project Bread connects people & communities to reliable sources of food so that no one goes hungry. For anyone in Massachusetts who needs food assistance, start by calling the FoodSource Hotline at **1-800-645-8333**! Available in 180 languages, consider this hotline as your one-stop-shop to learn about all the resources available to help you or your family.

BMC Food Pantry Did you know BMC has a Preventive Food Pantry? **Families can visit the pantry every two weeks (maximum twice per month) and receive three to four days' worth of food for their family each time.** Open Monday to Friday from 10 AM to 4 PM, please note that patients need to be screened and referred to by their PCP in order to access our Food Pantry.

Online Locator Tool This is a great online tool that you can use to look for food pantries and/or meal programs by location. Make sure to check if you need to call prior to accessing the resources!

- Eastern Massachusetts
- Central Massachusetts
- New Hampshire
- Western Massachusetts
- Northeastern Massachusetts

Holiday Gift Assistance

Click each title for more info or to register!

Comprehensive List of Holiday Assistance Resources across Massachusetts by DisabilityInfo.org

ABCD Toy Drive Fill out **this form** to check eligibility for ABCD programs and services (including holiday gift assistance). Then click **here** to find an ABCD location near you, as well as their contact information. Gift assistance services vary by location, so please make sure to check beforehand!

Globe Santa Globe Santa provides holiday gifts to children and families in need throughout the Greater Boston area! Families can request toys for children 12 or younger by writing to Globe Santa, including a Holiday Gift Verification Form from the Department of Transitional Assistance or another approved agency.

Salvation Army To be eligible for holiday gift assistance, families must provide proof of identification, proof of financial need, proof of residence, along with the birth certificate of each child under the age of 16 in their household. Find a Salvation Army near you by clicking **here**!

My Brother's Keeper This Christmas Assistance program serves families all over eastern Massachusetts, including Boston and Cape Cod! All gift requests must be processed by phone.

Safety Tip of the Month

Cooking fires are the leading cause of home fires and related injuries - and studies have shown that children aged 5 to 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 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 these items:

- Stove Guards
- Stove Knob Covers
- Appliance Latches

For more information on cooking fire and burn safety, please check out **this resource page** by the Massachusetts Department of Fire Services!

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

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

Arathi Reddy, DO

Rachel Amgott, NP

Christina Lazdowsky, NP

Mei Elensary, MD

Audrey Christiansen, MD

Sarah Canale, MD

Britany Weissman, MD

Mary Ellen Killion, NP

Arielle Spellun, MD

Bridget Poznanski, PhD

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
Autismprogram@bmc.org



The Autism Program at Boston Medical Center



@BMCAutismProgram