



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?

*COVID-19 cases in Massachusetts are trending at lower levels than before, and according to a model by the group **COVID Act Now**, we are on track to contain the virus in Mass if we continue with our safety measures. As the state continues to re-open (Phase 3 is coming soon!) keep yourself & your family safe by wearing a mask outside, limiting gatherings, and staying home when you can.*

ACTIVITY

Try this fun and festive fireworks painting activity this week to get your child in the holiday spirit. All you need is some paint, paper, and a toilet paper or paper towel tube. Cut 1 inch slits all around the bottom of the tube for your child to dip into paint and stamp on the paper to create a painting of "fireworks." You can also add some glitter for sparkling fireworks! If the idea of fireworks gives your child any anxiety, head on over to page 3 of this week's newsletter for a helpful Fireworks Social Story.



WELLNESS

Stress can have a big impact on our ability to get a good night's sleep, which is vital for a healthy body & mind. To help people unwind and promote a feeling of calm at the end of the day, Audible is offering a collection of free stories, guided meditations, calming sounds, and sleep tips. Visit them at audible.com/ep/sleep. Audible members can access additional content, and free trials are available for 30 days. If your child is having difficulty sleeping now that it's light out later, see page 2 for a helpful social story!



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RESOURCE

SUMMER SOCIAL STORIES

This week we are highlighting some helpful social stories on common challenges that our young ones can face in the summer months. These stories are available to download in their full form for free at bmc.org/autism.

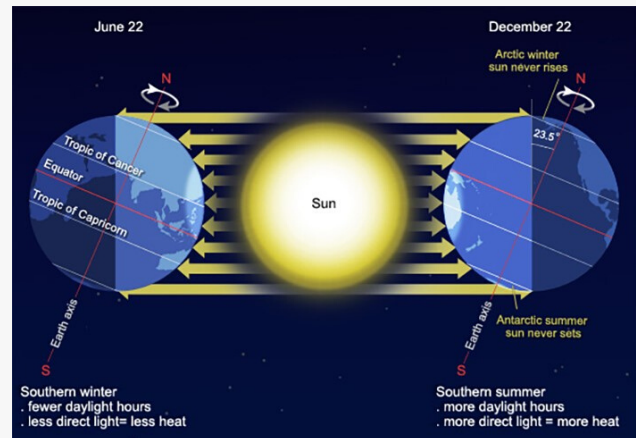
SUMMER NIGHTS



During the summer, the sun stays out later.
It can be hard to go to sleep at bedtime
because it is still light outside.



Even though it is still light out when it's time to start my bedtime routine, it's important for me to go to bed when my family says so. Getting a good night's sleep will help me stay healthy and have enough energy for the next day!



The sun stays out later in the summer because the earth is tilted towards the sun. So, we have longer days to spend outside and play with our families and friends!



When I am having trouble sleeping at night, I can make sure my curtains are shut, I can flip over, hug my stuffed animals, and quietly read to myself. Laying quietly and calmly will help me to fall asleep.

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RESOURCE

SUMMER SOCIAL STORIES



FIREWORKS



Across the world, people use fireworks to celebrate important events in history. Here in America, we use them to celebrate the Fourth of July or even the New Year!



Some people like fireworks and some people do not. Both are okay! Some people like the bright flashes that fireworks make and some do not. This is okay! Some people like the loud noises fireworks make and some do not. That is okay! It is important that you feel calm and safe. Telling a parent or adult how you feel about fireworks can help.



Fireworks are small rockets that get lit on fire and sent up into the sky at night. Once they get up high enough, they explode and make exciting colors and sound for all the people below to enjoy.



Fireworks can be very loud and frightening when you hear the sudden bang of one exploding. Most people enjoy seeing and hearing the fireworks but not everyone. Pets and other animals can be easily scared by them. Some people can find them to be very loud.



If I am feeling frightened by the fireworks I can stay indoors. Closing the curtains and the blinds may help with the bright flashes of light that fireworks give off. Even when I am inside I still might hear the fireworks. If I am feeling anxious putting on headphones, listening to music, or watching TV can help me stay relaxed.

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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

Know of something to add? Email autismprogram@bmc.org with suggestions.



Our Autism Program is hosting a bi-weekly virtual information series for parents and caregivers. Sessions are hosted on Zoom and are run by staff & guest speakers who will cover various topics and answer parent questions. To register for the webinar series, visit:

tinyurl.com/DBPparentgroups

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.*

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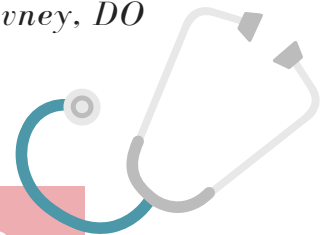
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ABOUT THIS NEWSLETTER

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!



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