



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?

Governor Baker has announced that MA schools will be closed for the rest of the 2019-2020 school year and non-emergency childcare programs will be closed until June 29. Remote learning will continue, and more details about the school closures will be coming soon. Check out our resources in this newsletter (tutoring/mentorship support below, and more on page 3) for academic support.

ACTIVITY

*This week, try out this fun "chalk paint" you can make at home with a few common household ingredients! Mix 1 cup of flour with 1 cup of water, and 1 tablespoon of dish soap. Pour the liquid mixture into a muffin tin, ice cube tray, or cups and mix in food colorings of your choice. You can use a paint brush or sponge to paint with. This liquid paint will dry on surfaces with a chalk-like appearance. **Notes:** Although this contains soap, it's a messy one. We recommend creating your masterpieces in the kitchen or outside (if you're safely able to). We don't recommend playing in the tub with this, as the mixture does contain flour and could clog up your drains.*



RESOURCE

CovED is a community of undergraduates from some of the top colleges/universities across the U.S. who are interested in supporting K-12 students in light of the COVID-19 pandemic. CovEd provides support for students including free academic tutoring, college preparation, and personalized mentorship, along with links to additional academic resources. Visit coved.org to learn more and sign up for a mentor!



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As April continues to bring showers and our stay-at-home orders continue, you may find your child is getting restless at home. A fun and engaging way to release tension and stress, balance energy, and improve fine and gross motor skills is movement. We've rounded up some great resources that will get everyone moving through yoga, music, or dance at home.

- **Cosmic Kids Yoga:** youtube.com/user/CosmicKidsYoga
- **Zensation Kids:** zensationalkids.com
- **GoNoodle:** gonoodle.com
- **Yoga Ed:** yogaed.com/school-closures

Also, cranking up some music and throwing a family dance party in the kitchen is always a good way to exert some energy and boost everyone's mood!

WELLNESS



Maria Trozzi, M.Ed, offers practical suggestions for adults struggling over what to tell their children during this uncertain time.

ASK AN EXPERT

1. **Your children are actively paying attention to how you feel, talk, and behave.** Even very young children look to you first to know whether they should worry or not. Talking with another caring adult about your feelings is helpful (out of the children's earshot); reminding yourself of other times in your life when you have felt anxious and uncertain about the future can be reassuring.
2. **Create a routine for the day.** Put together a schedule that includes, time for play, rest, exercise, screens, and family.
3. **Limit your own access to media coverage.** Information, when delivered calmly and by a trustworthy source, typically helps us feel more in control. That said, a steady diet of news, 24/7, creates its own layer of stress. Decide when and how often you will get your information from media sources.
4. **Talk with your children about changes only as they affect your family's day-to-day living.** Knowing the new rules of the road for this unique family experience is important. Simple explanations are best. Letting children ask questions as they arise, rather than prompting them, or assuming their feelings, is helpful.
5. **Development matters.** How your child understands and reacts to new information from you will vary, but their age and stage will help guide you to understand their reaction(s).
6. **Consider the marathon, not the sprint.** The first days and weeks of the crisis summon up enormous amounts of energy (albeit anxious) in all of us. I expect that very shortly we will collectively feel as though we have hit a "wall of exhaustion" as we sort out how to sustain difficult, if not seemingly impossible changes in our families' lives, no matter how long these changes last.
7. **Taking care of ourselves now seems prudent. Today.** Practice healthy sleep hygiene, mindful breathing (five minutes a day is all it takes), move our bodies, rest our minds, use technology to connect with others, discover ways to laugh, find meaning in sacrifice.

*For the full article, visit bu.edu/articles/2020/how-to-talk-to-kids-about-coronavirus
Maria Trozzi can be reached at mariatrozzi@hotmail.com.*

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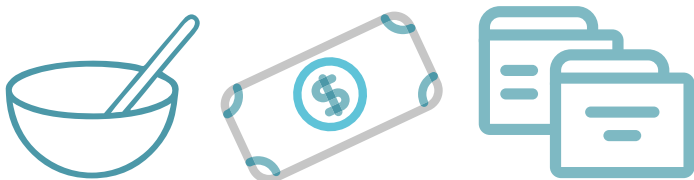
RESOURCES

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.



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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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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