



DBP WEEKLY NEWS

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



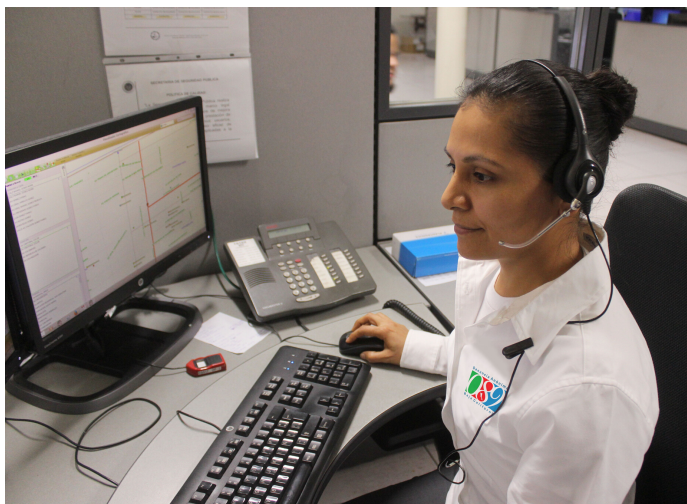
WHAT'S HAPPENING?

Governor Baker has extended the stay-at-home advisory and closure of non-essential businesses to May 18. The state order banning gatherings of 10+ people has also been extended until May 18. For ideas of activities to do at home, check out the link to our resource database on page 3.

ACTIVITY

With the weather slowly warming up and continued signs of spring blooming, we thought it would be fun to include an outdoor activity this week. If you are safely able to go outside, we encourage you to explore nature with a fun scavenger hunt. You can also check in with your child's senses by asking them or pointing out things they can see, hear, or smell. Create your own checklist, or download a free printable version here:

stayathomemum.com.au/printables/nature-scavenger-hunt-free-printable



RESOURCE

*Emergency Service Programs (ESPs) provide community-based assessment, intervention, and stabilization services for children & adults with MassHealth who are experiencing a mental health or substance use crisis. They can talk to people who feel they are in or near crisis, and try to help them find the supports they need. ESPs are available 24 hours/day, 7 days/week, 365 days/year. For support, call **1-877-382-1609** and enter your zipcode to be connected to the ESP in your area.*

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As we are all settling into this new "norm" and finding a new groove, anxiety and stress still exist for a lot of us. To help, we have compiled a few of our favorite resources geared toward parents and caregivers for exercise & meditation. Exercise and meditation have many benefits such as stress reduction, increased energy, better sleep, and an overall positive effect on our moods. We hope you are able to carve out a little bit of time for yourself throughout the week if you are up for it.

- Down Dog App, free until 6/1/2020: downdogapp.com
- Peloton App (no bike needed), free 90-day trial: onepeloton.com/app
- Fitness Blender, free: fitnessblender.com
- Insight Timer, free: insighttimer.com/meditation-app
- Calm, basic version is free: calm.com

WELLNESS



ASK AN EXPERT

Our Parent Leaders from the Parent Leadership in Autism Network (PLAN) program share their "Tales from Quarantine"

"We just created a schedule that starts with getting up pretty early in the morning to walk while there are fewer people outside (for social distancing purposes) and take each a day as another adventure. I really find that it's a little easier when [my daughter] knows what the expectations are and adhering to that routine. We are all in this together."

"To make my son's "school life" easier, I posted a schedule near his desk with the list of his virtual classes that he has and on which days and times. He was used to having a schedule on the front of his school binder and this visual aid makes my life and his a whole lot easier :-)"

"For parents....there is nothing wrong when it is safe to do so, sneak[ing] outside alone to take a couple of deep breaths and returning refreshed."

"Picky eater tip- we can't get a Whole Foods delivery to save our lives and [my son] is partial to a specific chicken nugget only they seem to carry. Had to buy new ones and at first he wouldn't try. Utilized feeding therapy techniques- smell it/kiss it/lick it/bite it/taste it. Something like that. Broke down the uncertainty that it was an entirely new food and he was willing to eat it after that"

"Homeschooling tip- spoke to all teachers about managing expectations. Have opted out of larger, whole grade, Zoom meetings (sensory overload). Broke down which skills were essential to minimize regression/"summer slide" effects. Focus on those goals on a weekly basis. Offer a reward at end of the week. Last week it was watching Trolls World Tour and camping out in the living room for a slumber party."

The Parent Leadership in Autism Network (PLAN) is a diverse and multilingual group of trained parent leaders who offer peer support to caregivers who have children/adolescents of any age with an Autism Spectrum Disorder (ASD).

This program is free and open to anyone in the community, regardless of where they receive their medical care.

For more information about the PLAN program, visit

bmc.org/pediatrics-autism-program/services/parent-leadership-autism-network-plan

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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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