



# 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?

*On Monday 5/25, the state continued to re-open with the second stage of Phase 1. Starting this week, the following businesses are opening with social distancing restrictions: hair salons, barbershops, and pet grooming (by appointment), car washes (exterior), and offices outside of Boston. Additionally, the following recreation sites are re-opening this week: state beaches, parks (no playgrounds yet), drive-in theaters, some athletic fields and courts, most fishing, hunting & boating, outdoor gardens, zoos, reserves, and public installations.*

## ACTIVITY

*This week we're sharing a fun take on a toy car wash. For this activity you'll need 2 buckets/bins, or bowls, toy cars, cocoa powder, soap, water, and sponges. Place the toy cars in the "dirty bucket" and spray them with some water and then sprinkle a teaspoon of cocoa powder on the cars until they look dirty. If you do not have cocoa powder on hand you can use dirt from your yard or garden instead. In the clean bucket, add some soap, water, and sponges. When everything is set up, hand the buckets to your child and let them have some fun sensory play working at their car wash!*



## RESOURCE

*Exceptional Lives provides free information for families who have children with disabilities on accessing services and resources and explains processes in a way that is easy to follow and understand. Their "Home with Kids" page includes tips and ideas for fun things to do at home with kids, how to manage mental health while home-bound with children, and educational resources. Visit them at [exceptionallives.org/home-with-kids](https://exceptionallives.org/home-with-kids).*



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## ASK AN EXPERT

*Camp Baker, a program of the Judge Baker Children's Center, shares tips for virtual learning. Below is an excerpt from a longer piece; for the complete article, please visit [tinyurl.com/CampBakerOST](https://tinyurl.com/CampBakerOST).*



*We've been hearing increasing concerns about extended periods of online learning. When we think about setting kids up for school success, we would like to offer you some tips and tools from Organizational Skill Training (OST), an empirically supported approach to helping children with attentional difficulties overcome organizational challenges.*

### TRACKING ASSIGNMENTS

**Goal:** Know what has been assigned and when it is due

**How to:** Provide your child with a physical/visual list of all assignments. For each assignment, the child makes a list of the items needed including handouts, workbooks, online materials, and necessary links to websites. A one-page calendar for the month can be used to list long-term due dates or test dates.

### MANAGING MATERIALS

**Goal:** Keep track of physical and virtual assignments as well as necessary supplies

**How to:** For many kids, assignments are being done fully online. For younger kids who are still printing some work, a simple two-folder system can help with organization. Keep one folder for work in progress and one for completed work. Work with your child to go through completed work and recycle anything unnecessary at the end of the week.

### TIME MANAGEMENT

**Goal:** Make efficient use of time throughout the day

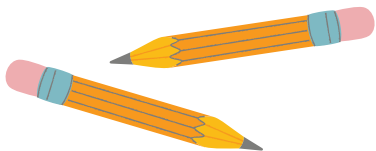
**How to:** Children are creatures of habit - structures and routines are comforting and help maximize productivity. If school has set up a schedule of remote instruction, print or save the schedule in an easy-to-access location and check in throughout the day to make sure your child is on track. If the school has not provided a schedule, set one up for your child, keeping in mind basic principles that work during a typical school day. Balance sedentary tasks (e.g., completing written assignments) with movement breaks (e.g., Go Noodle, take a walk, stretch) and restrict non-academic access to electronic entertainment until the daily list of assignments is completed.



### PLANNING

**Goal:** Managing longer-term assignment

**How to:** We as adults have found ourselves confused at some point over the last few weeks when you stop to wonder what the date or even day of the week is. Kids are similarly disoriented and may need extra help staying on top of deadlines for short and long-term assignments or tests. During your daily review of assignments, make note of long-term assignments and add deadlines to a monthly calendar. Help your child break assignments down into smaller steps and assign a deadline (mark it on the calendar) for each step.



*If you have questions about any of these strategies, please contact [campbaker@jbcc.harvard.edu](mailto:campbaker@jbcc.harvard.edu). For more resources from Camp Baker, check out [facebook.com/campbakerMA](https://facebook.com/campbakerMA) & [jbcc.harvard.edu/covid-19](https://jbcc.harvard.edu/covid-19).*

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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](https://tinyurl.com/CoronaResourcesBMC)**

*Know of something to add? Email [autismprogram@bmc.org](mailto:autismprogram@bmc.org) with suggestions.*



*Our Autism Program is hosting a bi-weekly virtual drop-in series for parents and caregivers of patients seen at BMC. Sessions are hosted on Zoom and are run by staff & guest speakers who will cover various topics and answer parent questions. To view the topic list and register, visit:*

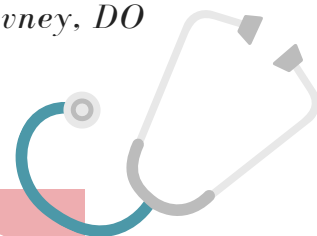
**[tinyurl.com/BMCParentGroups](https://tinyurl.com/BMCParentGroups)**

## 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](https://zoom.us/signup).*

## OUR CLINICIANS

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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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