

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



## WHAT'S HAPPENING?

*Beginning May 6, residents of Massachusetts (except children under 2 and people with certain medical exemptions) are required to wear a mask or cloth that covers the nose and mouth when going outside. Cities & towns may impose fines for not wearing a mask in public.*

## ACTIVITY

*This week's activity requires only 2 ingredients and is an easy one to whip up. Next time you plan on cooking with chickpeas (garbanzo beans), drain the water from the can into a bowl and add 1/4 tsp of cream of tartar. Whip the 2 ingredients with a mixer for 10 minutes, adding food coloring in if you'd like. Little stiff peaks will start to form and become a dreamy cloud-like substance called "Aquafaba." Add in spoons, ice cream scoopers, bowls, and whatever else you have on hand and your children will love playing and scooping with it. This is a messy one and technically edible. Enjoy!*



@notsosupermom\_vs\_society

## How to Wear, Wash, and Remove your Face Mask

*CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission.*



## RESOURCE

*With new orders for wearing masks in public come possible challenges for our young community members with disabilities. For some help, check out these resources wearing & caring for your masks and helping children learn to wear them (if they need to).*

Masks in MA: [mass.gov/news/wear-a-mask-in-public](https://www.mass.gov/news/wear-a-mask-in-public)

General Mask Information: [masktransit.org](https://masktransit.org)

Make your own Mask: [tinyurl.com/makemaskCDC](https://tinyurl.com/makemaskCDC)

Social Story for Children: [tinyurl.com/FaceMaskSS](https://tinyurl.com/FaceMaskSS)

Complete "How to Wear, Wash, and Remove your Face Mask" graphics (in multiple languages):

[tinyurl.com/maskgraphics](https://tinyurl.com/maskgraphics)

# DBP WEEKLY NEWS

## ASK AN EXPERT

*Olivia Weinstein MS, RD, LDN and Kate Donovan, MS, RD, LDN from the BMC Teaching Kitchen share some tips and recipes for cooking & nutrition.*

Many kids are “selective eaters”. This can be very challenging, especially when trips to the grocery store are limited. Use this extra time at home to help kids explore new foods and flavors! Here are a few tips to help make meal time a little easier.

### TIPS FOR PARENTS

1. **Kitchen Kids!** Kids that help prepare food will be more likely to try what they created. We offer a Zoom class for kids every Tuesday from 12-12:30pm for free! Sign up online at the link below.
2. **Limit Sugar!** Use fruit as a sweetener in recipes (unsweetened applesauce, banana, frozen berries)
3. **Keep ingredients simple!** Use similar ingredients in different ways to help limit trips to the grocery store and help kids explore foods. If they do not like raw carrots, try them cooked, mixed into mashed potatoes or rice, in soups or stews, roasted, blended into sauces or smoothies, and at different temperatures.
4. **Controlled Choices!** Offer your children “this” or “that” rather than asking “do you want this” or “what do you want”. For example, instead of asking “do you want broccoli for dinner” or “what vegetable should we have”, ask “would you like broccoli or carrots for dinner”. This type of question allows your child to have a choice while still requiring them to eat their vegetables.

### TIPS FOR KIDS

1. **Get creative!** Coming up with fun names for new foods like “Silly Spinach”, “Batman Beets”, or “Princess Peas” can help kids get excited about new foods. Use cookie cutters to make new foods into fun shapes or make popsicles or sorbet to try new fruits.
2. **Dip, Dip, Crunch!** Try dipping new vegetables and fruits in your favorite dressing or sauce. Hot sauce, ranch, ketchup, and yogurt are fan favorites!

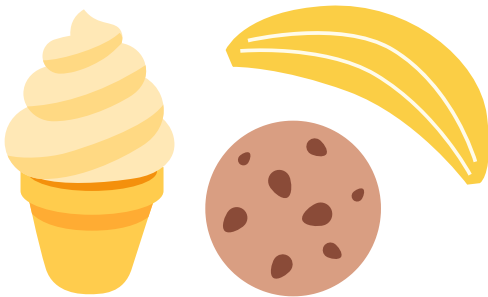
Here are 2 recipes that put these tips into action:

#### BANANA ICE CREAM

- **Ingredients:** 2 frozen bananas, 1/4 cup milk (soy, almond, cows milk), optional toppings (cinnamon, cocoa powder, nut butter)
- **Directions:** Freeze banana by peeling the bananas first, placing the banana pieces in an airtight container, and let freeze for at least 4 hours. Blend banana and milk together in a blender or food processor. If too thick, add a little more milk. Enjoy immediately and top with your favorite toppings!

#### BANANA OAT COOKIES

- **Ingredients:** 2 bananas, 1.5 cups oats, 1/2 cup nut butter (peanut, almond, sunflower), 1/4 cup raisins, chocolate chips, or nuts (optional)
- **Directions:** Preheat oven to 350 degrees F. Line a sheet with parchment paper and set aside. Mash the banana. Combine the oats, nut butter, and toppings into a large bowl and mix well. Drop 1 heaping tablespoon of batter onto the baking sheet and bake for 10 minutes (or until golden brown).



For more from the BMC Teaching Kitchen, including recipes and online classes, please visit:

[bmc.org/nourishing-our-community/teaching-kitchen](https://bmc.org/nourishing-our-community/teaching-kitchen)

# DBP WEEKLY NEWS

## 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.*



## 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!*



BMC.org/autism  
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