

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



WHAT'S HAPPENING?

This week, the governor announced round two of the state's "Stop the Spread" testing initiative, which aims to provide free testing to communities with high incidences of COVID. The program already serves Chelsea, Everett, Fall River, Lawrence, Lowell, Lynn, Marlborough, and New Bedford. It has now expanded to include Agawam, Brockton, Methuen, Randolph, Revere, Springfield, Taunton and Worcester. Anybody who would like to be tested or looking to get tested can log on to: mass.gov/stopthespread for more information.

ACTIVITY

This week try out our fun, tasty and cool "beach bark" recipe.

Simply spread a thick layer of your favorite yogurt on a cookie sheet lined with parchment or wax paper. Sprinkle crushed graham crackers freely over it and add on any fruit or other additional toppings. Store in the freezer for 2 hours or until its completely frozen. Once you are ready to enjoy you can cut your bark into pieces.



WHAT:

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.

WHO:



WHERE:



HOW to AVOID:



WELLNESS

Beat the Heat! Children have a higher risk of developing heat-related illnesses compared to adults so it is important to follow heat safety tips during the summer months.

- Stay hydrated
- Slow down and limit time spent outside
- Wear loose fitting, lightweight clothes
- Never leave children or pets alone in enclosed vehicles

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RESOURCE

SWEET DREAMS

CREATING BEDTIME ROUTINE

Developing adequate sleep routines and habits is essential to the well-being of your child and the entire household. Sleep supports growth and development, a healthy immune system, & maternal and family well-being.



Common Sleep Difficulties



Examples include insomnia, sleep disruptions, sleep apnea, and REM sleep latency. If your child is having difficulty with sleeping, don't panic! Moderate to severe sleep disturbances are more common for children with autism and other developmental/behavioral diagnoses. If your child's sleep doesn't get better after creating bedtime structure, talk with your child's clinician about other effective supports which might include therapy or medication.

Sleep Patterns

Sleep patterns change over the course of a lifetime and that is completely normal!



Create a bedtime routine for your child and be consistent with it!

- Set a bedtime for your child that will allow for a full night of sleep.
- Limit or eliminate screen time at least an hour prior to bedtime routine.
- Develop a bedtime routine that will allow time for your child to engage in relaxing activities such as reading a book or taking a bath.

Encourage your child to follow the bedtime routine!

- Create a schedule for the bedtime routine.
- Incorporate the use of a sticker chart, token board, or some reward system.
- Practice self-regulation strategies such as breathing techniques and meditation prior to bedtime.

our bedtime routine	
	Pajamas
	Brush Teeth
	Drink of Water
	Go Potty
	Read Stories
	Lights Out

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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.*

OUR CLINICIANS

Marilyn Augustyn, MD

Naomi Steiner, MD

Arathi Reddy, DO

Ana Carolina Sanchez, MD

Jodi Santosuosso, NP

Rachel Amgott, NP

Christina Lazdowsky, NP

Mei Elensary, MD

Alyssa King, PhD

Ana Treadaway, MD

Mediatrix Mbamalu, MD

Christine McGivney, DO

Jocelyn Kuhn, PhD

Audrey Christiansen, MD

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
autismprogram@bmc.org
tinyurl.com/ASDlistserv



@The Autism Program at
Boston Medical Center



@BMCAutismProgram