

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



## WHAT'S HAPPENING?

*Massachusetts has seen an uptick in COVID cases and because of this Governor Baker has announced a new order regarding outdoor gatherings, which will now be limited to 50 people or less. The order of 25 people or less in an indoor space will remain in effect. Based on contact tracing reports, it is being speculated that parties, and gatherings where people are not wearing masks and/or adhering to social distancing guidelines may be contributing to the numbers rising again.*

*This new order requires anyone attending a gathering of 10 people or more involving more than one household must wear a mask or face covering if over the age of 2. This includes private backyard parties as well. Officials will also be able to fine event hosts up to \$500 for each violation. Governor Baker has also announced they will be putting a hold on moving to the second part of phase 3 for now. This means venues such as indoor theaters and performance venues will not be opening.*

## ACTIVITY

*Whether your child will be returning to the classroom, participating in distance learning, home-school or some hybrid we can all agree that routine and structure can be very helpful for everyone's mornings, including yours! This week we have highlighted The Mama Notes DIY clothing organizer. Your child can gain independence by picking out their clothing ahead of time for the week and organize them by day. This is also a great way to teach your child the days of the week. If you do not have access to the organizer mentioned in this resource, feel free to get creative with shoe boxes, bins, or shelves!*



## CovEducation

Continuing K-12 education in the US during the COVID-19 outbreak

REGISTER

DONATE

## RESOURCE

*As the new school year approaches amidst the pandemic you may feel concerned or anxious about your child falling behind academically, or in need of a little extra support, if you do we have just the resource for you. [CovEd.org](https://www.coved.org) is a FREE tutoring service for all kids K-12 and includes children with special needs. Students will be paired with a mentor and sessions are conducted online via video chat. Mentors speak multiple languages and are expected to provide services through the academic school year.*

# DBP WEEKLY NEWS


## RESOURCE

## BACK TO SCHOOL


This week we are highlighting the K-12 School Relative Risk Index developed to support you in making informed decisions about sending your child back to school.

### TEACH YOUR CHILDREN TO STAY SAFE AT SCHOOL


**Requirements**  
For all students and adults




Low community spread




Physical distance



Mask wearing



Hand hygiene and disinfection



HEPA air filtration indoors or outdoor activities

### K-12 School Relative Risk Index

**Transportation to and from school**

Low	Walk or ride a bicycle
Low	Automobile Household members only
Medium	Automobile Carpool/non-household members
High	School bus
High	Public transportation (Subway, bus)

**Routine classwork**

Low/Medium	Desk-based instruction
Low/Medium	Shop/Vocational-technical
Low/Medium	Going to the restroom
Medium	Unmonitored study hall
Medium/High	Lockers/Changing rooms between classes

**Lunchtime**  
Assuming 6 feet of distancing at all times

Low/Medium	Picking up prepackaged meals
Low/Medium	Outdoor eating
Medium	Cafeteria lunch line
Medium	Indoor eating Classroom
Medium/High	Indoor seating Cafeteria

**Arts & Humanities**

Low/Medium	Art Indoor
Low/Medium	Supervised clubs/Organizations
High	Band/Orchestra
High	Choir
High	Drama performances

**Recess & Athletics**

Low/Medium	Outdoor playground
Low/Medium	Outdoor non-contact sports
Medium	Indoor non-contact sports
High	All contact sports, indoor or outdoor
High	Locker rooms

**Risk Reducing Actions**

- Classes outdoors (e.g., using tents)
- Maximum class size of 10-15 students
- Open classroom windows
- Stagger drop-off and pick-up times
- Pod students in groups
- Switch teachers between classes, not students
- Limit shared items
- Make unused spaces classrooms (e.g., gyms and band rooms)

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SOURCES:  
CDC (<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/guidance-for-schools.html>)  
NASEM (<https://www.nationalacademies.org/our-work/guidance-for-k-12-education-on-responding-to-covid-19>)

With the new school year approaching and COVID19 still present in our communities, many families are weighing the options of whether or not to send their children back to school, stick with online learning, or follow a hybrid model.

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Boston Public Schools Welcome Centers will be open from August 17 through September 18 for telephone and in-person services.

### BOSTON PUBLIC SCHOOLS Welcome Centers

Monday-Friday / 9:00 am-5:00 pm  
August 17 - September 18

Boston Public Schools Welcome Centers are open  
August 17-September 18, Monday-Friday 9:00 am-5:00 pm,  
for in-person services **by appointment only.**

To schedule an appointment for in-person or phone registration  
and for more information on school registration,  
please visit [www.bostonpublicschools.org/register](http://www.bostonpublicschools.org/register)  
or call 617-635-9010.

# 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.*



*Our Autism Program is hosting a monthly 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](https://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](https://zoom.us/signup).*

## OUR CLINICIANS

*Marilyn Augustyn, MD*

*Naomi Steiner, MD*

*Arathi Reddy, DO*

*Ana Carolina Sanchez, MD*

*Jodi Santosuosso, NP*

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*Mei Elensary, MD*

*Alyssa King, PhD*

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*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](https://BMC.org/autism)  
[autismprogram@bmc.org](mailto:autismprogram@bmc.org)  
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