



Welcome to the MHVI Covid-19 Resource Digest, volume 3. We're departing from our usual content for bring you resources for these times. *Think a friend or colleague should be getting this newsletter? Share [this link](#) with them to sign up.*

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The Massachusetts Department of Public Health (DPH) continues to work closely with the Centers for Disease Control and Prevention (CDC), other Federal agencies and our local Board of Health to share the most up to date information available. The DPH website is updated continuously with the latest guidance, including printable fact sheets in multiple languages at [www.mass.gov/2019coronavirus](http://www.mass.gov/2019coronavirus).

Information about coronavirus, the virus that causes COVID-19 can be found at the Massachusetts Department of Public Health website, by calling 2-1-1 or visiting <https://mass211.org/> where citizens are able to live chat with a person. The CDC website is <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

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## Information for supporting families

- **Mass.gov:** [What do you do if you become unemployed?](#)
- **United Way Massachusetts and Merrimac Valley:** [Covid-19 Family Fund](#)
- **CHAPPA:** [Are you Impacted by COVID-19 and Need Assistance?](#)
- **Northeast Legal Aid and Mass Law Reform Institute:** [COVID-19 and Evictions: Your Landlord Should Not Try to Evict You](#)
- **Network Of Care Massachusetts:** [Resources in your community for children and adults with mental health and substance use needs](#)
- **MIRA Coalition:** [Family Preparedness Plan for Immigrant Families](#) [Spanish and Portuguese](#) plans
- **National Institute for Children's Health Quality (NICHQ):** [Participate in the Census, Promote Children's Health](#)
- **Early Education & Care:** [EEC CORONAVIRUS UPDATE FAQ For Parents](#)
- **Harvard University & Partners:** [Covid-19 Health Literacy Project](#), fact sheets in more than 30 languages
- The **Children's Trust** provides all parents free, full access to videos with practical advice from experts, parents, and grandparents at [All Babies Cry](#) with the access code "COVID19"
- The **Children's Trust's** [One Tough Job](#) provides a list of online playgroups, parenting support groups, and other resources.
- **The Children's Trust:** MILWAUKEE Child Welfare Partnership: [Resource Toolkit for Home Visiting and other Early Childhood Professionals](#)
- **National Association of School Psychologists:** [Talking to Children about Covid-19](#)
- **Kids In Danger:** A new [consumer guide](#) with CFA and U.S. for sheltering in place.
- **New York Times:** [Families Scramble to Find Baby Formula, Diapers and Wipes](#). Panic buying has left stores and diaper banks empty of baby essentials as shutdowns and quarantines expand across the country.
- **Scary Mommy:** [Domestic Violence Victims Use Safewords At Pharmacies To Seek Help During Lockdowns](#)

- **HuffPost:** [How To Make A No-Sew Coronavirus Face Mask With Fabric](#)
- **HuffPost:** [Parents, It's Good For Your Mental Health To Cry During A Pandemic.](#) Bawling your heart out might be your best pandemic parenting tool.
- **HuffPost:** [7 Pieces Of Parenting Advice Everyone Could Use Right Now,](#) Experts share advice normally used on kids that adults can use, too.
- **Medium:** A parent's perspective: [Parents are not okay.](#)
- **CPSC:** [Stay Safe at Home During the COVID-19 Pandemic; CPSC Helps You Avoid Hidden Home Hazards](#)
- **New York Times:** [Doctors Expect a 'Huge Spike' in Pediatric Injuries at Home](#)
- **New York Times:** [4 Ways to Help Your Anxious Kid. First,](#) acknowledge ways the coronavirus has changed their lives.
- **New York Times:** [11 Questions Parents May Have About Coronavirus](#)
- **New York Times:** [How to Talk to Your Kids about Coronavirus](#)
- **Early Learning Nation:** [A parent's guide to surviving COVID-19: 8 strategies to keep children healthy and happy](#)
- **GGSC:** [Three Ways to Boost Your Resilience as a Parent.](#) Take these steps to feel less overwhelmed.
- **GGSC:** [Why Parents Need a Little Self-Compassion.](#) Here are three practices to bring a little mindfulness and calm to your busy day.
- **GGSC:** [Emotion Coaching: One of the Most Important Parenting Practices in the History of the Universe](#)
- **Boston Globe:** [Storytime Online:](#) The SAG-AFTRA Foundation's award-winning children's literacy website streams videos featuring celebrated actors reading children's books alongside creatively produced illustrations. Readers include Viola Davis, Chris Pine, Lily Tomlin, Kevin Costner, Annette Bening, James Earl Jones, Betty White and dozens more.
- **Boston Globe:** [Cosmic Kids yoga series](#) offers themed classes inspired by Frozen, Harry Potter, and more.
- **Boston Globe:** Learn to draw beloved cartoon characters during episodes of "[Lunch Doodles with Mo Willems.](#)" starring the wildly popular children's author from Massachusetts famous for books including *Don't Let the Pigeon Drive the Bus!*
- **Boston Globe:** Download free coloring books from [113 museums from around the world.](#)
- **Brene Brown:** [David Kessler and Brené on Grief and Finding Meaning,](#) podcast
- **Fred Rogers Center:** [Talking with your kids about Coronavirus](#)
- [National Geographic Kids](#)
- [Khan Academy Kids](#)
- [Starfall](#)
- [Scholastic Learn at Home](#)
- **Storytime Online:** The SAG-AFTRA Foundation's award-winning children's literacy website streams videos featuring celebrated actors reading children's books alongside creatively produced illustrations. Readers include Viola Davis, Chris Pine, Lily Tomlin, Kevin Costner, Annette Bening, James Earl Jones, Betty White and dozens more.
- **PBS:** [Arthur, All About Community](#)
- **PBS:** [Molly of Denali](#)
- **NPR:** [Just For Kids: A Comic Exploring The New Coronavirus](#)
- **BrainPop:** [Coronavirus](#)
- **Songs for Teaching:** [Songs About Diversity and Embracing our Differences](#)
- **WGBH:** [Lullabies From Around The Celtic World](#)
- **WGBH:** [Children's Songs From Around The Celtic World](#)

## For Self-care:

- **Quartz at Work:** [Even a “forced sabbatical” can have profound benefits](#)
- **The Conversation:** [Shipwrecked! How social isolation can enrich our spiritual lives – like Robinson Crusoe](#)
- **Yale University:** [The Science of Well Being](#). Engage in a series of challenges designed to increase your own happiness and build more productive habits. Free enrollment; certificate available.
- **GGSC:** [Greater Good’s Guide to Well-Being During Coronavirus](#): Practices, resources, and articles for individuals, parents, educators, and health care professionals facing COVID-19.
- **GGSC:** [Five Ways to Protect Your Well-Being as a Health Care Professional](#): Lessons from the Greater Good Institute for Health Professionals about how to care for yourself and nurture your relationships.
- **GGSC:** [How Gratitude Can Reduce Burnout in Health Care](#): In a stressful, exhausting job, embracing a culture of thankfulness can be good for both staff and patients.
- **GGSC:** [Free Live & Online - Daily Meditation & Support Groups from Mindful Leader](#): Thirty-minute sessions held Monday through Friday from March 23 to May 1, including 15 minutes of silent meditation and 15 minutes of reflection and discussion.
- **GGSC:** [Coronavirus Resources: Staying Connected in Times of Isolation from Living Room Conversations](#): Conversation guides to help us connect and understand each other in these difficult times, plus live video chats to help us stay connected.
- **NPR:** [Coronavirus FAQs: Is A Homemade Mask Effective? And What's The Best Way To Wear One?](#)
- **HuffPost:** [The Best Free Virtual Cooking Classes To Take During Self-Isolation](#). Chefs like Massimo Bottura and Christina Tosi have taken their talents to the interwebs, and we're all reaping the delicious benefits.
- **Bill Withers:** [10 Essential Songs](#) From “Lean on Me” to “Just the Two of Us,” look back at the R&B legend’s most memorable tracks
- **Boston Globe:** Stream classical music from the Boston Symphony Orchestra, which is opening up its vaults for a [new online series](#).
- **Boston Globe:** The Globe’s Zoë Madonna has also offered [a list of 9 other places to livestream classical music](#).
- **Boston Globe:** [75+ things to do while coronavirus has you stuck at home](#) (there may be a pay wall)
- **PopSugar:** [Cards Against Humanity's Family Edition Is Free](#)

## For Distance Learning (new opportunities added)

### Live webinars:

- [Behavior Has Meaning](#) April 8
- NICHQ: [Social Determinants of Grief: The Impact of Black Infant Loss](#)
- ECLKC: [Understanding Trauma in an Early Childhood Context](#), April 9
- [Immigration and Equity](#), April 14
- **Community Engagement Webinar Series,** [Community Partnerships for Family Engagement in the Transition to Kindergarten](#), April 14
- **CSN Webinar:** [Evidence-Based/Informed Interventions and How They Can Improve Our Work](#), April 15

- [Examining Our Own Privilege in Times of Crisis: Addressing Whiteness in Our Health and Racial Justice Work](#), April 15
- **Brazelton Touchpoints:** [Learning with Parents: Children on the Autism Spectrum and the Arts](#), April 15
- **Zero to Three:** Webinar Series: [Addressing Abuse and Neglect During COVID-19](#), beginning April 15
- **MACA:** [Telehealth Delivery of TF-CBT: WHO can register: HOW to register: What You Need to Know To Get Started](#), April 16
- **NIMH** [Responding to the Alarm: Addressing Black Youth Suicide](#), April 21
- Music Therapy Impact on Population Health: [RI Experience and Beyond](#), April 22
- **Community Health Training Institute,** [Health Equity and Community Development](#), April 30
- **Georgetown University Center of Excellence for Infant & Early Childhood Mental Health Consultation (IECMHC):** [How did we get here?: An overview of the root causes of Disparities in Child Outcomes, and the Role of Child Serving Systems](#), April 30
- **Greater Good Science Center UC Berkley** [Greater Good Institute for Health Professionals](#), May 2 & 3, 2 half days (free)
- [How to Make EC EZ – For Your Patients and Your Practice](#), May 21
- **IECMHC:** [Culture, Identity, and History as Sources of Strength and Resilience for Tribal Communities](#), May 28
- [Get Paid For Your Work: Guidance on LARC Billing](#), June 2
- **Community Engagement Webinar Series:** [Community Partnerships with Child Welfare](#), June 2
- **IECMHC:** [Culture, Identity, History as Sources of Strength and Resilience for African American Children and Families](#) June 25
- **IECMHC:** [Culture, Identity, History as Sources of Strength and Resilience for Latino Children and Families](#), July 30

#### Recorded webinars, courses and other learning opportunities:

- **The Center for Early Childhood Mental Health:** Introduction to the Best Practice Tutorial Series, 10 modules
- **GPS:** Intro to Bringing Your Support Group Online, [All the basics and tips on how to lead successful online support groups](#)
- **New England Public Health Training Center,** a wide range of training programs and services that strengthen the public health workforce.
- **Office of Head Start,** [My Peers](#) is a virtual learning network where you can brainstorm, exchange ideas, and share resources with early childhood colleagues from across the country. It was created by the Office of Head Start (OHS) to help you connect and learn with people who share your interests and program responsibilities. Recently added:
  - [Evidence-Based Treatment of Perinatal Substance Use Disorders](#)
  - [Optimizing Outcomes for Pregnant Women and Infants Affected by the Opioid Crisis](#)
  - [Improving Outcomes for Opioid-Exposed Newborns: Together, We Can Do Better](#)
  - [The Ounce](#), trainings designed specifically with the needs of home visitors and supervisors in mind. Developed by home visitors for home visitors. Applicable across all national models.
- **SAMHSA** [Center of Excellence for Infant and Early Childhood Mental Health Consultation, podcasts and webinars](#)
- **The Institute for Family Support Professionals:** Offering Family Support Professionals the opportunity to learn new skills and grow their careers.

- **HRSA:** The [MCH Navigator](#) is a centralized portal for pursuing continuous learning in maternal and child health (MCH) and is designed to help emerging and established MCH professionals and students map professional growth pathways.
  - [The Best Start in Life: Early Childhood Development for Sustainable Development](#)
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Free Massachusetts Department of Public Health education publications and other materials are available at the [Massachusetts Health Promotion Clearinghouse](#).

The Massachusetts Home Visiting Initiative brings this E-Digest to you. If you no longer wish to receive the Digest please send an email to [Maxene.Spolidoro@state.ma.us](mailto:Maxene.Spolidoro@state.ma.us). Please write unsubscribe in the subject line. If you would like to add someone to our mailing list please send an email to [Maxene.Spolidoro@state.ma.us](mailto:Maxene.Spolidoro@state.ma.us); please write new subscriber in the subject line. Visit us at [www.mass.gov/dph/homevisiting](http://www.mass.gov/dph/homevisiting).