



Welcome to the MHVI Covid-19 Resource Digest, volume 44. We're departing from our usual content to bring you resources for these times. *Think a friend or colleague should be getting this newsletter? Share [this link](#) with them to sign up.*

The Massachusetts Department of Public Health (DPH) works closely with the [Centers for Disease Control and Prevention](#) (CDC), other Federal agencies and our [local Boards 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. Looking for resources for families: call 2-1-1 or visit [mass211.org](#).

Information for supporting families during Covid:

- **LifeHacker:** [Check the Status of Your Stimulus With This Tool](#)
- **MIRA/Stimulus checks:** If you have a valid social security number (including U.S. citizens, green card holders, and other lawfully present immigrants) and earned less than \$75,000 in 2019 or less than \$150,000 for a couple, you will receive a \$600 check. [Q&A: Economic Impact Payments](#)
- **MIRA/Unemployment Benefits:** Pandemic Unemployment Emergency Compensation (allowing for additional weeks of unemployment), those benefits will also be extended until mid-March. For more information about unemployment benefits, contact the [Massachusetts Department of Unemployment Assistance](#). Multilingual resources are available [here](#). [As DTA has shared on Mass.gov here](#), folks do NOT need to tell DTA about this \$300/week boosted Unemployment income!
- **MIRA/Eviction Moratorium and Housing Assistance:** The federal eviction moratorium has been extended by one month and an additional \$25 billion in rental assistance funds will be distributed by state and local government for rent and utility payments. You can find more information [here](#).
- **MIRA/SNAP:** The package includes an additional \$13 billion for the Supplemental Nutrition Assistance Program (SNAP), including a 15% increase in benefits through June 30, 2021. You can find more information about SNAP [here](#).
- **CLASP/EITC:** [Congress Passes Urgently Needed COVID-19 Relief and Spending Bills, Billions Short and Months Late](#). A lookback provision that allows families to continue to receive the Earned Income Tax Credit or Child Tax Credit—essential income supports for families with low incomes—based on their 2019 income so they do not receive a lesser credit if their earnings decreased.
- **National Consumer Law Center:** [COVID-19 & Consumer Protections](#). The COVID-19 pandemic is creating upheaval in people's lives, especially the most vulnerable, and NCLC is working with allies, government officials, and businesses, to help. This list of resources, which will be updated as new information is available, is a guide to help families navigate their financial lives during these turbulent times.
- **JAMA:** [CDC Warns of Surge in Drug Overdose Deaths During COVID-19](#)
- **Knowable:** [A winter of despair for homeless families](#). In the absence of much-needed measures, the pandemic will make the cold days harder and more perilous among our most vulnerable population
- **HuffPost:** [What Child Therapists Are Telling Their Kids To Expect In 2021](#). Amid continued uncertainty, experts share their tips for parents navigating the next chapter of the pandemic with their children.

- **HuffPost:** [Kids Handled 2020 Like Champs. Let's Make It Up To Them](#). Children deserve so much credit for their resilience, and we can do a few things to give them a better 2021.
- **National Geographic:** [How to build a better \(virtual\) school year](#). These 6 lessons from 2020 can help parents better navigate the upcoming semester.
- **National Geographic:** [Don't let the pandemic keep kids from going outside in chilly weather](#). Outdoor activity is mentally healthy—and crucial during shutdowns.
- **National Geographic:** [Why your kid should be playing right now](#). Play teaches social skills and boosts brainpower in both animals and children—and might help kids deal with the pandemic.
- **National Geographic:** [Keeping children fit while stuck inside](#). Plus ideas for making exercise fun for kids—and maybe even yourself
- **National Geographic:** [The kids may not be all right. Here's how to check in on their mental health](#). The pandemic could be putting children at risk for depression and anxiety. Don't be afraid to talk about it.
- **CNN:** [How vaccinated grandparents should approach visiting loved ones now -- advice from Dr. Wen](#)

Other news, towards racial justice and racial healing:

- **Child Mind Institute:** [Racism and Violence: How to Help Kids Handle the News](#). Supporting your children during scary times [en Español](#)
- **HuffPost:** [For Black Americans, The White Terror In D.C. Looks Familiar](#). To suggest the Capitol riots don't "represent who we are" ignores the long history of white supremacy, racial violence and retaliation in this country.
- **Common Sense Media:** [A best-of-the-best collection of resources for social justice- and equity-focused educators](#).
- **HuffPost:** [White Supremacists Still Exist. Here's What White Parents Can Do About It](#). How to raise kids who stand up for what is right.
- **American Psychological Assn.:** [Talking to kids about discrimination](#). Experts say diversity and discrimination are subjects that need to be addressed with children.
- **RWJF:** [Five Experts Reflect on the Health Equity Implications of the Pandemic](#)
- **Children's Equity Project:** [Start with Equity: 14 Priorities to Dismantle Systemic Racism in Early Care and Education](#)

Other news:

- **NPR:** [What To Say To Kids When The News Is Scary](#), 26 minute audio
- **Child Mind Institute:** [Helping Kids Understand the Riots at the Capitol](#) [en Español](#)
- **Child Mind Institute:** [How to Avoid Passing Anxiety on to Your Kids](#) Help yourself, and them, by learning techniques to manage stress in a healthy way [en Español](#)
- **Columbia Engineering:** [How Coding Provides Skills That Can Help Children Cope With Distress](#)
- **National Assn. of School Psychologists:** [Helping Children Cope With Terrorism - Tips for Families and Educators](#)
- **Common Sense Media:** [Talking to Kids About the Violence at the U.S. Capitol](#). Use these age-based tips and questions to have conversations as a family about disturbing events. [en Español](#)
- **Common Sense Media:** [Explaining the News to Our Kids. Dramatic, disturbing news events can leave parents speechless](#). These age-based tips on how to talk to kids about the news -- and listen, too -- can help.

- **HuffPost:** [How To Talk To Kids About Scary News](#). Experts share advice for discussing the violence on Capitol Hill and other difficult events with children.
- **CNN:** [10 tips for talking to your kids about the attack on the US Capitol](#)
- **FIRST Steps Together:** [The Journey Recovery Project](#) is an interactive web resource for pregnant and parenting women and their families who have questions or concerns about opioid and other substance use. The Journey Recovery Project empowers and informs women about opioid and other substance use and pregnancy. Resources can be shared with families, used during a visit, as part of a group, or shared with collaterals and other providers.
- **Claudia M. Gold's Blog:** [Parenting Through Grief: "I'm Her Only Mother"](#) In a time when there is so much loss, with hope this piece will offer comfort and guidance. This series aims to bring a textured image to the concept of "listening to parents and children" along with enhanced understanding of what prevention of adverse childhood experiences could look like.
- **Study Finds/Duke U.:** [Study: Children with strong levels of self-control live longer, healthier lives](#)
- **Science Daily/U. of Cincinnati:** [Can a mother's stress impact children's disease development?](#) Environmental health researcher says there is a connection between trauma and DNA mutation
- **Child Mind Institute:** [Coronavirus Parenting: Managing Anger and Frustration](#). Parents everywhere are losing their temper and yelling at their kids. How to maintain your cool under stress. [en español](#)

Wisdom: "In times of stress, the best thing we can do for our children (and for each other) is to listen with our ears and our hearts and to be assured that our questions are just as important as our answers."

- Fred Rogers -

Reports, Briefs, Infographics and other downloads:

- **National Consumer Law Center:** [The EIP stimulus payment prepaid card: not a scam; how to avoid fees](#)
- **MassAIMH:** [Understanding Childhood Trauma and Your Family brochure](#); [Multiple Languages](#)
- **Boston Foundation:** [The Racial Equity Capacity Builders Directory](#)
- **NCTSN:** [Talking to Children about Mass Violence](#)
- **Child Mind Institute:** [Helping Children Cope After a Traumatic Event A recovery guide for parents, teachers and community leaders](#)
- **Child Mind Institute:** [Helping parents through COVID-19 and beyond en Español](#)
- **Fred Rogers Center:** [Talking with children about difficult things in the news](#)

For Self-care:

- **Psyche:** [How to channel boredom. Feeling bored?](#) Learn how to use that discomfort to switch up a gear and regain control over your life and your interests
- **TIME:** [You Asked: What's the Best Stress Relief Method?](#)
- **TIME:** [I Don't Feel Safe Returning to Work During the Pandemic. What Should I Do?](#)
- **Washington Post:** [It's a new year, but we're in the 'messy middle' of the pandemic. Here are 5 ways to cope.](#)
- **NPR:** [Faced With A Tough Decision? The Key To Choosing May Be Your Mindset](#), 19 minute audio
- **NPR:** ['Tiny Habits' Are The Key To Behavioral Change](#), 12 minute audio
- **The Conversation:** [5 strategies for cultivating hope this year](#)

- **HuffPost:** [10 Ways Therapists Are Practicing Self-Care In 2021](#). Here's how mental health experts are staying healthy, reducing stress and anxiety, and prioritizing themselves after the hell of 2020.
- **HuffPost:** [From Knitting To Kneading: 10 Hobbies We Fell Back In Love With In 2020](#). "I went back to horse riding for the first time in over 20 years. It got me out in the fresh air and rescued my mental health."

Live webinars & open meetings: (new opportunities added in [blue](#))

- **Early Childhood National Centers:** [Supporting Social and Emotional Learning Through Parent-Child Interactions](#), Jan. 13
- **Brazelton Touchpoints:** [Virtual Service Delivery Webinar Series / Serie de seminarios web sobre la prestación de servicios virtuales](#):
 - Exploring the Pandemic's Impact on Providers' Well-Being / Explorando el impacto de la pandemia en el bienestar de los proveedores, Jan 13
 - Building Your Team Virtually: Hiring and Onboarding during Covid-19 / Construyendo su equipo virtualmente: contratando e integrando durante Covid-19, Jan. 27
 - Exploring the Pandemic's Impact on Children's Well-Being / Explorando el impacto de la pandemia en el bienestar de los niños, Feb. 10
 - Promoting Positive Parent-Child Interactions Virtually / Promoviendo interacciones positivas entre padres e hijos virtualmente, Feb. 24
 - Exploring the Pandemic's Impact on Families' Well-Being / Explorando el impacto de la pandemia en el bienestar de las familias, March 10
 - Challenging Conversations with Families Virtually / Conversaciones desafiantes con las familias virtualmente, March 24
- **Boston Foundation:** [An Orientation to the TBF Racial Equity Capacity Builders Directory](#), Jan. 14
- **Knowable/Behavioral Scientist:** [How to Change Behavior in 2021: From Personal Habits to Public Health](#), Jan. 15
- **Loretta Ross:** [Calling In The Calling Out Culture](#), Jan 19, Jan 26, Feb. 2, Feb. 9
- **MassAIMH:** [COVID19: Helping Children and Families Manage Stress and Build Resilience](#), Jan. 21
- **Early Childhood National Centers:** [Building the Brain: Supporting Children's Early Brain Development](#), Jan. 21
- **MDPH/BSAS:** [Setting and Maintaining Professional Boundaries](#), Jan. 21
- **Brazelton Touchpoints:** [Honoring Each Person's Experience to Support Mental Health](#), Jan. 21
- **Early Childhood National Centers:** [5Rs of Early Learning Leadership: Building a Foundation of Responsive Relationships](#), Jan. 25
- **Early Childhood National Centers:** [Separated, But Together: How to Strengthen Collaboration in a Virtual World](#), Jan. 26
- **PICCK:** [Implicit Bias Training in Healthcare Part 2](#), Jan. 26
- **Loretta Ross:** [Calling In The Calling Out Culture](#), Jan 26, Feb. 2, Feb. 9
- **Discovery Museum:** [Talking to Kids about Race and Racism: A Conversation with Dr. Beverly Daniel Tatum](#), Jan. 27
- **MA Act Early:** Learn the Signs. Act Early Jan. 28 & 29
- **BACE:** [4 Day DONA Approved Birth Doula Training](#), Jan. 29, Feb. 5, 12, 19
- **MA Act Early:** [Learn the Signs. Act Early](#), Jan. 28 & Jan. 29
- **Brazelton Touchpoints:** [Building Resilience while Social Distancing: Parental Depression & Coping](#), Jan. 28

- **Children’s Trust/ Fathers and Family Network Virtual Meeting:** [Integrating Popular Media into Fathering Curricula: An Introduction for Facilitators, Teachers, and Therapists](#), Jan. 29
- **MDPH/BSAS:** [Opioid Misuse and Suicide Prevention](#), Jan. 29
- **Zero to Three:** [Critical Competencies for Infant-Toddler Educators™ Coaching Program](#), begins Feb. 3
- **Zero to Three:** [DC:0-5™ Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood Clinical Training](#), Feb. 3, other dates available
- **Loretta Ross:** [Calling In The Calling Out Culture](#), Feb. 2, Feb. 9
- **JFCS/Infant-Parent Training Institute:** [Reflective Supervision in Early Education & Care](#), Feb. 3, Wednesdays and Fridays through March
- **Brazelton Touchpoints:** [Nurturing the Nurturer: Self-care for Providers & Parents](#), Feb. 4
- **JFCS/Infant-Parent Training Institute:** [Perinatal Mental Health Course](#), Feb. 5, 4 Fridays
- **Loretta Ross:** [Calling In The Calling Out Culture](#), Feb. 9
- **Brazelton Touchpoints:** [A View from All Sides: Perspective-Taking to Support Family Engagement](#), Feb. 9
- **Brazelton Touchpoints:** [Choosing Your Attitude: Using Strength-Based Family Assumptions](#), Feb. 16
- **MDPH/Suicide Prevention:** [Intersections of Suicide and Opioid Use: A Gatekeeper Training](#), Feb. 18
- **MDPH/BSAS:** [Cultural Humility as a Methodology for Collaborating with Massachusetts Native Communities](#), Feb. 19
- **Start Early:** [National Home Visiting Virtual Summit](#), Feb. 22-26
- **Brazelton Touchpoints:** [Active Listening to Engage Families](#), Feb. 23
- **Loretta Ross:** [White Supremacy in the Age of Trump](#), Feb. 24, March 3, March 10, March 17
- **MA Act Early:** [Early Childhood Developmental Monitoring, Screening, Referral and Milestones](#) Feb. 25 & 26
- **Brazelton Touchpoints:** [The Power of Observation: Connecting with Families Through the Child’s Behavior](#), March 2
- **Loretta Ross:** [White Supremacy in the Age of Trump](#), March 3, March 10, March 17
- **Brazelton Touchpoints:** [Valuing Passion: Connecting with Families Around What They Care About](#), March 9
- **National Health Resource Center on Domestic Violence:** [Health, Healing and Relationships: Intimate Partner Violence, Trauma and HIV](#), March 10
- **Loretta Ross:** [White Supremacy in the Age of Trump](#), March 10, March 17
- **BACE:** [Childbirth Educator Training Program](#), 10 week Tuesday evening course: March 16-May 18
- **MA Act Early,** [Motor and Cognitive Milestones for Children](#), March 25 & 26
- **MA Act Early,** [Social & Speech Milestones for Children](#), April 29 & 30
- **MA Act Early,** [Attachment and Complex Trauma](#) May 27 & 28
- **US Breastfeeding Committee:** [National Breastfeeding Conference & Convening](#), June 9-11

[More learning opportunities for family support professionals can be found here.](#)

[Covid-19 resources for family support professionals can be found here.](#)

The Massachusetts Home Visiting Initiative has a deep commitment to racial justice. Each of these is a collection of articles, books, videos and other materials addressing racial injustice, its impact on families and provides context for moving forward toward a more equitable and just future. [Racial justice resource compendiums for family support professionals can be found here.](#)

Free Massachusetts Department of Public Health education publications and other materials are available at the [Massachusetts Health Promotion Clearinghouse](#).

Previous volumes of the MHVI Covid-19 Digests can be found in the [State Library of Massachusetts](#) archives.

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