

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

## WHAT'S HAPPENING?

Thanksgiving is upon us and in an effort to stop the spread of COVID-19, we want to highlight information to keep you, your family, and our communities safe. If you're hosting a holiday gathering, keep it small and try to limit to just those that are in your household. Consider a Zoom-Thanksgiving, FaceTime, or phone calls. If you will be seeing people outside of your household, bundle up and keep it outside. Break out the fire pits and keep it brief if you can. Remember to wear a mask anytime you will be around others who are not in your household, wash hands often, and do not share food or drinks. If you are planning on being indoors, try to keep windows open for better air circulation and be mindful of the gathering size limits in Massachusetts, which is a maximum of 10 people. Although things will probably look and feel differently this holiday season, try to remember all of these guidelines are keeping the people you love and care for safe. Give thanks and enjoy the turkey!



## RESOURCE

As the weather gets colder, you may be worrying about rising heating and energy costs. Fortunately there are many programs open to Massachusetts residents to help cover these costs. Check out the Massachusetts Association for Community Action and their "[Heating Help](#)" resources for programs in your area. Winters are harsh, and heat is expensive. But help is available through the Low Income Home Energy Assistance Program (LIHEAP), a federal program that provides eligible households with help in paying a portion of their winter heating bills. Please note that due to the ongoing pandemic, all Fuel Assistance Agencies are waiving the face to face requirement to apply, and all are taking applications over the phone. Also note that the gas and electric utilities will not shut off or terminate ANY household's service during the MA State of Emergency. For Boston: ABCD Fuel Assistance 24/7 emergency line: 617.348.6599



## ACTIVITY

With Thanksgiving this week, we thought it would be fun to share this Turkey Handprint craft from the [Simple Everyday Mom](#). Simply trace your child's hands on construction paper to make 4 feathers. Next, trace and cut out the turkeys body, head, eyes etc. and assemble and glue your turkey together. Then, glue on the feathers. If you're feeling like making this an exercise in gratitude, you can also write on each feather something your family is grateful for this holiday season.



# DBP WEEKLY NEWS

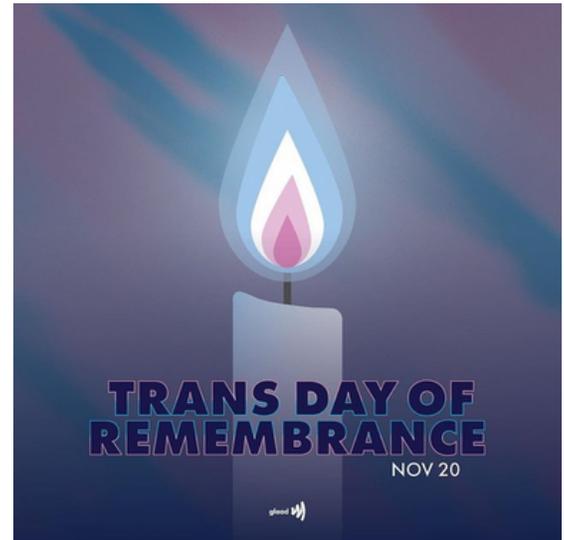
## TRANSGENDER

## VISIBILITY

As a recognized leader in LGBT healthcare equality, we at BMC are committed to promoting a community that is accepting and welcoming of all.

### AWARENESS & REMEMBRANCE

Transgender Awareness Week "is a week when transgender people and their allies take action to bring attention to the community by education the public about who transgender people are, sharing stories and experiences, and advancing advocacy around the issues of prejudice, discrimination, and violence that affect the trans community." This week leads up to Transgender Day of Remembrance, a day in which we commemorate and memorialize all of the transgender people who have lost their lives to violence and discrimination.



### 5 POSITIVE WAYS TO BE A TRANS ALLY

1. **Accept** that people have the right to define their gender, regardless of assigned sex.
2. **Respect** people's gender identifications, pronouns, and names.
3. **Challenge** anti-trans and sexist remarks, jokes, and comments through personal conversations.
4. **Listen** to the stories of people who are trans to better understand their experiences.
5. **Say** that you're a trans ally and tell people why.

### BE A TRANS ALLY!

Transgender youth face a variety of discrimination and hardships every day. Simple tasks such as using public restrooms and accessing proper medical care can be challenging for youth who transition. You're probably asking yourself, "how can I be a better trans ally?" We are here to help. Visit these websites to learn more about being a super ally! [Queer Kid Stuff](#), [Glaad](#), [Straight for Equality](#), [The Trevor Project](#), [Welcoming School's Diverse Children's Books](#).

#### Behold, the Straight for Equality Ally Spectrum®:



# 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.*



*For past recordings of our webinar series: Caring for Kids with Autism and Developmental Differences, please visit <https://www.youtube.com/channel/UCifYfJKUuSa8XzytUcn-Anw>*

## 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!*



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