

DEVELOPMENTAL  
& BEHAVIORAL PEDIATRICS

# NEWSLETTER

BOSTON  
MEDICAL  
CENTER

The Autism Program

A monthly newsletter for families of Developmental & Behavioral Pediatrics (DBP) at Boston Medical Center

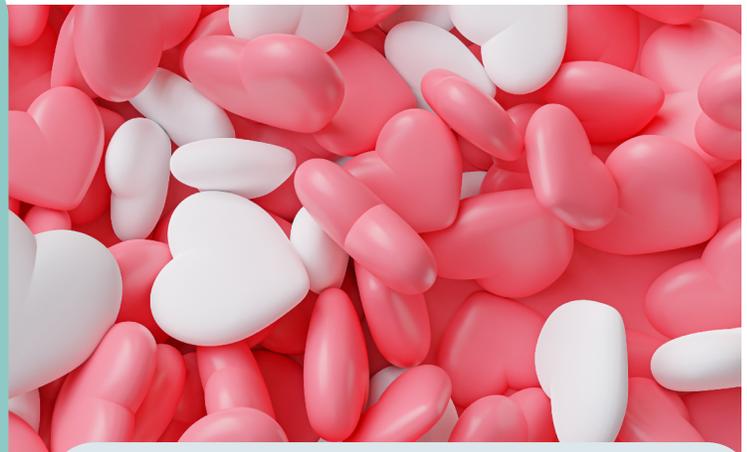
## Black History Month



The month of February is Black History Month! During this time, we encourage you and your family to learn more about Black history and celebrate the accomplishments of Black leaders worldwide and within your own communities. Click [HERE](#) to learn more about Black History Month events around the Boston area!

### Why was February chosen as Black History Month?

Carter G. Woodson, a pioneer of African American studies, declared that one week in February should be dedicated to celebrating two public figures that significantly influenced Black history. This week included the birthdays of U.S. President Abraham Lincoln, born February 12th, and African-American abolitionist Frederick Douglass, born February 14th. In the early 1940s and towards the 60s, as the Civil Rights Movement began to advance, many Black communities around America turned that one week in February into a month of celebration and remembrance. Eventually, in 1976, U.S. President Gerald Ford officially recognized February as Black History Month, a month of acknowledgment and appreciation of Black culture, history, and achievements. To read more about Carter G. Woodson and the origins of Black History Month, click [HERE](#).



## Upcoming Events

**February 6:** The Autism/Asperger Network in Watertown is hosting a virtual webinar called: Autism and the IEP. Topics include Autism specific considerations for students, accommodations, evaluations, SMART goals, the service delivery grid, and post-secondary transition planning. You can find more information and the link to register [HERE!](#)

**February 11:** If you're looking for summer activities for your child, check out the Boston Camp Fair from 12pm -3pm at the Artists for Humanity EpiCenter in South Boston. This is a free event where you can meet with representatives from over 50 camps and programs to get all of your questions answered. You can find more information and the link to register [HERE!](#)



## Clinician Spotlight

Get to know your DBP providers with our clinician spotlight! This month meet **Sarah Canale!**

**Q:** How many years have you worked at BMC?

**A:** I have worked at BMC since arriving as a first year fellow, June 2021.

**Q:** Where did you attend school?

**A:** Medical school at Feinberg School of Medicine, Northwestern University in Chicago. I then did my pediatric residency training in Burlington, Vermont at The University of Vermont Children's hospital.

**Q:** What do you enjoy most about working in DBP?

**A:** I enjoy that some of my favorite parts of primary care are the cornerstones of Developmental & Behavioral pediatric specialty care – collaborating with patients, their families and their diverse support systems, including extended family and community based, in home and school based providers. I continue to learn so much from patients and all of the providers of care and support to them. I now am able to be involved in research efforts and direct interventions to help support those with complex medical and neurodevelopmental needs.

**Q:** What is a fun fact about you?

**A:** I recently adopted 2 cats into my home. I previously was not a fan of cats but now cannot imagine our home without them!

## Valentine's Craft

### **Materials:**

\*Empty jars

\*Washable liquid watercolor

\*Glitter

\*Foam hearts (or other shapes)

\*Bath salts

\*Flowers

1. Fill a jar with water and add red or pink water colors.
2. Add as much fun stuff as you want (check out which items sink and which items float).
3. Add your favorite glitter and bath salts to the jar and seal the lid on tight!
4. Shake it up and see what fun things you can find!!

## Safety Tip of the Month!

February 7 is Internet Safety Day! The internet is a very useful tool for learning and socializing but it can also be a dangerous place. It's important to monitor your child's internet usage and teach them how to be safe on the internet.

Below are some helpful tips:

- Monitor what sites your child is accessing and who they are communicating with
- Talk to your child about not sharing personal information on the internet including their location
- Be sure your child understands not to meet anyone they meet on the internet or on social media
- Monitor what pictures your child posts on social media

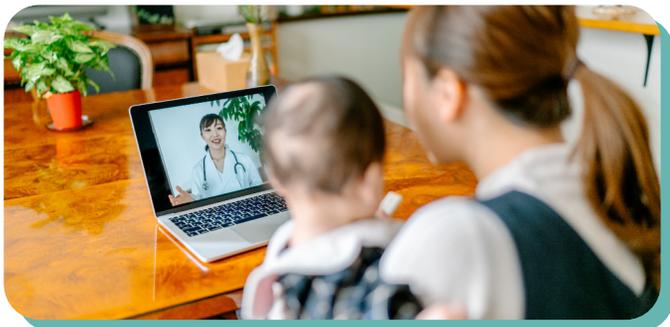
For additional resources:

- You can find a list of parental control apps **HERE!**
- A guide to monitoring internet usage can be found **HERE!**
- Safer Internet Day Website with resources can be found **HERE!**
- A list of guides for monitoring specific apps can be found **HERE!**

If you're concerned about your child's safety on the internet please be sure to talk to your DBP provider for more information and support!



## Resources



The Autism Program is continuing to support families in many ways both inside and outside of Boston Medical Center. Check out our website to learn more about the services, supports and programs we offer including our Autism Friendly Hospital Initiative, Teens Engaged as Mentors (TEAM) program, and our training offerings. We also have a huge resource library where you can access free information on a variety of topics such as safety, behavioral support, transition to adulthood, insurance and more!

<https://www.bmc.org/pediatrics-autism-program>

**Do you have an idea for a future newsletter? Email us at.**

**[autismprogram@bmc.org](mailto:autismprogram@bmc.org)**

**with suggestions.**

## Clinic

Our clinicians are available for developmental evaluations, assessments and follow up. To connect with the clinical team, please call 617-414-4841 and follow the prompts for Developmental Pediatrics.

### Our Clinicians

Marilyn Augustyn, MD

Naomi Steiner, MD

Arathi Reddy, DO

Rachel Amgott, NP

Christina Lazdowsky, NP

Mei Elensary, MD

Alyssa King, PhD

Jocelyn Kuhn PhD

Audrey Christiansen, MD

Sarah Canale, MD

Britany Weissman, MD

Mary Ellen Killion, NP

## 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! **To unsubscribe, please reply by email with the word "stop!"**

 [BMC.org/autism](https://www.bmc.org/autism)  
[Autismprogram@bmc.org](mailto:Autismprogram@bmc.org)

 The Autism Program at Boston Medical Center

 @BMCAutismProgram