

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

WHAT'S HAPPENING?

As more individuals across the commonwealth are receiving the COVID-19 vaccine and case numbers begin to decline, school districts are revising their plans for in-person instruction. Visit your school district's website or contact your child's education team to find out more about when your child may be eligible to return to school. Boston Public Schools has announced that they have changed their timeline to reflect "high priority students" returning February 1st. Visit [this website](#) to learn more about what BPS is planning for the rollout, and how you can request a change in your students learning model.



Revised timeline for returning to in-person learning*

Week of Feb. 1 → Students with high in-person priority

Week of March 1 → Grades K0 - 3

Week of March 15 → Grades 4 - 8

Week of March 29 → Grades 9 - 12

*If necessary, each of these phases may be postponed by 1-2 weeks based on public health environment.

WELCOME TO THE BIDEN ADMINISTRATION

On January 20th, 2021, Joseph R. Biden was sworn in as the 46th President of the United States. Kamala Harris, joined him as the first black, the first South-Asian, and the first female Vice-President of the United States. National Youth Poet Laureate, Amanda Gorman, who spoke at the event stated "We are far from polished, far from pristine. But that doesn't mean we are striving to form a union that is perfect.

We are striving to forge our union with purpose, to compose a country committed to all cultures, colors, characters and conditions of man. And so we lift our gazes not to what stands between us, but what stands before us. We close the divide because we know to put our future first." Check out [this awesome 25 minute podcast](#) from NPR's Life Kit series on how to talk to kids about civics.

We recognize that the events of the past couple of weeks and continued news/media attention has presented a challenge as you try to process your own emotions while holding space for the thoughts, questions, and feelings of your children. Talking to kids about violence and big feelings can feel like uncharted territory, but there are some great [tips and strategies](#) from the National Association of School Psychologists that can help this conversation go more smoothly. Some suggestions include setting specific time aside to talk opening, reminding of concrete ways that you keep your child and family safe, and limiting your child's exposure to television or social media coverage of upsetting events.



DBP WEEKLY NEWS

HAPPY

HEALTHY

This week we are highlighting several resources to support a healthy and happy start to 2021!

BOSTON FOOD RESOURCES

RECOMMENDATIONS



Stay at home if you can! Seniors are at higher risk for COVID-19.



Wear a mask if you have to go outside.



Wash hands frequently with soap and water for **20 seconds** (or use hand sanitizer).



Maintain **social distance**, keep **6ft (2m) apart**.

YOUTH MEAL SITES



Free meals **for youth 18 and under**. No ID required. Guardians can pick up meals for their children.

For locations, visit boston.gov/boston-eats.

FOOD RESOURCES



SENIORS: NEED RESOURCES?

ACE+ City of Boston Age Strong Commission Mayor Martin J. Walsh

Call the Age Strong Commission at **617-635-4366** or **Call 3-1-1**

CITY of BOSTON

RESOURCES

With the start of the New Year, some like to start off the year with new routines and healthy habits and for some it's a little daunting to get into a new routine. Whichever you may feel up to we want to support you in accessing food resources and provide you with an exercise series and a fun and healthy recipe to check out should you wish!

Calling all BPS families!

We're starting a BPS community cookbook, and we need your recipes!

If you want to share a family recipe, check out the QR code below!

BOSTON Public Schools

HEALTHY PUMPKIN MUFFINS

These muffins are an easy 1 bowl easy recipe that provides lots of healthy nutrients with the option to add in lots of household ingredients! They are also great for breakfast on the go or a late afternoon snack!

- Pre heat your oven to 325 degrees
- In a large bowl add 1/3 cup of melted coconut oil or olive oil and a 1/2 cup of maple syrup or honey. Whisk these two ingredients together and add in 2 eggs, 1 cup of pumpkin puree, 1 tsp of cinnamon, 1/4 cup of milk of your choice, 1 tsp of vanilla, 1 tsp of baking soda, and a pinch of salt. Next add 1 & 3/4 cups of flour and stir until all of the flour is mixed in. At this point you can also add in other ingredients such as chia seeds, oats, chopped spinach, shredded carrots or zucchini, apple sauce, bananas, chopped nuts, and/or chocolate chips.
- When you're ready divide your mix into 12 greased muffin tins and bake for 15-18 minutes.
- Tip: You can freeze these muffins to enjoy at a later date!



MASSACHUSETTS

THE BOSTON PARKS & RECREATION WINTER FITNESS SERIES

FREE FITNESS CLASSES IN YOUR NEIGHBORHOOD!

ALL CLASSES ARE FREE AND OPEN TO THE PUBLIC!

JANUARY 5 - MAY 1, 2020

FOR THE FULL LIST OF CLASSES PLEASE VISIT BOSTON.GOV/WINTER-FITNESS

BOSTON PARKS & RECREATION

BOSTON PUBLIC HEALTH

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.

Know of something to add? Email 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.

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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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