

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

WHAT'S HAPPENING?

This February signifies the 45th official celebration of Black History Month! We encourage you and your family to use this month to learn more about the origin of Black History Month, widen your perspective on Black history, and celebrate the incredibly extensive achievements of Black scientists, artists, writers, teachers, leaders...and every venture throughout history.

This month (and every other month) should be used to amplify the work of ALL Black people.

We must all acknowledge the racism that made Black History Month necessary to begin with. We at the Autism Program are highlighting a variety of resources for you and your family to read, listen, watch, and learn more about Black History Month.

Click [here](#) to learn more about Black History Month events in and around Boston this February. Click [here](#) for an extensive list of Greater Boston's Black Owned Restaurants and participate in the Boston #BLACKRESTAURANTCHALLENGE or visit [@bostonblackrestaurantchallenge](#) on Instagram to learn more.



BLACK HISTORY MONTH

READ, LISTEN, WATCH

We wanted to highlight a few ways to celebrate this month and all year long!

Some books to read:

1. [Antiracist Baby](#) by: [Ibram X Kendi](#)
2. [I Am Enough](#) by: [Grace Byers](#)
3. [A Kids Book About Systemic Racism](#) by: [Jordan Thierry](#)

Something to listen to: [Podcast](#). "[3 in 30: The True Legacy of Dr. Martin Luther King Jr.](#)"

Something to Watch: [Dancing in the Light: The Janet Collins Story](#) (2015) rated G on Netflix.

As a reminder, any Massachusetts resident may obtain a free Boston Public Library card or eCard which provides access to all of their books and resources in the library and their online catalog. To learn more about obtaining a card, visit their website at [bpl.org](#).



DBP WEEKLY NEWS

VALENTINE'S

DAY



LOVE LANGUAGE

Love Languages: Have you heard of the Love Language Quiz? This test was designed to strengthen and improve all kinds of relationships. Finding out what your child's love language is can help you better communicate your affirmation and affection for them. Visit SpringBrook's [Tips for adapting love languages to meet the needs of kids with ASD](#)

SENSORY PLAY & CRAFT

This kid-approved sensory bin is easy to throw together and is budget friendly! To make: Take 2 bags of dried chick peas and empty each bag into a large zip lock bag with a few squirts of acrylic paint of your choice. Have your child shake the beans in the zip lock bag for a few minutes until the beans are covered in paint. Repeat this process with the second bag and a new color of paint, shake, shake! Spread out the beans on a flat surface covered with parchment paper, tinfoil or a paper bag. Let the beans dry for 5-10 minutes. Once dried, pour them into a bin with any other fun items! In our bin pictured here we use a package of erasers you can find for \$1.00 at Target, the Dollar Store or Wal-Mart! Your little loves will love playing with this holiday themed bin.



LOVE BUGS

If you have some extra toilet paper or paper towel cardboard tubes try turning them into an adorable love bug! You can use paint, construction paper, googly eyes, crayons, and or markers to decorate them! Add some antennas with pipe cleaners or strips of construction paper!

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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