

DEVELOPMENTAL & BEHAVIORAL PEDIATRICS NEWSLETTER



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



What's Happening?



With Valentine's Day last weekend and the start of Chinese New Year, there are many reasons to celebrate! Check out this edition of our DBP newsletter for some at-home activity ideas and important resources!

Valentine's Day Activity

Do you have an endless pile of broken crayons? Gather them all up to repurpose into this fabulous craft idea! Peel the paper off the crayons, place the crayons in a muffin tin or silicone molds, and fill until half way up the tin or molds. Place in the oven at 275 degree, and bake for about 10-12 minutes. Let cool completely. Grab some paper and color away with your new crayons! FYI- These make great gifts!



中国新年 Happy New Year!

Did you know that Chinese New Year celebrations last for 16 days, ending with the beautiful lantern festival? 2021 is the year of the ox. Oxen are honest and earnest, strong and resilient. We could not think of a better representation for all of us as we move into this next year! To learn more about Chinese New Year and the traditions you might try at home, check out: www.chinesenewyear.net



Resource:

The [Doug Flutie Foundation](#) in partnership with Spectrum for Hope are now accepting applications for the Joey's Fund Grant Program. Families in New England who have a child with autism may submit an online application to apply for funding for recreational activities, therapies, communication software, and more! Eligible families will receive direct financial support for their loved ones with autism.

Applications are due by March 5, 2021 and the recipients will be announced in April 2021.



COVID-19 Update:

Covid -19 vaccines continue to be distributed across the nation and you may have many questions about its safety and whether or not you should get it. BMC has developed a wonderful ["Covid-19 Vaccine FAQs"](#) [webpage](#) for you to learn more. Here are some questions you may be thinking about...

Q: Is the COVID-19 vaccine safe?

A: Yes! Scientists were able to develop the vaccine in record time due to technological advances in the early development stages, but this doesn't mean safety was compromised. The vaccine had to undergo multiple rounds of rigorous testing to prove that it was both safe and effective.

Q: Can kids get the vaccine?

A: Currently, the Moderna vaccine is only recommended for people 18 and older and the Pfizer vaccine is only recommended for people 16 and older. This is not because doctors believe the vaccine is dangerous for those below a certain age! In the original vaccine safety studies, children were not included in the trial safety groups so researchers do not have enough data to confidently recommend the vaccine for them. Children are currently being enrolled in safety studies with the end goal of doctors being able to recommend vaccines for their youngest patients.

Q: Why should I get the vaccine?

A: A vaccine enhances your body's ability to fight the virus and avoid severe symptoms, hospitalization, and death. Severe symptoms of COVID-19 have shown up across all age ranges, not just in older people, so it is essential to protect yourself against the virus.

For more information about the COVID-19 vaccine, visit:

bmc.org/covid-19-vaccine | cdc.gov | mass.gov/covid-19-vaccine

Resources



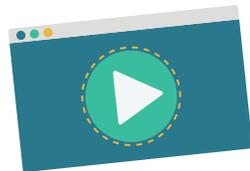
Boston Medical Center is here to support you during this difficult time. Check out our new resource spreadsheet, which has links to online learning, social stories, music/animal/fitness programs, live online classes and more. See the second tab for free meals and financial services throughout Massachusetts. This spreadsheet is available in multiple languages and will be continuously updated as new resources become available. Know of something to add?

Email us at

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.



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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The Autism Program at Boston Medical Center



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