



DBP WEEKLY NEWS

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

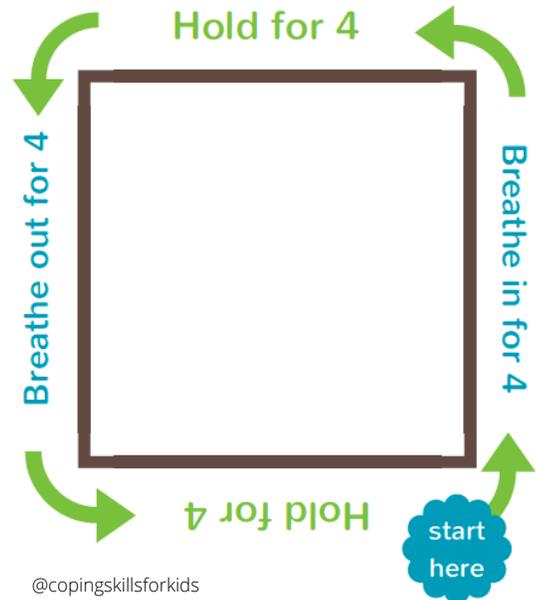


WHAT'S HAPPENING?

Boston Mayor Marty Walsh has issued a recommended 9pm-6am curfew for all residents aside from essential workers. Also from Mayor Walsh: anyone over the age of 2 should wear a mask or face covering (bandana, scarf, etc.) when outside. This guidance begins Monday, April 6 and will last at least through May 4th.

ACTIVITY

Quick mindfulness activity: Start at the bottom right of the square. Breathe in for four counts as you trace the first side of the square. Hold your breath for four counts as you trace the second side of the square. Breathe out for four counts as you trace the third side of the square. Hold your breath for four counts as you trace the final side of the square. You just completed one deep breath! For more shapes and visuals, check out: copingskillsforkids.com/blog/using-shapes-to-teach-deep-breathing



@copingskillsforkids

RESOURCE

Wide Open School is a free collection of online learning experiences for kids, curated by the editors at Common Sense. It features content from over 25 partners, including PBS, National Geographic, Scholastic, and more! Content collections include resources for grades PreK- 5 and 6-12, along with schedules & ideas for students in special education.

Visit them online at wideopenschool.org.



@wideopenschool

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Parents and Caregivers, how are you holding up?

These are unprecedented times with a lot of highs & lows. We want to share a gentle reminder that it is OK if some days are great and others are really difficult. It's OK if your child has way more screen time than usual. It's OK for laundry or dishes to wait until tomorrow.

It is OK to feel ALL the feelings.

We are all doing our best and there are no right or wrong ways of being during a global pandemic- we are all in survival mode. We hope in between the mess and the chaos you find some moments of silliness, calm, and peace with your family- and know that we're always here for you.

WELLNESS CHECK

Yes,	we can feel grateful	AND	DISAPPOINTED ABOUT THINGS BEING CANCELLED
Yes,	we can enjoy extra time with loved ones	AND	FEEL OVERWHELMED BY THEIR PRESENCE
Yes,	we can be hopeful	AND	FEEL LIKE EVERYTHING IS FALLING APART

@holisticallygrace

ASK AN EXPERT

Lucie Dufresne, MS Ed, BCBA, LABA, shares some tips and tricks for avoiding/managing behavior problems while children (and) adults are in close quarters.

- First, remember that this is hard on everyone - both you and your children. **Be kind** to each other and to yourself. Have everyone practice good manners and kind language.
- **Kids do a lot of things that are good and right. Pay more attention to those things than what they are doing that's wrong.** It's very natural to notice what you don't like, but let some of these minor things go and instead point out and praise those things your children are doing that are good and right. A good ratio is to praise 4 times for each time you correct.
- **It takes two people to have an argument.** Walk away when you feel yourself getting tense and return to discussion when you have had a chance to think things through without the heat of emotion.
- Children are not mind-readers. If you **tell your children exactly what you want from them**, they will be more likely to meet your expectations.
- If you are working from home and have your own work commitments, **create a signal for your children that lets them know when you are available and when you are not.** Teach them what these signals mean and how to use them. Be consistent. Do not allow your children to interrupt you when your "Do Not Disturb" sign is up. Make sure there is ample time when interruptions are OK, and praise your children when they approach you during that time.
- Your children may need you to **help them stay regulated.** This is a time when anxiety is running high for everyone, even children. Learn to recognize when your child's actions are the result of them feeling overwhelmed. Develop some routines that you can lead your child through that help him or her to calm.

TOOLS FOR EMOTION REGULATION

Zones of Regulation: [zonesofregulation.com/distance-learning-resources](https://www.zonesofregulation.com/distance-learning-resources)

Mindfulness: [nytimes.com/guides/well/mindfulness-for-children](https://www.nytimes.com/guides/well/mindfulness-for-children)

Yoga: [youtube.com/user/CosmicKidsYoga](https://www.youtube.com/user/CosmicKidsYoga)

Movement: [gonoodle.com](https://www.gonoodle.com)



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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 with suggestions.



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!



BMC.org/autism
autismprogram@bmc.org
tinyurl.com/ASDlistserv



@The Autism Program at
Boston Medical Center



@BMCAutismProgram

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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