



DBP WEEKLY NEWS

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

FROM THE PRESIDENT & CEO OF BMC

Dear BMC Community,

Recent events, including COVID, have shined a bright light on the structural racism and inequities that so many of our patients and colleagues confront every day. Boston Medical Center is a place of healing and, I hope, a beacon of comfort to the patients, families, and communities we serve. We would not be able to live our mission without having committed to understanding, engaging, and working to stop both the highly publicized tragedies and the day-to-day injustices. This has and always will be central to our work at BMC.

- Kate Walsh, President and CEO

FOR CHILDREN

*This week we wanted to highlight **The Everymom's** comprehensive list of 33 books featuring Black heroes and characters that every kid should read. You can access the list at theeverymom.com/black-history-month-books-for-kids*

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.



@inclusivetherapists

WELLNESS

Inclusive Therapists offers a safer, simpler way to find a culturally responsive, social justice-oriented therapist.

They center the needs of marginalized populations, including Black, Indigenous, and People of Color, the LGBTQ+ community, neurodivergent folx, and people with disabilities. They are a mental health justice movement pursuing equity and liberation through advocacy and activism. Visit them at inclusivetherapists.com to learn more about accessing mental health services, including reduced-fee teletherapy.

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RESOURCE

TALKING TO CHILDREN ABOUT RACE

Some adults find race difficult or uncomfortable to talk about with their children. Below are just a few resources on race and diversity that may help you discuss this important topic with your family.

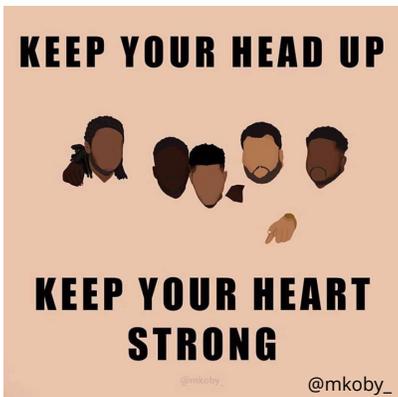
READ

- [These Books Can Help You Explain Racism and Protest to Your Kids](#)
- [Anti- Racism for Kids 101: Starting to Talk About Race](#)
- [Raising Race-Conscious Children](#)
- [100 Race-conscious Things You Can Say to Your Child to Advance Racial Justice](#)
- [How to talk to young children about the Black Lives Matter Guiding Principles](#)
- [Becoming a Parent in the Age of Black Lives Matter](#)
- [How to talk to Children about Racism, Police Brutality, and Protests in the Wake of George Floyd's Death](#)



LISTEN

- NPR & Sesame Street Workshop:*
[Talking Race with Young Children](#)
- Code Switch: A Tale of Two School Districts*
[The Diversity Gap: Why Are All the Black Kids Sitting Together in the Cafeteria?](#)
- This American Life: If You See Racism Say Racism*
[WBUR On Point: How To Talk To Your Kids About Race, Racism And Police Violence](#)



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- @wambookbundle
- @theeverymom
- @blackgirlssmile

Are your kids too young to talk about race?

Nope. Silence about race can reinforce racism by letting children draw their own conclusions.



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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.



Our Autism Program is hosting a bi-weekly virtual information series for parents and caregivers. Sessions are hosted on Zoom and are run by staff & guest speakers who will cover various topics and answer parent questions. To view the topic list and register, visit:

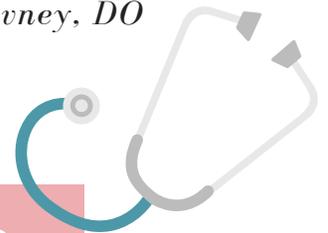
tinyurl.com/BMCParentGroups

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!



BMC.org/autism
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