

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

EVICTION MORATORIUM

The Massachusetts Eviction & Foreclosure Moratorium ended on October 17th, 2020. You may be eligible for eviction protection through a federal eviction ban by the Centers for Disease Control (CDC). There are several rental relief programs that can support families facing eviction, such as the Boston Rental Relief Fund, the RAFT program, and the MA Rental Assistance Program. If you are at risk of eviction, click [here](#) to learn more about what to do when facing an eviction.



RESOURCE

October is Attention Deficit Hyperactivity Disorder (ADHD) awareness month! We wanted to highlight two great resources that share some thoughtful insight and great information about the disorder. In the article, "Tips for Managing ADHD", Jessica Rapp OTR/L of [@rootedinroutine](#) reminds us all, "remember, children with ADHD are smart capable, and creative- they just might need a few slight tweaks to shine!". Be sure to also check out the saved live stream from 10/21/2020 of "Managing Attention-Deficit Hyperactivity Disorder in Children and Adolescent, hosted by the [National Institute of Mental Health](#).

METRO BOSTON RESIDENTS /
RESIDENTES DEL ÁREA DE BOSTON:

Are you worried you'll get evicted soon?

¿Estás preocupado de que te desalojen pronto?

**CALL OUR HOUSING HOTLINE /
LLAME A NUESTRA LÍNEA DIRECTA**

(617) 934-5006 (ENGLISH)

(617) 397-3773 (ESPAÑOL)



ACTIVITY

This super easy Halloween themed Witches Hair sensory bin is guaranteed to keep your family occupied for a while. You can also add in any fun things for your child to search for or a set of tongs to work on fine motor skills. To make this activity, boil spaghetti until cooked and strain it. Run into the spaghetti in the strainer under cold water and add in a tsp of olive oil to prevent sticking. Toss the pasta in a big ziplock bag with food coloring and shake, shake, shake. Throw it in a bin with some fun things - and that's it!

Although this ghoulish pasta might look delicious, please don't eat it after your family has played with it.



DBP WEEKLY NEWS

HALLOWEEN

EVERYTHING

Whether you're heading outside for All Hallows' Eve or socially distanced while making a Monster Mash at home, we've got you covered with some tricks and treats for the most fun night of the year!

Need a last minute costume idea? No worries- we've got you covered! Try these fun and easy options: **Cowboy, Cowgirl, or Scarecrow:** use a flannel shirt, bandana (which can double as a mask, and a cowboy hat). **Essential Healthcare Worker:** Medical mask, plain teal shirt, toy stethoscope & (cape optional, for the real superhero's this year!). **Animal:** a hooded sweatshirt and a mask you can draw an animal face or purchase from Old Navy (3 pack for \$9.50). **Playing Card:** a cardboard box or a paper bag, cover in white paper and color on your choice of number and suit. **Rubik's Cube:** a cardboard box or paper bag, colored construction paper, scissors and glue.



Looking for a ghoulish recipe for Saturday night? Try out **MUMMY PIZZA!** **Ingredients:** sun-dried tomato pesto or pizza sauce, bread rolls shredded mozzarella cheese, 2 small zucchinis, black olives. **Directions:** Cut the bread rolls in half and spread each piece with pesto or sauce. Sprinkle each piece with cheese. Use a vegetable peeler to cut zucchini into thin ribbons and lay them across the bread at different angles. Cut two slices out of each black olive and position them as eyes. Place the mummy's on a baking tray and cook at 375 degrees for 20 minutes.

This weekend try out a spooky stroll **scavenger hunt** inspired by [@themagicplaybook](#). Try counting the number of spooky things you happen upon and don't forget a flashlight! Don't want to head outside, no problem, try hiding some spooky things around the house for your child to find!



With Halloween looking a little different this year if you are planning on going out under the Full Moon don't forget to be safe and wear a mask! Take advantage of the holiday and get creative by decorating your mask with household items, and be sure to check your town's guidelines for trick or treat times!

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.

[tinyurl.com/
CoronaResourcesBMC](https://tinyurl.com/CoronaResourcesBMC)

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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