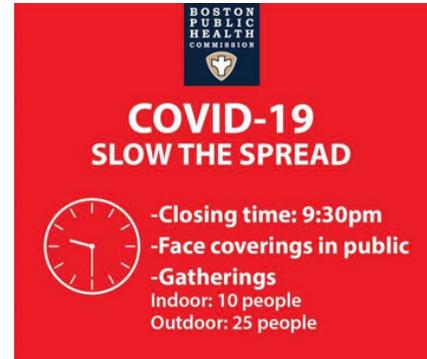


A weekly newsletter for families of Developmental & Behavioral Pediatrics (DBP) at Boston Medical Center during COVID-19 Social Distancing

WHAT'S HAPPENING?

Massachusetts has implemented a "Coronavirus Stay At Home Advisory", which includes a few restrictions. Here's what you need to know: The new restrictions include a stay-at-home advisory from 10:00p.m. - 5:00 a.m. daily, which urges Massachusetts residents to stay home during these hours with the exception of going to work. Restaurants will be required to stop table service at 9:30 p.m. Theaters, casinos, package stores, and other stores will now be closing at 9:30 p.m. too. Everyone over the age of 5 will be required to wear a face mask in all public places. Indoor gatherings will be limited to 10 people and outdoor gatherings will be capped at 25 people. Fines for violating the gathering order will be \$500.00 per person above the limit.



ACTIVITY

Sensory bins are so much fun and can bring a sense of calm and focus to your child. They can also foster imaginative play! We decided to share a very Autumnal themed sensory bin with house hold items along with some outdoor items that we harvested! To make this bin, add some popcorn kernels, pumpkins, leaves, acorns, or anything else. and add in some scoops and spoons. Your child will have a blast!

RESOURCE

Boston Public Schools have partnered with Staples and are sending every student a \$50 Staples store card to purchase school supplies! If you haven't yet received your Staples store card, reach out to your school. Cards expire 11/30.



DBP WEEKLY NEWS

THANKSGIVING

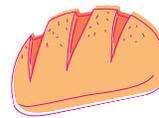


With the Thanksgiving holiday fast approaching, we are highlighting several Greater Boston resources to ensure every family can access a safe and delicious holiday meal.



Project Bread "connects people and communities in Massachusetts to reliable sources of food while advocating for policies that make food more accessible—so that no one goes hungry. For anyone in Massachusetts who needs food assistance, start by calling the FoodSource Hotline. The Hotline is your one-stop-shop to learn about all the resources available to help you. Use the FoodSource Hotline to find accessible and affordable food for yourself or your family."

HIGHLIGHTS



Many Boston Neighborhoods--including Jamaica Plain, Dorchester, Allston, Cambridge, Somerville, and Roslindale--have started organizing their own community fridges. These community fridges are open 24 hours, 365 days a year to anyone that is in need of fresh produce, pre-made meals, beverages, or pantry supplies. Anyone can take from and/or give to the fridge. The Community Fridges in Boston are helping to reduce food waste and increase family access to fresh and nutritious meals.

Do you know about the Preventative Food Pantry at Boston Medical Center? Created in 2001, the Food Pantry works to address nutrition-related illness and under-nutrition for our low-income patients. Families can visit the Food Pantry every two weeks (maximum twice per month) and receive three to four days' worth of food for their household each time. The Food Pantry is open Monday to Friday from 10:00 AM to 4:00 PM. It is managed by four staff members and many volunteers. Patients need to be screened and referred to the Food Pantry by their Primary Care Provider. Talk with your PCP today if you think your family may be eligible!



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.*

OUR CLINICIANS

*Marilyn Augustyn, MD
Naomi Steiner, MD
Arathi Reddy, DO
Ana Carolina Sanchez, MD
Jodi Santosuosso, NP
Rachel Amgott, NP
Christina Lazdowsky, NP
Mei Elensary, MD
Alyssa King, PhD
Ana Treadaway, MD
Mediatrix Mbamalu, MD
Christine McGivney, DO
Jocelyn Kuhn, PhD
Audrey Christiansen, MD*

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