

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

## ¿WHAT'S HAPPENING?

Boston Medical Center continues to administer vaccines to patient-facing staff across campus. Many hospitals and healthcare institutions across the nation continue to provide vaccines to the first wave of qualified individuals. With all of the information circulating around communities, the news, and social media we thought it would be helpful to include the Mayo Clinic's, "[COVID-19 Myths Debunked](#)" for anyone looking to get more information from a reputable source. Please remember to discuss any specific concerns or questions with your medical provider.



## ACTIVITY

It's the season for snow! Try this snowy fun sensory bin with shredded coconut, glitter, pom poms, and bottle brush trees or any other items you may have around your home. You can also use flour or white cotton balls instead of shredded coconut, if you do not have this on hand. This activity is great for imaginative play in the snow without getting cold and wet!

## RESOURCE

Tax season is coming up and if you are looking for some help, we may have a great resource for you! If your child is a patient at BMC, you might be able to access complimentary, expert, virtual tax filing to ensure you get your tax refund and stimulus payments from the safety of your home. Space is limited. To sign up, click [here](#) and click "Get Started". Tax preparers are IRS-certified and fluent in English, Spanish, and Haitian Creole. Interpreters are available for other languages. For any questions, please email [bmc@mystreetcred.org](mailto:bmc@mystreetcred.org) or call 617-414-5170.



**You Trust Us to Care for Your Kids**  
Trust us to help you with your taxes

Find out more:  
[www.taxes.mystreetcred.org](http://www.taxes.mystreetcred.org)  
(617) 414-5170

Virtual Tax Preparation opening late January 2021!  
5-10 business days for returns

# DBP WEEKLY NEWS

## HELLO

## 2021!

Last year was hard on all of us, yet we continue to be amazed by the strength and dedication of the patients and families we serve each day. For 2021, as a department, we resolve to hold our community in our hearts, to provide support in the year to come, and to offer exceptional, comprehensive, and compassionate medical care.

Happy New Year from the Autism Program!



### STRATEGIES THAT WON'T ADD TO YOUR TO-DO LIST



As we reach the end of the first week of 2021, the Autism Program is highlighting the caregiver self care strategies listed by the Massachusetts Statewide Family Engagement Center (MASFEC). Click [here](#) to read more about these strategies and click [here](#) to explore the MASFEC website and learn more about family engagement opportunities.

1. Eliminate "shoulds" from your vocabulary. Instead of thinking, "I should," try asking, "what do I need right now?"
2. Combat overwhelm with three questions: Does it have to be done? Does it have to be done now? Does it have to be done by me?
3. Nurture connection with something greater than yourself.



*Through gentleness and genuine care for self, we build our strength to engage with the world and one another.*

-Rosalie Rippey



### THINGS TO SAY POST HOLIDAY WITH DR. BECKY

*"Post-holiday blues are real, understandable, and deserving of our compassion"*  
Dr. Becky Kennedy (@drbeckyathome)

#### 3 Things to Say To Your Child

- "We had so much time together as a family, away from school and work... and now it is all beginning again. That's a big change, huh?" @drbeckyathome
- "We look forward to the holidays for so long and then, they're over. I feel a bit let down about it. Do you?"
- "Back to school can feel hard, or weird, or sad at first. It can take a bit of time to get back into a routine."

#### 3 Things to Say To Yourself

- "No one knows how to parent through a pandemic. I am doing the best I can. I am doing enough. I am enough." @drbeckyathome
- "I am going to pause and remind myself: I am strong and capable and good inside."
- "What do I need for myself this week? How can I make sure to get the support I need?"

#### 3 Things to Say To Your Partner

- "We really have been through alot. I wanted to take a moment, look back and honor all we've been through." @drbeckyathome
- "This time of year feels tricky, right? A combination of post-holiday let-down and stress from new routines. If it feels that way to you, I get it, and let's talk about it."
- "What do you need from me this week? How can I support you?"

# 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.

*Know of something to add? Email [autismprogram@bmc.org](mailto: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](https://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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