

# DEVELOPMENTAL & BEHAVIORAL PEDIATRICS NEWSLETTER



BOSTON  
MEDICAL  
CENTER

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



## What's Happening?



Vaccine Updates: Massachusetts is now allowing those in phase 2 (age 65 and over, live or work in public/private low income and affordable senior housing, and those who have two or more qualifying medical conditions). Boston Medical Center has 5 Vaccination sites for patients. Check out [BMC's Covid Vaccine](#) page for more information and to sign up!

### Message from our Division Director Dr. Marilyn Augustyn

As we get closer to the one year mark of living in our new "unprecedented world," we realize it is not so "novel" anymore but it does remain hard. Even the simplest task seems to be a challenge. All ages feel it- from the toddler who can't play in the park right now to the middle schooler who can't talk at lunchtime. We need to mark this pain, recognize it, and then remember it is not forever and the only way we get through this, is together. Please reach out if we can help and you are in our thoughts on the journey ahead.



### Free Transportation to Vaccine Appointments



Do you or a loved one have an upcoming COVID-19 Vaccine appointment, and are concerned about getting to and from? MassHealth is providing FREE transportation to vaccine appointments to any individual that has ANY type of MassHealth coverage (including masshealth limited and the children's medical security plan) or the Health Safety Net. To learn more, speak to your primary care provider, visit [this website](#) or call Masshealth directly to schedule at 800-841-2900.



## Resource: Inclusive Therapists

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](https://www.inclusivetherapists.com) to learn more about accessing mental health services, including reduced-fee

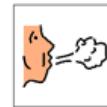


### Resource

## Belly Breathing For Kids!



#### Calm Down



take a deep breath



count to 5



rest in my chair

Belly breathing, or deep breathing, has been shown to help reduce feelings of worry and fear in children. It's not as easy as it looks, however, and often times children need to be taught and supported as they learn to breath deep. Follow these steps to help your little one relax!

1. Lie next to your child on the floor
2. Put one hand on your belly and show your child how your hand rises and falls as you take deep breaths.
3. Breath in through your nose and out through your mouth. Show your child how your belly fills up like a balloon when you take a deep breath in.
4. As you are breathing in and out, count to 5. Ask your child to count too!
5. Practice, Practice, Practice! Even just a few minutes a day of doing belly breaths with your child will teach them the skills to regulate their bodies and calm their worries.

## 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 us at

[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

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](https://BMC.org/autism)  
[Autismprogram@bmc.org](mailto:Autismprogram@bmc.org)



The Autism Program at Boston Medical Center



@BMCAutismProgram