

DBP WEEKLY NEWS

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



WHAT'S HAPPENING?

Due to the ever-changing outbreak of COVID-19, Governor Baker has announced a stay-at-home advisory effective 3/24/2020. This means that all "non-essential" businesses must close. Please keep yourself and everyone else safe by staying home. Our team has created a helpful resource database to support your needs during this time. See page 2 for the link!

ACTIVITY!

With all of the changes in your family's schedule, you may see an uptick in tantrums in your child. We love these homemade "calm down" bottles you can make at home. In a clear bottle, add 2 parts water, 1 part clear glue or corn syrup, and fun add-ins like glitter, food coloring, pom poms, etc. Glue the lid on and give it a shake!



It's Okay

- * To not know how to homeschool your own child
- * To not know how to work from home
- * To give kids more screen time than usual
- * To make a colorful daily schedule or just wing it
- * To not magically feel motivated to work out at home or take on a new hobby
- * To not feel okay

This is not normal for any of us.
Please be kind to yourself.

@teachmemrs.Z

SCHOOL CHANGES

With the state-wide school closure, there are no in-school or at-home services being provided through the school system at this time. Special Education timelines are paused, though some schools & families may choose to hold virtual meetings. Many schools are providing "learning opportunities" for students to maintain knowledge while school is closed. For more information, visit www.doe.mass.edu/sped/covid19.html

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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 will be continuously updated as new resources become available.

[www.tinyurl.com/
CoronaResourcesBMC](http://www.tinyurl.com/CoronaResourcesBMC)

Know of something to add? Email autismprogram@bmc.org with suggestions.



CLINIC

*Developmental & Behavioral Pediatrics clinicians are available by phone for telehealth visits and consultations. Please call us at **617-414-4841** if you have any questions or are in need of support.*

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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