



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?

Most of Massachusetts, including the city of Boston, is now in Phase 3 of reopening. Businesses such as movie theaters, museums, gyms/fitness centers, outdoor performance centers, and some indoor recreational activities can resume, with restrictions (capacity limits, mask-wearing, social distance, etc.). For more information about Boston's reopening plans, visit

tinyurl.com/BosOpen.

ACTIVITY

This week, try out these easy salt dough starfish!
In a bowl, mix 1 cup of flour with 1/2 cup of salt, and 3/4 cup water. Once the mixture starts to feel stiff, you can take the dough out of the bowl and knead it with your hands on a flat surface. Roll or flatten out your dough and use a cookie cutter or freely shape starfish. Place your starfish on a piece of tin foil or a cookie sheet and bake in the oven for 1 hour at 275 degrees. This recipe makes about 6 decorative starfish, and although all ingredients are edible, we do not recommend eating these.
After your starfish have cooled, you can paint them and add glitter, sequins, or beads!



Greater Massachusetts Special-Needs Events

SPED Child & Teen
www.spedchildmass.com

RESOURCE

SPED Child & Teen is a great resource to find activities, learning opportunities, events, and programs for youth & parents. They recently highlighted a few upcoming webinars to support families this summer. Check out the topics below, and visit their website to find much more!

- Kids, Technology & Screen Time
- Wandering & Safety Issues with Autism
- Mental Health, Speech, and Summer Fun (series)
- Understanding & Addressing Children's Wellbeing During COVID-19

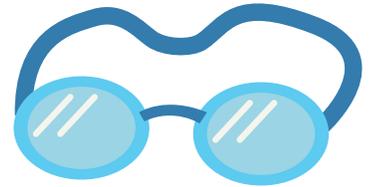
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SUMMER FUN

WATER SAFETY

During the summer, many parents find themselves spending more time near water. Whether at pools, ponds, or beaches, feel prepared for a safe and fun time in the water with these resources!

*The American Red Cross has many resources for parents and children on the **Water Safety** section of their website. Find stories and videos for younger children, safety print-outs, infographics, and a directory of swim classes available in your area at tinyurl.com/RedCrossWaterSafe*



Take a water safety pledge and download a free toolkit from Pool Safety at poolsafely.gov/pledge

Learn more about being safe in many water-filled environments and earn a certificate of completion from the International Swimming Hall of Fame's Water Safety E-Program at ishof.org/water-safety/html

Explore educational resources and print out flyers or information cards to remind yourself and others of good water safety habits from Pool Safety at poolsafely.gov/educational-materials-catalog

For more summer tips, check out our Autism Program's Summer Guide at bmc.org/autism

redcross.org/watersafetytips' and 'H21300'."/>

American Red Cross Water Safety Tips

Swim in designated areas supervised by lifeguards.

Always swim with a buddy.

If you go boating, wear a life jacket!

Install and use barriers around your home pool or hot tub.

Actively supervise children whenever around the water.

Always stay within arm's reach of young children and avoid distractions.

Reach or throw aid to distressed swimmers - don't go!

Keep toys not in use away from the pool and out of sight.

Be water safe this summer. redcross.org/watersafetytips

H21300

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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 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.



Our Autism Program is hosting a bi-weekly virtual information series for parents and caregivers. Sessions are hosted on Zoom and are run by staff & guest speakers who will cover various topics and answer parent questions. To register for the webinar series, visit:

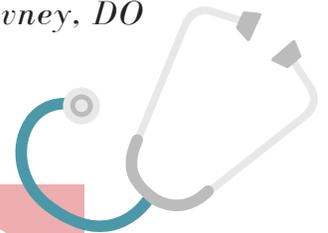
tinyurl.com/DBPparentgroups

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*



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