



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?

On Monday 5/18, Governor Baker released phase 1 of his reopening plan, allowing some businesses (including construction, manufacturing, and places of worship) to reopen as soon as this week. The “stay at home advisory” now becomes a “safer at home advisory,” and masks are still required when you can’t maintain social distancing. Visits to family and friends are discouraged. See page 2 for more details and guidance.

ACTIVITY

This Cloud Dough recipe is a simpler take on homemade playdough. It's an easy 2-ingredient mix of 2 parts cornstarch to 1 part hair conditioner. Mix and knead the ingredients together until it forms an airy, crumbly dough. You can also add in food coloring or glitter as you knead the dough if you like. Another fun tip to try out is adding in small dinosaurs or animals and forming egg shapes around the figures. Your child can try digging and hatching the animals out of the cloud dough eggs.



RESOURCE

Boston Central is a great source of information on socially-distant family fun in the greater Boston area.

Check out their guide covering the reopening of recreation locations this spring/summer, as well as their list of (many free!) events still going on virtually.

Reopening Guide: bostoncentral.com/massachusetts-reopening-plan-recreation-beaches-parks-travel

Events: bostoncentral.com/events

DBP WEEKLY NEWS

WELLNESS

REOPENING PHASE 1: START



As our state begins to re-open, it can be hard to figure out what to do and how to stay safe. Below is guidance from the Commonwealth, released on May 18th, on Phase 1 of the reopen plan and the changes that are coming with it.

For the full details of Phase 1, visit tinyurl.com/MAopenplan.

COVER - WASH - DISTANCE - VIGILANCE

- *Avoid leaving your home except for important needs like healthcare, worship, permitted work, shopping for essentials, and outdoor activities. If you are over 65 or have an underlying health condition, you should continue to stay home except for essential errands such as grocery shopping and healthcare.*
- *Continue to stay at least 6 feet away from other people as much as possible.*
- *Wear a mask or face covering that covers your nose and mouth when you can't maintain 6+ feet of distance. This is required right now and you may face a fine if you are not wearing a mask. For information about masks and medical exceptions to the mask policy, visit mass.gov/news/wear-a-mask-in-public. For a social story for children on wearing a mask, visit tinyurl.com/FaceMaskSS.*
- *Wash your hands often (when coming in from outdoors, after touching communal surfaces, after coughing/sneezing, etc.) with warm water and soap for 20 seconds. If no soap/water is available, use an alcohol-based hand sanitizer and rub thoroughly into hands.*
- *Avoid social gatherings, particularly indoors where airflow is more limited. Gatherings of more than 10 people are still not allowed.*

WHAT "SAFER AT HOME" MEANS

- *Only leave home for health care, permitted work, shopping, and outdoor activities.*
- *When going to the pharmacy ask if you can fill your prescriptions for 90 days if possible; for some medications this is not allowed. If you are at high-risk, try to use a mail-order service.*
- *Don't participate in close contact activities such as pick-up sports games.*
- *Use other modes of communication like phone or video chat instead of in-person visits with friends or family.*
- *Refrain from visiting nursing homes, skilled nursing facilities, or other residential care settings.*
- *Parents should limit play dates for children.*

RE-OPENING ON MAY 18

Essential businesses stay open and continue to operate. The following business will begin re-opening:

- Manufacturing
- Construction
- Places of worship: limited capacity; outdoor services are encouraged)
- Hospitals and community health centers who attest to specific public health/safety standards can provide high priority preventative care, pediatric care and treatment for high risk patients

RE-OPENING ON MAY 25

- Laboratory and life sciences facilities
- Offices, excluding those in City of Boston; work from home strongly encouraged; businesses should restrict workforce presence to <25% maximum occupancy
- Hair salons and barbershops by appt. only
- Pet grooming by appt. only (curbside pet dropoff/ pick-up)
- Car washes; exterior car washing allowed
- Recreation and outdoor with guidelines
- Other health care providers (for high-priority preventative & pediatric care)
- Retail remote fulfillment and curbside pickup

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.



Our Autism Program is hosting a bi-weekly virtual drop-in series for parents and caregivers of patients seen at BMC. Sessions are hosted on Zoom and are run by staff & guest speakers who will cover various topics and answer parent questions. To view the topic list and register, visit:

tinyurl.com/BMCParentGroups

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

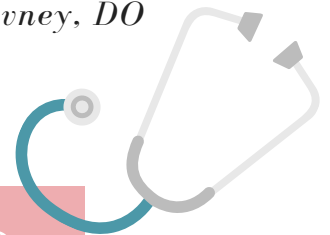
Mei Elensary, MD

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