

# DEVELOPMENTAL & BEHAVIORAL PEDIATRICS

# NEWSLETTER



A monthly newsletter for families of Developmental & Behavioral Pediatrics (DBP) at Boston Medical Center

## Summer is in FULL SWING!

If you're looking to stay healthy, improve your mood, try something new and HAVE FUN, click on the headings below for local adaptive sports options.

- **Access Sports America**  
Windsurfing, Hawaiian Outrigger Canoeing, Stand-up Paddling and more!
- **Universal Access Program**  
Cycling, Hiking, Paddling, Kayaking
- **Adaptive Sports New England**  
Rowing, Sled hockey, Track, Tennis, Lacrosse and more (by season!)
- **Spaulding Rehabilitation**  
Archery, Golf, Mountain biking, Yoga (varies based on location)



### "Its more than a cup of coffee"

Make sure to follow Bitty and Beau's on Facebook and Instagram for more information about the Melrose, MA Grand Opening!

### Business Spotlight: *Bitty and Beau's Coffee*

For our first ever business spotlight, we want to share **Bitty and Beau's Coffee**. This warm and welcoming coffee shop is run by people with intellectual and developmental disabilities. Bitty & Beau's founders believe in creating a space that values inclusion and acceptance. Since their first opening in Wilmington, North Carolina they have expanded into S. Carolina, Georgia, Maryland, and **coming soon....Massachusetts!**

Visit their website to learn more about their expansion and even shop some awesome merchandise!



## Create a Sensory Friendly Play Space

Playtime is important for all children, and can be especially beneficial for children with ASD. Creating a dedicated play space that is uniquely built for your child is a great way to encourage healthy play. Check out the Product Digger's article, "Designing the Perfect Playroom for Children with Autism" to learn more about finding ways to set up an inviting and sensory friendly space for play. The article highlights how to manage certain aspects of your space, such as lighting and organization, how to cater to your child's sensory preferences and toys that encourage sensory exploration and promote different types of play. Visit <https://productdiggers.com/autism-playroom/> for more info!



## Apoyo para hermanos

### ***Red de apoyo para hermanos de Massachusetts (MSSN)***

La Red de apoyo para hermanos de Massachusetts (MSSN) reconoce las experiencias únicas de crecer con un hermano con una discapacidad. Si bien cada relación entre hermanos incluye sus propios desafíos y recompensas distintos, los hermanos de personas con discapacidades también pueden compartir paralelismos similares con muchas otras experiencias entre hermanos. Algunos hermanos pueden tener dificultades para comprender el impacto de la discapacidad de su hermano en su familia. Otros pueden asumir un papel activo a través de la defensa y el aliado para sus hermanos con discapacidades. Para mejorar la experiencia de los hermanos, MSSN tiene como objetivo apoyar a los hermanos de personas con discapacidades por organizando eventos comunitarios sociales y educativos de bienvenida, aumentando la disponibilidad de recursos de apoyo para hermanos y creando conciencia sobre los problemas relacionados con los hermanos en todo Massachusetts. Para obtener más información, visite <https://masiblingsupport.org/>



**617-807-0558**  
**[info@masiblingsupport.org](mailto:info@masiblingsupport.org)**



## Resources



Boston Medical Center is here to support you during this difficult time. Check out our new resource spreadsheet, which has links to virtual learning, social stories, music/animal/fitness programs, live on line 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 Elansary, MD  
 Alyssa King, PhD  
 Christine McGivney, DO  
 Jocelyn Kuhn PhD  
 Audrey Christiansen, MD  
 Sarah Canale, MD  
 Britany Weissman, 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!



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The Autism Program at Boston Medical Center



@BMCAutismProgram