

# DEVELOPMENTAL & BEHAVIORAL PEDIATRICS NEWSLETTER



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

## Back to School Supplies!

It's almost time to go back to school! Any families looking for back to school supplies are encouraged to look into the following organizations:

- Somerville Hispanic SDA Church: 59 Cross St Somerville (617) 776-7515
- Hope Fellowship Church: 16 Beech Street Cambridge (617) 868-3261
- Natick Service Council: 2 Webster Street Natick (508)-655-1791
- ICNA Relief Massachusetts: 100 Malcolm X Blvd Boston (347)-754-1067
- ABCD North End West End: Michelangelo St. Boston (617) 523-8125
- Massachusetts School on Wheels: 100 Laurel Street East Bridgewater (508)-587-9091
- United Way of Tri County: 46 Park Street Framingham (877)-211-6277
- Arlington Street Church 351 Boylston St Boston (617) 536-7050
- Kids in Need 59 Cross Street Somerville (617) 776-7515
- Beverly Bootstraps-Youth & Family Services: 35 Park Street Beverly (978)-927-1561



### Pandemic EBT

Pandemic EBT (P-EBT) is a federal food assistance program created in Spring 2020. Those eligible for **Summer P-EBT** include: students in grades K-12 who got P-EBT benefits in the past, OR students who were newly eligible for free or reduced-price meals during any point in school year 2021-2022 or during this summer, including through a School Year 2022-2023 school meal household application. Students who graduated in 2021 or have moved out of state are not eligible. Additionally, families with an infant or child between the ages of 0-5 AND receive SNAP benefits are also eligible. Families will receive a total of \$391. Those eligible for **K-12 P-EBT** include: students during the 2021-2022 school year who were eligible for free or reduced-price meals, attended a school that serves free meals to all students AND had any excused COVID related illness. Students attending virtual academies are not eligible. The monthly amount of P-EBT are based on the number of school reported COVID related absences for each month. More information can be found on the flyers attached to the email or [HERE!](#)

### Back to School Advocacy

As your child returns to school, you may be thinking about how their special education services should be changed, expanded on, and implemented to address any new concerns or skill regression that you may have seen during the COVID-19 pandemic. It is a great idea to have a conversation with your child's doctor, teacher, and/or individualized education plan (IEP) team chair to discuss goals and service needs. It may also be helpful to have an educational consultant or advocate help you navigate this. Check out the organizations below for additional support!



- \* [Mass Advocates for Children](#)
- \* [Volunteer Lawyers Project](#)
- \* [Greater Boston Legal Services](#)

## All About Me!

Going back to school can mean your child will be working with new teachers/aids/professionals. For this upcoming school year, consider creating an "All About Me" profile for your child to highlight important information including strengths, interests, learning style, coping skills, safety skills, etc. Feel free to follow the sample below or create your own individualized to your child!

**Child's Name:**

**Child's Age:**

**Child's Grade:**

**Motivators:**

- Board games
- Praise
- High fives

**Triggers:**

- Loud noises
- Physical touch

**Still Working On:**

- Making friends
- Subtraction
- Using my inside voice

**Safety Skills:**

- I like to climb EVERYTHING
- I sometimes run through parking lots without looking
- I need to be watched near streets
- I do not understand stranger danger

You can also add a picture of your child, information on allergies, or any other information you think is helpful to know!!

**Likes**

**Dislikes**

Dinosaurs

Being rushed

The color green

Loud noises

Ice cream

Sudden changes

**Sensory Sensitivities:**

- Loud noises
- Flickering lights
- Hats on my head
- Picture schedule

**Communication Style:**

- Short/simple sentences
- I communicate best when I have a few minutes to process!

**What Works Best For Me :**

- Visual schedules
- Routine
- Time to process
- Verbal praise

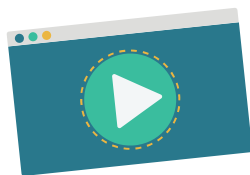
## Resources



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  
 Mediatix 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