

***President's Weekly Bulletin – August 3, 2020***

***Robyn Mehlenbeck, PhD***

Dear Members, Trainees & Friends,

First, I want to thank Dr. Nate Blum for a heartfelt and moving tribute to one of our own, who we lost on July 25, Dr. William Carey, one of SDBP's founders. His contribution to the field of Developmental Behavioral Pediatrics was truly groundbreaking. I hope you will take a moment to read this tribute!

As we continue to work and function day to day, many of us are trying to find ways to share our "new normal" in ways that others can hear. I was inspired by my college's attempt to develop new mantras from famous quotes and wanted to share them! Thinking of our younger kiddos, any additions? I was trying to think of Elmo, but that was a few years ago in our household. Maybe Little Einsteins? The Wiggles? Other more current characters speaking to our youth?

"The mask is the message." - *Apologies to Marshall McLuhan*

"Not all those who wander 6 feet apart are lost" - *Apologies to JRR Tolkien*

"It is not our masks that divide us." - *Apologies to Audre Lorde*

"It is a truth universally acknowledged, that a single man in possession of a good fortune must be in want of a mask." - *Apologies to Jane Austen*

"The unobservable market force that helps the demand and supply of goods in a free market to reach equilibrium automatically is the well-washed hand." - *Apologies to Adam Smith*

To address our younger kiddos who won't know any of these quotes (how many of you do?), in the last week alone, several of our members have shared impressive blogs or guides to help children wear masks and support parents overall. On both Instagram and Twitter, check out Dr. Nerissa Bauer's 18-day mask of the day series and "Family Jumpstart Back to School Kit" that includes a visual checklist and mask up/mask off cue cards on Instagram and twitter! Also check out Dr. Melissa Armstrong's blog on helping children wear masks! Others

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with resources to help our children, particularly those with special needs, wear masks, let me know – we will highlight those as well!

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## **SDBP CONNECT – SAVE OUR AUGUST DATES!**

### **Tomorrow, Tuesday August 4<sup>th</sup> – 4pm EST**

Dr. Damon Korb will facilitate a discussion on technology. Learn how your colleagues are utilizing technology, social media, telehealth – all topics technology related are up for discussion!

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### **Wednesday August 19<sup>th</sup> – 12 noon EST**

Ready to read? And think about your education on anti-racism?

Dr. Tanya Froehlich will lead a journal club centered on the article:

#### **[Levels of Racism: A Theoretic Framework and a Gardener's Tale](#)**

by Camara Phyllis Jones, MD, MPH, PhD

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Take care, wear your mask and stay safe.

*Warmly,*

Robyn Mehlenbeck

President, SDBP

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**Thought provoking poem to share:**

### ***What If Instead Of Being Behind These Kids Are Ahead?***

*By Jaime Ragsdale*

What if, instead of falling behind, our kids are advanced?

What if they have more empathy, they enjoy family connection, they can be more creative and entertain themselves, they love to read and express themselves in writing?

What if they enjoy the simple things, like their own backyards and balconies, sitting near a window in the quiet?

What if they notice the birds and the dates and different flowers emerge and the calming renewal of a gentle rain shower?

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What if our kids are the ones to learn to cook, organize their space, do their laundry and help keep a well run home?

What if they learn to stretch a dollar and live with less?

What if they learn to plan shopping trips and make meals at home?

What if they learn the difference between want and need?

What if they learn the value of eating together as a family and finding the good in sharing the small delights of every day?

What if they are the ones who place great value on our teachers and educational professionals, librarians, public servants and the previously invisible essential workers like truck drivers, grocers, cashiers, healthcare workers... just to name a few who are taking care of us right now while we are sheltered in place?

What if among these children a great leader emerges who had the benefit of a slower pace and simpler life to truly learn what really matters in life?

**What if they are ahead?**

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