

# Monthly Message: Strengthening Families

KENTUCKY  
GOVERNOR'S  
OFFICE of  
EARLY CHILDHOOD



**Concrete Support in times of need:  
Parents know where to turn for help**

When families know how to find help in their community, they can begin to take steps to a happier, healthier life.





## Concrete Support in Times of Need

Not only can you help your children succeed by teaching new skills, but also by strengthening your family. Being a parent is a very rewarding and joyful experience, but being a parent can also have its share of stress. Parenting stress is caused by the pressures (stressors) that are placed on parents personally and in relation to their child

How parents and families respond to stressors is much more important than the stress itself. Parents and families can increase the likelihood of better outcomes if they support themselves with **'protective factors'** such as:

- **Concrete support in times of need:**

*Parents know where to turn for help.*

- **Social connections:** *Parents have friends & family*

- **Parental resilience:** *Parents are strong & flexible*

- **Knowledge of parenting & child development:**

*Parents know how children grow and learn*

- **Social and emotional competence of children:**

*Children learn to talk about and handle feelings.*

In this series, we will explore each protective factor and how it can help your family become stronger.

### About concrete support in times of Need:

Enjoying the holidays can be difficult for families struggling with access to food, shelter, clothing and healthcare. Parents and children need their basic needs met in order to thrive. Additionally, when families are experiencing a crisis such as domestic violence, mental illness or substance abuse, it can be even harder to find these much-needed resources. Kentucky has services and supports in place to provide stability, treatment and help for family members to get through many crises. When families know how to find help in their community, they can begin to take steps to a happier, healthier life.

### Resources: Click to follow the link!

- Check to see if you qualify for SNAP benefits.
- Family violence prevention resources including reporting hotline
- See if you qualify for help paying your heating bills
- Check out other temporary and long-term assistance programs available to families with children.
- See if your children qualify for free or low-cost health insurance.
- For information about financial assistance, finding work, housing assistance, and much more, visit [assistance.ky.gov](http://assistance.ky.gov). You can also find a list of hotlines at [chfs.ky.gov/hotline](http://chfs.ky.gov/hotline).