

Monthly Message: Strengthening Families

KENTUCKY
GOVERNOR'S
OFFICE of
EARLY CHILDHOOD



Social Connections: Parents have friends & family

Networks of support are essential to parents and also offer opportunities for people to give back.



Social Connections

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:

- **Social connections:** *Parents have friends & family*
- **Parental resilience:** *Parents are strong & flexible*
- **Concrete support in times of need:**
Parents know where to turn for help.
- **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.

Resources: <http://www.cssp.org/reform/strengthening-families>

About Social Connections:

Having social connections means families have friends, family members, neighbors and community members that can provide emotional support, help solve problems, offer parenting advice and give assistance when needed. Networks of support are essential to parents and also offer opportunities for people to "give back", an important part of self-esteem as well as a benefit for the community. The holiday season is a great time to get involved with your community and reach out to those in need of friendship and support. Check out the links below for opportunities!

Resources: Click to follow the link!

- Youth Activities in Frankfort at Paul Sawyer Public Library (Check for a library in your area!)
- Before and After School YMCA Programs (Search for a YMCA near you!)
- Find a local Community Early childhood Council
- Learn about events and news at the KYGOEC Facebook page.
- Give back! Click her to find a list of ways you can get involved with the Salvation Army.
- For information about financial assistance, health insurance, finding work, housing assistance, and much more, visit assistance.ky.gov. You can also find a list of hotlines at chfs.ky.gov/hotline.