

We all play a role in Strengthening Families

Neighbors

- Offer to baby-sit so parents can get a little break
- Be a listening ear for a neighbor who is struggling
- Coordinate a meal sign-up calendar for new parents or a neighborhood family in need
- Organize a block party so families can meet each other
- Start or participate in a carpool to help families
- Increase social connections by introducing yourself to a new neighbor or saying hello to your neighbors by name
- Get to know the children in your neighborhood and ask them how they are doing
- Ask a family if they need something picked up the next time you run to the store
- Run an errand, shovel snow, or do yardwork for a parent in your neighborhood
- Invite a neighborhood family to your home for dinner
- Donate lightly-used children's clothing, furniture and toys for use by another family

Community Organizations

- Post the Colorado early learning and development guideline videos to your social media channels (earlylearningco.org)
- Raise awareness of child safety issues and helpful childproofing information
- Organize a moms' or dads' night out
- Put children's books in your lobby and waiting areas
- Schedule family events at different times of the day and on different days of the week so that more families can participate
- Add information about family-friendly resources on neighborhood websites like Nextdoor
- Remind people it's okay to ask for help
- Host a play group at a local recreation or community center
- Collaborate with childcare centers and schools by joining PTOs, volunteering in classrooms, participating in fundraising and more
- Recognize a child or family in distress and offer assistance
- Provide parenting education classes for parents and for students before they become parents
- Connect parents to one another and to important resources for support

Employers

- Check in with mothers and fathers to see how they are doing
- Promote a culture where it is okay for employees to reach out and ask for help
- Participate in an employee assistance program (EAP) or maintain a list of available resources to support families
- Learn where your public officials stand on kids' issues and use your vote to support families
- Allow for flexibility in scheduling where possible
- Work with employees to manage workload in times of added stress
- Create a community brag board so employees can show off kids, pets, homes and hobbies
- Support maternity/paternity leave for new parents (including adoptive and foster parents)
- Offer "lunch and learns" for employees wanting to learn more about child development
- Involve your business in community events
- Sponsor a day of service for all employees to volunteer with programs working to strengthen families

Service Industry

- Make family-friendly spaces or activities available at your establishment
- Smile and lend a hand to customers who are having a tough time with their children
- Offer to load groceries or other packages into the car for a parent with kids
- Hang fliers about community events or helpful resources for parents and families
- Notice positive parenting moments and compliment the parents
- Say hello to children and offer them a high five / fist bump
- Be kind to parents with kids in your establishment, especially when one of their children is melting down
- Organize a fundraiser to support a local nonprofit serving families
- Help a parent who is juggling kids and suitcases on an airplane
- Include information about local family support programs on menus

Spiritual Community

- Remind parents that it's okay not to know how to do everything
- Learn the signs for post-partum depression and how to help
- Share articles, tips and/or resources in your newsletter about coping with parenting challenges
- Encourage and support parents in getting involved and increasing their connections
- Make it a tradition to bring new parents meals to help make the transition to parenthood easier
- Offer financial support or goods to families who are struggling
- Host family-friendly events
- Train staff and volunteers to create safe environments for children
- Offer space for parenting classes or support groups in your community
- Get involved in developing the missing services needed by children and families in your community
- Support youth who are leaving the foster care system • Become a mentor for a young mother or father
- Conduct a parenting book drive for the local library



Learn more at CO4kids.org



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