

HELPING PARENTS WITH WHAT THEY NEED

SOCIAL CONNECTIONS

HAVING SOCIAL CONNECTIONS IS IMPORTANT TO YOUR BEING THE BEST PARENT POSSIBLE.

Taking the time to build and maintain strong social connections is worth the effort. Below are some ways you can enhance your social connections.

LOCAL, TRUSTED ORGANIZATIONS

Look for local connection building resources in your area. For example, [Family Resource Centers](#), libraries, schools, community centers, and local non-profit organizations that deal with parents, families, and children can be good places to start.

SPECIAL INTEREST CLUBS

Look for clubs that align with your interests. Examples are sports, cooking, book clubs, etc.

VOLUNTEERISM

Check with United Way or your local volunteer organization for opportunities.

RELIGIOUS ORGANIZATIONS

Churches, synagogues, mosques and other places of worship may offer parenting or other social groups.



PLAN YOUR INTRODUCTION

What will you say when you meet new people and expand your social connections? Practice introducing yourself at home so you feel prepared in new settings.



SOCIAL MEDIA

Search social media for groups with similar interests/needs. For example, search a geographic area or a medical diagnosis impacting your family.

IDENTIFY YOUR SUPPORT CIRCLE

List the names of people that fill your support circle. Check out this [resource](#) from

La Crosse Area Family YMCA to help you identify who those people are in your life.

Resources:

- [Five for Families – Child Abuse & Neglect Prevention Board](#)
- [Regional Centers for Children and Youth with Special Health Care Needs](#)



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