



10 *loving gifts* FOR FAMILIES

Time. Have the neighbor's kids over for a few hours to give parents time to reconnect and recharge.

Hands. Lending a helping hand can come in many forms—a home-cooked meal, offering care, or providing transportation. Get creative with the ways you can help out!

Groceries. No one should ever have to worry about how they are going to feed their family. The gift of groceries means parents can have a little extra cash to put into their savings.

Diapers. It's amazing how many diapers an infant can go through in a week. A case of diapers keeps babies dry and parents less stressed.

Connection. Everyone needs a listening ear or a shoulder to lean on sometimes. Check in with friends and family—texts, emails, or phone calls all help.

Community resources. Parents aren't always aware of what resources are available to them in their own communities. Introduce them to parenting support groups, play groups, and the wealth of information a Family Resource Center has to offer.

Concrete support. Every family deserves to have their basic needs met. Donate food or clothing or offer transportation or a full tank of gas to a family who needs it.

Fun! Give parents some time to themselves by arranging a playdate! Go to the park, visit a museum, or just hang out.

Voice. Be an advocate for those in your community. Share what you learn about the needs of those around you and tell people what you are doing to make a difference.

Encouraging words. Parenting is exhausting, confusing, and frustrating at times. Being in a parent's corner makes all the difference!

