

# 10 Loving Gifts for Families

**Time.** If you're healthy, arrange an outdoor play-date with a friend or neighbor's kids (following CDC mask guidelines) for a few hours to give parents time to reconnect and recharge.

**Hands.** Lending a helping hand can come in many forms—delivering groceries or a home-cooked meal, offering care, or providing transportation. Get creative with the ways you can help out. Chances are you have a skill that can be of service.

**Financial support.** Received a refund for a family vacation that got canceled? Consider using the extra money to help a family pay utility bills or afford food or other essential household items if you're able.

**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.

**Connection.** Everyone needs a listening ear or a shoulder to lean on sometimes. Check in with anybody who may be struggling and encourage them to talk about how they're feeling or to access the help and support they may need. Texts, emails, phone calls and video calls all help.

**Errands.** Shop or do errands for quarantined or high-risk families in your community who need to stay home or don't feel safe in public areas. Consider offering other families, such as those who are overwhelmed with work and virtual schooling, the same services so parents have some extra time to take care of themselves.

**Community resources.** Parents aren't always aware of what resources are available to them in their own communities. Familiarize them with their local Family Resource Center and the services they offer. As families experience increased insecurity, access to these resources becomes even more important.

**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!** Even children feel the effects of social distancing and isolation. Consider arranging a virtual play-date between friends or relatives so kids are able to connect and play with their peers and family!

**Voice.** Be an advocate for those in your community. Share trustworthy information with your network either virtually or in conversation. Be a voice for how people can help each other in this time of social distancing, while staying safe. 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 (especially during a pandemic). Being in a parent's corner makes all the difference!

