

How to Connect With Parents

Build Strong Relationships With Other Parents

Your children count on you to provide them with a loving, caring and nurturing home. You are there for them when they have bad days and when they share the best part of their day with you. But who do you turn to when you have an exciting moment to share, or need to vent about the ups and downs of parenting?

As a parent, you need someone to rely on just as much as your own children do. Social connections are a necessity at any stage in life and should be a priority for parents to ensure you have a nurturing, supportive relationship with your child.

Why should parents connect with other parents?

- Let's be honest, all parents need to vent sometimes. Discuss your troubles with a supportive friend who can lend an ear and some helpful advice.
- Parenting is one of the most difficult jobs; it is nice to feel validated once in a while. You can find that positive reinforcement by helping other parents deal with a difficult situation you've been through, or being praised for something you've done that worked with your child.
- Children are always learning and growing and you should too! Learning and applying tips and techniques that other parents use can help you find the best ways to parent your child.
- Socializing is a necessity for everyone. Isolation can lead to feeling overwhelmed, stressed, and frustrated. Socializing helps revitalize you and give you the support you need to get over a stressful situation.

How can you connect with others?

Don't let life get in the way of your needs as a parent. Allow time to make the social connections that are so important to parents. There are many different ways to overcome the obstacles that may get in the way of creating and maintaining these support systems.

Here are some examples:

- Make play dates with other parents so you can connect while your children play.
- Find local parent get-togethers or create your own.
- Make time to go on a neighborhood walk with other parents in the community.
- Meet with parents before or after you drop your children off at child care.
- Strike up a conversation with other parents at sporting events or other activities. You'll already have one thing in common, cheering for your kids' team!
- Host a potluck dinner gathering at your home or a common neighborhood space.
- Call a friend who you haven't seen in a while and re-kindle that friendship.
- Build friendships with those people already in your everyday life such as coworkers, teachers, neighbors, church members, and people in organizations or groups you may be a part of.
- Schedule just for you and a friend. Make that time sacred and work around it.

