



SUPPORTIVE COMMUNITIES • THRIVING FAMILIES

Bring Up Nebraska is administered by Nebraska Children and Families Foundation.

FOR FRIENDS & NEIGHBORS



Your circles of friends—both close and casual relationships can be a powerful safety net for your family. Adults look to other adults to know what to do in many situations, including how to meet the needs of themselves and their children and families.



Pinwheels for
PREVENTION

Prevent Child Abuse
Nebraska

Supported by the Nebraska Child Abuse
Prevention Fund Board

KNOWLEDGE OF PARENTING/CHILD DEVELOPMENT

If you're looking for an awesome gift for a new parent, consider a book or app that offers practical child development information. There are plenty of excellent resources for parents on how to better relate with their children at every age and stage.

For parents of infants or young children, one good mobile app is [Staying on Track](#), a free app available through iTunes.

For families with children ages 10-15, [Keep Connected](#) is an excellent resource.

Consider offering a meal, diapers, other supplies or services to exhausted new parents. Help like this allows parents to take care of themselves so they have more time and energy to nurture their child.



SOCIAL CONNECTIONS

Moms/Dads night out

This doesn't have to be fancy, expensive or complicated. Just take the initiative to plan a time for your parent friends to meet for coffee, a softball game, or a watch party of your favorite show. The important thing is that friends are connecting and that parents are getting a break.

Check-ins

New parents, or families that are going through tough times don't always need a lot. But they do need to know that you're there for them. Call, text or email just to "check in." Let them know that you're there if they need you. Even if they never take you up on it, the simple act of reaching out lets them know they're not alone.

Parenting stories

When you're having parenting challenges and it seems like everyone else's family is doing better, you can feel very lonely—like there's something wrong with you as a parent. Friends can help by empathizing—letting a parent who's having trouble know that you've been there too. It's much easier to deal with stress when you know that your friends have made it through similar struggles.

CONCRETE SUPPORTS

Friends can provide valuable concrete supports. This may include anything from carpooling to get kids to school, to sharing child care, to providing information on where other help can be found.

RESILIENCE

As a friend or neighbor, ways to support resilience includes include genuine friendship, affirming other's personal and parenting strengths and assisting with opportunities for family members to enjoy each other. While it may be tempting to rescue a friend, this usually does not help them develop resilience.

Families that have experienced trauma due to poverty, violence, mental health needs and other factors may need additional support, but can build resilience through healing relationships with trained providers. You may be able to encourage or help make this connection.