



Social Connections

Strengthening Families Alaska Style

What is it?

Parents can feel isolated and have a greater need for support from others when their children are young. Friends can be an important source for encouragement, advice, information on parenting issues, and back-up support. But just when you need friends the most, it can be the hardest to find the time and energy to get out and meet new people. Just remember that if you see someone with a young child, you will have so much in common!

Family Check-in: How are you doing?

Rate the following:

I have relationships with people who support me when I need it.

1	2	3	4
Not so much	Sometimes	About half the time	Most of the time

List five people you can call on, or people you would like as a friend.

- | | | |
|----|----|----|
| 1. | 2. | 3. |
| 4. | 5. | |

Try some of the following ideas to reach out and build your network of friends and neighbors. Like anything, once you get started, it gets easier.

Five Tips to create social connections

- 1 Check the local newspaper, radio website and local churches for a list of activities and groups for parents with young children
- 2 Go to an event you haven't been to before.
- 3 Smile and say hello to another parent. Sometimes that's all it takes to make a connection.
- 4 Introduce yourself and start a conversation with another parent you haven't talked to before or in a long time.
- 5 Make a plan to meet with other parents to get together for a lunch or a play date.

