

May 2022 ENews

Helping families spend generous amounts of time together...

Family & Home
Network®

Affirmation • Information • Advocacy

Dear {{FirstName or 'Friend'}},

Do you celebrate Mother's Day? In my family, we keep things very simple—and different from year to year. That's what works best for us, through happy times, sad times, and those years with a complicated mix of emotions. Whatever you do (or don't do), I hope you enjoy the day.

One of my favorite ways to show appreciation for a mother is to capture photos of her everyday interactions with her children. Those moments of connection are often hard to catch, but I've learned to be more intentional about watching for opportunities, waiting patiently and taking lots of action shots.



In this ENews, I'm focusing on resources about nurturing, about cherishing each other. It's essential. As Dr. Bruce Perry says, "Being born a human does not ensure a child will become humane."

[Family and Home Network](#) is governed and guided by our Board of Directors. We recently welcomed new Board member Kimberly Novod, who joins us from New Orleans. Kimberly founded the nonprofit organization Saul's Light in honor of her son, who was born premature and died after a few weeks in the neonatal intensive care unit (NICU). One of the ways Saul's Light helps parents who have a baby in the NICU is by making it possible for them to spend more time with their babies. We're so grateful that Kimberly is devoting

some of her time to Family and Home Network.

Did you know that almost all of our work is accomplished by volunteers? We'd love to have you join us. Work when it's convenient for you, commit to just a few hours per month (or more!). You'll have VERY understanding colleagues whenever family needs take precedence. Give your professional expertise a workout, learn new skills, and become part of our decades-long grassroots effort. We are always on the lookout for volunteers and potential Board members. For more information, please see our [Volunteer Information](#) page and [Becoming a Member of the Board of Family and Home Network](#).

Please let me know if you have questions or comments - or would like to join an occasional, informal Zoom discussion. When we put a Zoom discussion on our calendar, we notify members of [Family and Home Community](#) —join us there (it's free).



Catherine Myers
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Caring for Mothers

When families, communities and governments nurture mothers, children thrive and we all benefit. (We recognize and advocate for nurturing of all primary caregivers, including fathers, grandparents and others.)

Nurturing is powerful and drastically undervalued. Nurturing heals, promotes empathy, and counters violence. In order to nurture their children, parents themselves must be nurtured.

Recently, the Economic Security Project presented a webinar about guaranteed income programs for mothers: giving mothers cash and trusting them to know how best to spend it for their families. You can register to watch the recording here: [Cash as Care: Healthy Moms. Healthy Families. Healthy Communities](#).

It was great to see many passionate, creative leaders from communities across the

country driving change that will benefit us all. Society saves money in the long term when children thrive. And putting cash directly into mothers' hands is a powerfully healing act. The [Magnolia Mother's Trust](#) explains that a pillar of their work is "the belief that all people deserve to be the authors of their own lives, and one's destiny should not be determined by their race, gender, or class." See their website, where they are sharing mothers' stories, helping to change cultural attitudes and eventually, policies.

A new member of [Family and Home Community](#), Gabrielle Ravioli, attended the webinar and commented to the presenters and participants: "When we encounter skeptics of guaranteed income programs, we need to be careful of not immediately citing cases where mothers are still working (though this is often the case), But we miss the mark when we focus on work, which is what capitalism values. We need to value the time and connection of being together with our children." Several of the mothers who participated in guaranteed income programs spoke about how they were able to spend more time with their children, how much they valued this time and saw their children benefit. This valuing of time together is at the core of [Family and Home Network's](#) mission.

There is also a written report: [Cash as Care](#). We'd love to know what you think.

Alongside our allies at the Global Women's Strike and as members of the ABC Coalition, we've been advocating for an extensions of the Child Tax Credit (CTC), which is essentially a guaranteed income. Although there is abundant evidence of the benefits of the CTC, no one knows whether Congress will manage to send a bill to the President's desk.

Reframing Motherhood as a Gift



On the topic of mother-child time together, we were very happy to find J.Taylor Calderone's eloquent op-ed. She pushes back on the many articles that focus on the burdens of motherhood, especially during the pandemic:

"But as we try (rightly) to acknowledge the difficulties mothers face, especially as this pandemic unrelentingly continues and the youngest children remain ineligible for vaccines, there is a larger narrative taking shape before our eyes: childcare, and motherhood, is a hindrance to women everywhere. We are standing on a precipice, and we are about to declare motherhood inconvenient."

Read Taylor's article here: [Our primal scream: Reframing motherhood as a gift](#)

The Power of Parents

Don't miss our 4-page brief:
The Power of Parents

Research findings in neuroscience, genetics and developmental science provide unequivocal evidence of the critical importance of nurturing and two-way intimate relationships between mothers, fathers, and children.

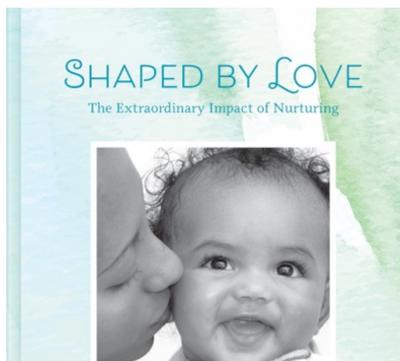
Read it online or download:

[The Power of Parents](#)

Children have irreducible needs for Safe, Stable, Nurturing Relationships (SSNRs): [“biological necessities for all children”](#) according to the American Academy of Pediatrics. Harvard’s Center on the Developing Child, directed by Dr. Jack P. Shonkoff, offers these [principles to guide policymakers](#): 1) Support responsive relationships for children and adults; 2) Strengthen core skills for planning, adapting and achieving goals; 3) Reduce sources of stress in the lives of children and families.

We'd love your help in sharing this new publication!

Shaped by Love



Look at this beautiful new book by Amy Hatkoff! [Shaped by Love](#) is full of adorable photos of babies and toddlers accompanied by information about their amazing capabilities and need for loving, nurturing relationships. Read about the fascinating science of human development, learn





to recognize myths that harm children and soak up the affirmation of your love and nurturing.



Our online Family and Home Community is a great way to connect with each other! It offers members easy ways to communicate one-on-one or in interest groups of all kinds. There is no cost; we hope to see you there!

[**Join us in Family and Home Community**](#)

Family and Home Network is registered as a charitable organization with the Commonwealth of Virginia, and a financial statement is available upon written request from the Office of Charitable and Regulatory Programs: P.O. Box 1163, Richmond, VA 233218.



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