

The Gift of Time

December 2022

Helping families spend generous amounts of time together...



Affirmation • Information • Advocacy

Dear {{FirstName or 'Friend'}},

One of the most important gifts we give our children throughout the year is time. Time to play, to dream, to explore, to line up their toys! Time together with parents, siblings, and grandparents.

Picturing the gift of time is challenging. When I reflect on the photo above, I'm grateful for the

luxury of time I had to stay quietly nearby as my grandson played, spending as much time as he wanted doing exactly what he wanted to do. Are you thinking of your own experiences with the gift of time? I'd love to hear about them—and see photos if you're willing to share.

Lining things up without having to explain to others what you're doing is a pretty good description of what we've been up to this fall with Family and Home Network. We met some new allies and stayed in touch with those we've known for years. We wrestled with some technology changes and challenges, and persisted in staying informed on pending policy issues.

The end of the year feels like a good time to catch our breath and look forward to a fresh start in the new year.

Our grassroots organization is approaching its 40th year! Our survival has been made possible by volunteers and by individual donors who recognize the importance of parent-child time together and the need to support parents as they spend generous amounts of time with their children.

If you can help us continue our work with an end-of-year donation, we would be very grateful.





Give a donation in honor of a friend or family member (and have an Ecard sent to them). Or dedicate your donation in memory of a loved one. Choose one of our eight custom Ecards (on the order form, you can click on "preview Ecard" to see larger images). Add your message and indicate the date you'd like the card to be emailed to the recipient.

Members of our Board of Directors and I send all our best wishes to you for happy, healthy holidays, with time for what's most important to you!

Cathy Myers

P.S. We'd love for you to share your photos—especially those illustrating nurturing relationships, the benefits of time, play, and children in the natural world. You can post your photos in <u>Family and Home Community</u>. Or, if you'd prefer to send us photos we can use anonymously, submit them to our <u>SmugMug</u> account.

Affirmation and Information for parents

For parents who are leaving or cutting back on paid work in order to care for their children, I look forward to offering January/February sessions of our free six-week workshop:

Transitioning Home. Whether you are home by choice or by circumstance, for a few months or for years, we'd love to have you join us. Up to twelve participants can enroll in each workshop session; we'll meet once a week via Zoom for discussions.

Have you stepped out of the paid workforce to care for children? Join our free workshops! Discussion - reflection - learning



Transitioning Home workshop topics include:

- Expectations, personal identity and the potential for personal growth;
- The needs of infants and the critical importance of intimate, two-way mother-infant and father-infant relationships;
- Myths and realities of a home-based life, thinking about personal values;
- Resources on sequencing (someday returning to paid employment);
- Financial considerations, sharing/dividing tasks and roles with a spouse or partner;
- Family, community, cultural and societal influences;
- Public policies and advocacy: inclusiveness, equality, freedom.

Between meetings, there are essays to read, reflection/writing opportunities, and both individual and group exercises.

Workshop days and times will be announced in January. For priority registration, join <u>Family</u> and <u>Home Community</u> now!

Advocacy Update

We continue to meet with colleague organizations about a possible extension of the

refundable Child Tax Credit; Congress is engaged in end-of-year political jockeying.



Millions of families with children were lifted out of poverty by the 2021 Refundable Child Tax Credit and then sank back into poverty when it expired. Monthly basic support—whether in the form of the Child Tax Credit or some other child allowance or child benefit—has been shown to improve the well-being of children and parents. Over the long term it would save our nation money: Healthier children grow up to be healthier, happier, more stable adults; the nation's spending on physical and mental health and social programs would be lower. Giving families a helping hand as they raise children is not only humane, it's also cost-effective.

For the New Year: New Features in Family and Home Community

Join us online in Family and Home Community

Our online community host (Mighty Networks) installed big software changes—we love the new ways of tagging content and organizing "Spaces," and we think you will love it, too. If you haven't checked in for a while, we'd love to see you. If you haven't yet joined us there, please do! It's free! More engagement by members will enrich the experience for us all. Introduce yourself, post a thought, a question, a resource...anything at all. And don't worry about doing things "right"—we'll be figuring this out together. You can find and follow your favorite topics,

Please donate if you can. Every contribution helps!











{{Disclaimer}}

Family and Home Network P.O. Box 72134 Durham, NC 27722 United States

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