



January 2022 ENews

Helping families spend generous amounts of time together...

Family & Home

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Dear {{FirstName or 'Friend'}},

I hope you and your family are not having too much trouble navigating through these tough times. We would like to hear from you: what do you need? What are you hearing from other parents?

Do you need some inspiration or new ideas? Check out our resource pages. Here are links to just a couple of topics:

[Education and Activities: The Big Picture Play](#)

[Parenting](#)

Please let us know if you have other resources to suggest.

[The Center on the Developing Child at Harvard University](#) offers a lot of wonderful, reliable information, including short videos about early child development and the importance of two-way interactions. Play is healing and wonderful for all ages - and especially important for building healthy brains, starting in infancy. Here's a playful reminder from the Center's Director, Dr. Jack P. Shonkoff: [Building Babies' Brains Through Play](#)

Dr. Shonkoff also offers advice to policymakers, summing it up like this: "The ultimate answer is to reduce the stressors on families, so families can do what families are best capable of doing."

For too many families, finances are a huge stress. We continue to advocate with other grassroots organizations for a permanent Child Tax Credit or Child Benefit. Please read more in the "Policy" section below about how you can Speak Up! Speak Out!

Please join me this Thursday (27th) from 1-2 pm in our Community live "around the table" - let us know how you're doing and what you're hearing from other parents, I'll share some of the things I'm thinking about, and I'd like to hear your ideas. If you're not yet a member of Family and Home Community, please [join now](#) so you can participate on Thursday.

Thank you for reading and for your support.

Catherine Myers
executive director
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p.s. I hope you're finding time to get outside and time to play!

Join us live "around the table" on Thursday, January 27, at 1 pm EST in Family and Home Community!

Our online Family and Home Community runs in Mighty Networks - we think it's a much better way to connect than we're able to do on other social media platforms. It takes a little getting used to the differences, but you'll be able to customize your feed based on the topics you're most interested in seeing, and join (or start) circles of people who share an interest (for example: parents of toddlers). Please come try it out!

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

Here are some of the latest discussions in our community:

[How Moms Shape the World](#)—a TED talk by Anna Malaika Tubbs. One of my favorite lines: "What if we celebrated at-home moms as the essential members of our society that they are, rather than belittling their role?" Dr. Tubbs is a sociologist and author of *The Three Mothers: How the mothers of Martin Luther King, Jr., Malcolm X and James Baldwin shaped a Nation*. Have you read her book? I plan to get to it soon!

[Is Empathy Born in Mom's First Hugs?](#)—a long-term research study in Israel found: "the maternal contact received all those years ago had a measurable impact on social brain functioning decades later, and the ability to empathize and relate to others."

Inspiration and Science

"One of the benefits of the pandemic forcing people to stay home is parental presence with young children. Although every age needs to feel connected, cherished, and like they belong, the young child is particularly affected because it is the time in life when a person is self-organizing brain functions and expressions around day-to-day feelings and experiences."

Darcia Narvaez, PhD

read blog post - [Moral Landscapes](#)

Watch Dr. Narvaez's short film (6 minutes): [Breaking the Cycle](#) and meet her in one of the monthly film discussions (see the dates and registration links on the film's website).

Politics and Families

Although a one-year extension of the Child Tax Credit was included in the Build Back Better Act passed by the House of Representatives in November, the Senate failed to pass the bill. Arguments go on, and meanwhile families are facing tough economic times without the monthly support they received from July to December.

We continue to work with colleagues in other organizations to advocate for the Child Tax Credit, to understand the details of the legislation, and to help spread the news about it to families. To receive the balance of the 2021 credit, parents must file a tax return, even if they don't usually file due to low income. See our [Info page on the 2021 Child Tax Credit](#).

[Evidence shows the long-term benefits](#) to children, parents, and the nation. Better physical, mental and emotional health benefit us all and save millions in costs and lost earnings as well as tax revenue. Researchers estimating the costs and benefits of the Refundable Child Tax Credit say: "[the benefits created by a child allowance could be worth eight times the annual program cost.](#)"

The 2021 Child Tax Credit is an inclusive family policy. If you haven't yet, will you join in calling for all family policies to be inclusive? Send a message to the President, Vice-President and your Congressional representatives: [Speak Up! Speak Out!](#)

Join our Campaign for Inclusive Family Policies

Care for children must be supported whether it's done by paid caregivers or by parents themselves.

Family and Home Network®

www.FamilyandHome.org

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