

Helping families spend generous amounts of time together...

Family & Home Network®

Affirmation • Information • Advocacy

January 2023 ENews

Transitioning Home workshops starting soon!

Dear {{FirstName or 'friend,'}},

I'm excited to let you know about the opportunity to participate in our Transitioning Home workshops, starting in just a few weeks. The workshops are designed for parents who choose—or are considering the choice—to be an at-home parent as well as for those who were pushed or led home by circumstance.



Members of our [Family and Home Community](#) and subscribers to our ENews are the first to know about workshop offerings. Each session is limited to a maximum of 12 participants, and next week I'll start promoting the workshops publicly, so if you want to join us, sign up today! Please see more information below.

One of the best parts of our work has been offering a way for parents to communicate with each other. Believe it or not, for 22 years we did that with our monthly 32-page journal, *Welcome Home*. It was printed on paper and mailed to subscribers! Like many print publications, we had to stop publishing due to the rapid rise in the costs of printing and mailing. Since then, we've tried all kinds of online communication tools (some worked better than others and many drove us a bit crazy). Now, finally, we have an amazing platform—Mighty Networks—and **all we're missing is you!**

Please spend some time in our [Family and Home Community](#) and explore, comment on a post, ask a question. Let us know what you're thinking about and offer connection and support to each other. We encourage posting messages for everyone to see, but you can also talk one-on-one with another member.

If you have questions about getting around, please ask! I'm learning as I go, too.

Cathy Myers
Executive Director (volunteer!)



p.s. Would you consider volunteering? There are all kinds of things on our "to do" list. It's a great way to support other parents and a great learning opportunity!

You're invited to join our first Transitioning Home workshops of 2023, starting in early February. They're free, 6-week workshops, with a group of up to 12 participants meeting once a week with a facilitator for 90-minutes (via Zoom). There are some readings to do between meetings. Each week, there will be a brief presentation and plenty of time for conversation and questions.

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



Transitioning Home
Six-week workshop
for at-home parents.

from the national nonprofit
Family & Home Network®

Topics include:

Session I Exploring Expectations and Transitions

Session II Your Feelings, Cultural Influences, and the Needs of Children

Session III Clarifying Values; Thinking About Family Finances; Defining Your Job

Session IV Honoring Your Interests and Talents; Reflecting on Your Marriage and Mutual Interests

Session V Developing an Interdependent Community

Session VI Appreciating Your New Identity; Making Time for You Marriage and for Personal Renewal

Workshop sign-up and materials are in our Family and Home Community; [here's an invite link](#). Join the Tuesday evening group (7:30 pm Eastern) or the Thursday morning group (9:30 am Eastern). Sign up soon to get a spot (we'll go public with invites in a few days, so don't delay). And invite a friend or two if you'd like.

Rethinking how we treat Homemaking skills



What does "homemaking" mean to you? What language do we use to talk about it?
In a recent article published by the Institute for Family Studies, Ivana Greco calls for a national conversation: "It is time to radically rethink how we treat homemaking skills."

Ivana is a member of our Family and Home Community. She is an attorney with experience in qualified retirement plan advising and healthcare litigation. During the pandemic she became an at-home mother, and she recently had her third baby. She's a fellow at the Abigail Adams Institute in Cambridge, MA, and is working on a book about the critical role of homemaker parents in society, government, and business.

At-home parents and their partners often recognize that homemaking has value. Yet many parents find themselves navigating complicated feelings about homemaking and revisiting the topic from time to time. How do cultural attitudes impact parents' lives? What attitudes and practices would you like to change?

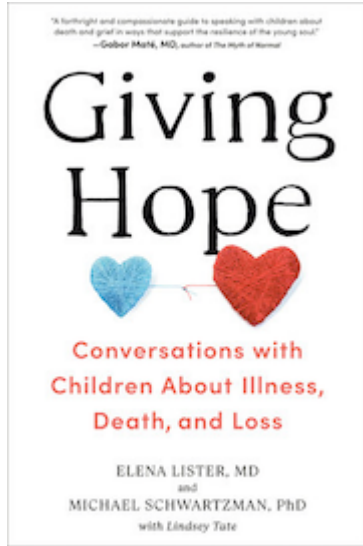
Read Ivana's article and let's talk about it! Join us in [Family and Home Community!](#)

Giving Hope: Conversations with Children About Illness, Death and Loss

By Elena Lister, MD and Michael Schwartzman, PhD with Lindsey Tate

What can parents do to help children when they experience illness, death and loss? With gentle encouragement, plenty of stories and clear principles, Drs. Elena Lister and Michael Schwartzman offer us expert guidance on helping children—and ourselves—through difficult times.

Although you might think you don't need this book now, reading it can open your eyes to the importance of talking about death as the fact of life it is. As the authors point out, children notice death all around us: a dead fly on the windowsill, brown stalks where flowers once bloomed. We live in a culture that generally does a poor job of acknowledging loss and sadness.



“Your attunement to your child, this flow of emotional currents between you, lies at the heart of your bond with her and will help you enormously as you navigate talking with her about something upsetting.”

The authors also encourage parents to take time to understand their own emotional experiences, and urge us to seek professional help if we are struggling. Compelling stories illuminate their guidance, showing how children and parents can “handle hard things and get through to where hope resides.”

Reading this book helped me feel more confident and prepared for talking with my grandchildren when inevitable loss comes along next. I wish I'd had it when my children were growing up. In addition to explaining essential principles of talking with children about loss, the authors address specific situations including the death of a sibling, parent, or other close family member, a death in the community, death by suicide, terminal illness, and news of death in the media.

Every parent and child will encounter a loss or death, sooner or later. Drs. Lister and Schwartzman have decades of experience in helping families through hard times, and they generously share their professional expertise as well as their personal experiences.

Giving Hope is a warm, engaging read in spite of its difficult topic. Read it; keep it on your bookshelf as an essential resource. You'll be better prepared for life's most challenging times, and you'll be able to turn to it again, like a reliable friend, for great advice and comfort.

reviewed by Catherine Myers

"Parents create people."

Marc C. Bornstein, Head of Child and Family Research at the National Institute of Child Health and Human Development

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