

Helping families spend generous amounts of time together...

Family & Home Network®

Affirmation • Information • Advocacy

Dear {{FirstName or 'Friend'}},

Seeing so much pain and loss inflicted on people in Ukraine and in so many places around the world is horrifying. I think of my Ukrainian grandparents who fled poverty and came to the U.S. in the 1920s; four of their sons served in the U.S. military during World War II. Will we ever put an end to war and poverty?

How do you sustain hope in this world? For me, I find hope and meaning in volunteering for Family and Home Network, and in spending time with my family. Even sorting laundry with my 12-year-old grandson can offer moments of connection, especially when I remember to ask about his favorite music (and listen with him). Alongside members of our Board of Directors and our allies—leaders of other organizations and professionals—I keep returning to the “big ideas” at the root of our work.

Highlighted in the sections below are some of the big ideas we focus on. We work on our own big ideas and appreciate learning from and finding hope in the work of people and organizations we admire.

I hope you'll join us in learning more and discussing these big ideas.

Catherine Myers
Executive director
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P.S. My husband volunteers with the Eno River Association here in Durham, NC, and takes a lot of photographs. This spring flower is a Rue Anemone.



The Power of Discord

our conversation with Claudia M. Gold, MD

We hosted a conversation on Zoom with Claudia M. Gold, MD, co-author with Ed Tronick, PhD of *The Power of Discord: Why the Ups and Downs of Relationships are the Secret to Building Intimacy, Resilience and Trust*. We invited colleagues from other parenting organizations to participate, and we had an inspiring conversation with Claudia. I'm so pleased to share this conversation (in two parts).

Our conversation starts with Claudia explaining how she found her way to studying mental health and infant-parent relationships. In the book, she writes: “I increasingly felt that neither my pediatrics training nor my almost twenty years in practice had given me the tools to address the wide range of challenges that arrived in my office. Asking questions and offering guidance, advice, and behavioral management often resulted in a sense of frustration and failure both for me and for the families I worked with.”

As she pursued further study, Claudia met Ed, whose decades of research demonstrated how babies are “profoundly affected by their parents’ emotions and behaviors.”

In her clinical experience, Claudia takes the time to listen to parents and children, helping them discover their own ways of learning to be in relationship with each other. In this conversation, Claudia explains how she learned the power of listening with curiosity, and how the book aims to offer “a textured understanding of what we mean by early parent-infant relationships.”

Here is Part 1 of our conversation:



A conversation with
Claudia M. Gold, MD



Please see [Part 2 on Vimeo](#) - or view it in [Family and Home Community](#) and join our discussion there:
[Part 2 of The Power of Discord conversation](#).



We love this book! Claudia's work can be applied to so many aspects of family relationships. It's compelling to think about how each of us makes meaning in our relationships. Please join our discussions in our Family and Home Community, hosted on Mighty Networks: [Invitation to join Family and Home Community](#).

“
It’s not just that it’s okay to make mistakes....
mistakes are the root of healthy development.
”

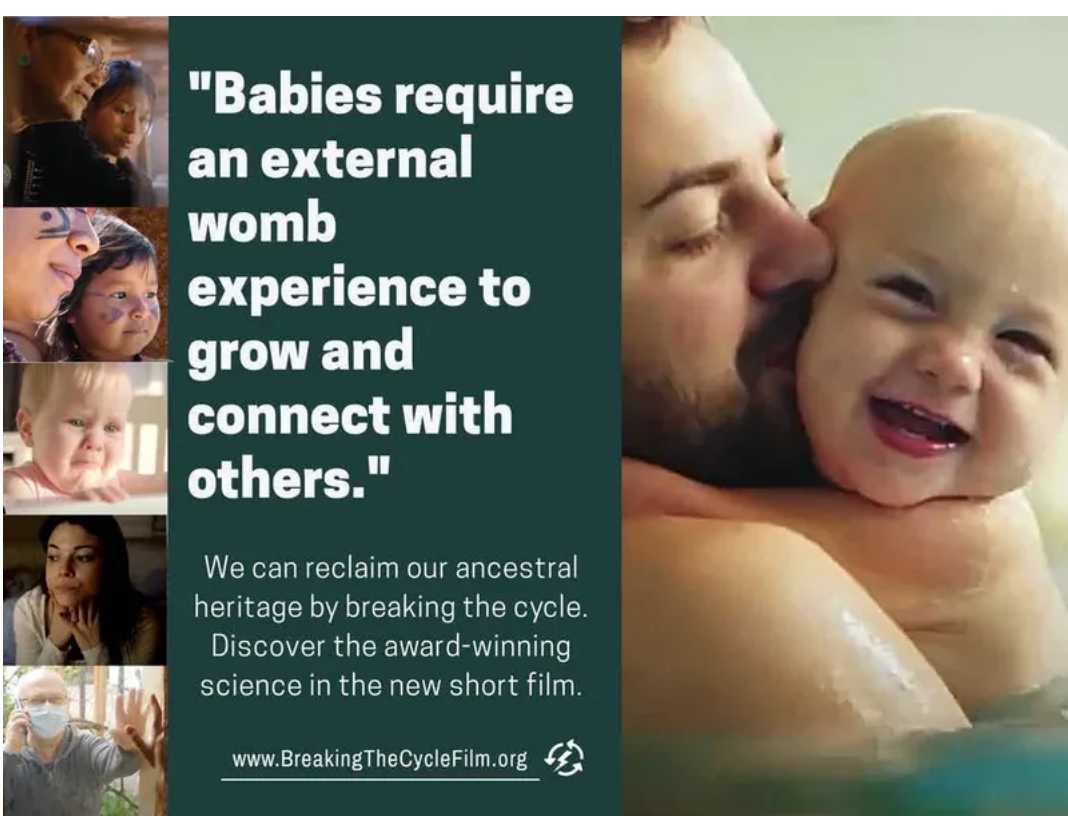
Claudia M. Gold, MD

Breaking the Cycle film

For a fantastic big picture overview of humanity, see Darcia Narvaez, PhD's 6-minute film: *Breaking the Cycle*. From the film's website:

“Breaking the Cycle contrasts the two basic ways societies can function: the optimal approach, which most human societies through time have followed, is the **Cycle of Cooperative Companionship** where children's basic needs are met; they grow into well-functioning, cooperative community members (from neurobiology and on up); and as healthy adults, they maintain the cooperative system. Currently in the USA, the opposite pattern is in place: children's basic needs are not met, ill-being and dysregulation ensue, creating adults who are detached and distracted and keep this **Cycle of Competitive Detachment** going. The United Nations ranks the USA as 41st out of 41 developed countries for child and adult wellness.”

Watch [Breaking the Cycle](#) and meet Dr. Narvaez and Lisa Reagan, editor of *Kindred World*, in one of the monthly film discussions ([see the dates and registration links](#)).



Politics and Families

Our Campaign for Inclusive Family Policies is a big idea that calls for policies that apply to ALL families, regardless of parents' income-earning work. The 2021 Refundable Tax Credit is an inclusive policy; at this time, it has not been extended. Please read more in my blog post: [Family Policies for ALL](#).

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](#).

Partisan politics, combined with bias against parents not in the paid workforce, have an awful impact on family policies. I'm so glad to be meeting with other organizations engaged in advocating for a child benefit (like many other countries have had for years). Family and Home Network is a member of the [Automatic Benefits for Children \(ABC\) Coalition](#), organized by the Children's Defense Fund and the Center for the Study of Social Policy. **If you know other organizations who might join the coalition, please share the website with them.**

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!](#)



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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