

Concrete Support in Times of Need

Parents Talk about Receiving Concrete Support

3 Share a time that was particularly stressful for your family. Who helped you achieve a good outcome? What did they do?

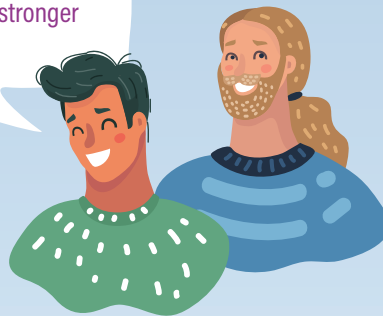
All of the examples given by parents showed the key to achieving a good outcome were the people who actually showed up to provide concrete support and a listening ear – people who provided small but significant changes.

This week we found out that one of our daughters might be beginning to lose her sight. My daughter's interpreter, my mentor, and now lifelong friend, along with a wonderful administrator at our hospital helped me calmly deal with the issue, put together a plan of action, and schedule appointments so that we can do what is best for our daughter.

My husband and I have been through difficulty in our marriage. Counseling helped us explore our feelings and be frank about our needs for the present and hopes for the future. The counselor facilitated the conversation courageously and sensitively. My spouse and I carried on the conversation later and invested in building a stronger partnership.

Just having a friend to listen to me and having a home-visitor that I can share my worries with.

My dad has cancer, it is really hard. Check-ins by family and friends are the most helpful, people bringing food.



The week that our daughter was born, our car was totaled while parked, we discovered we had bedbugs in the home and several of our kitchen appliances stopped working. We just wanted to soak up time with our newborn and adjust to being a family of 4, but we had to address these problems to make sure our home was safe. Our family and friends pitched in to care for our kids while we made calls to trusted businesses and shopped for appliances.

Spiritual leaders helped me through a divorce.

When we moved to the area and didn't have relatives to count on in times of need, church members came to be a part of our family.



When facing custody issues, our lawyer helped inform, guide, and fight for our rights. This provided our family with what we considered to be the best.

My therapist listened to me and is someone who never gives up on me. I was given resources and positive feedback without judgment.

When experiencing the death of a family member, my immediate family helped with childcare and financial assistance.

For more parent-to-parent tools visit ctfalliance.org/partnering-with-parents/anppc/#resources



National Parent Partnership Council (ANPPC)



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Resource from the ANPPC