



CONNECTING FOOTPRINTS

Hello Footprints Families,

In the matter of a few short weeks and days many of our worlds have drastically changed as the COVID-19 pandemic gripped the United States and world. And we understand that during these unprecedented times coping with the impacts of COVID-19 virus might create a stress on you and your family. And it's important to know you are not alone.

The primary focus of Connecting Footprints has always been to connect and support caregivers seeking authentic relationships. Peer support networks serve as an important protective factor for parents, especially mothers, as they experience the highs and lows of parenting. We aimed to develop a group designed to minimize the isolation and anxiety brought on when parenting alone, with young children, with intense work shifts etc by offering playgroups, a blog, and a Facebook group.

Due to safety concerns we suspended our playgroups until we can assure safety for our vulnerable populations. We believe in the power of doing our part to help support our neighbors and community in maintaining health.

Fortunately, Connecting Footprints can adapt to the social distancing requirements despite placing playgroup on hold. We have a thriving online group you can request to join: Connecting Footprints Parent Support Group. In this group we offer ideas from our expert team to help you as you educate your children from home, manage changes to routines, and find a place to seek support as a parent or caregiver. In fact, we will increase content to support families with children from birth to high school and we encourage you to ask us questions as needed. Our families have always been a driving force of our content. We value the power of bringing the community together—and we invite you to join ours.

Thank you for your patience and we look forward to connecting with you, supporting you, and getting through this with you.

Kind Regards,
Jessica and Heather

