


The WHALE Study Family Newsletter

June | 4th | 2021

It takes a village



Everyone's parenting concerns were highlighted over the last 14 months. Regardless of your parental status (single parent, partnered, co-parenting, etc.), this role often requires a **team of support**. Parenting teams are often a mix of close family or friends and sometimes people you're not that close to (neighbors, other kids parents), teachers/coaches, or even paid childcare. After all, parenting is a verb. If you feel without a parenting network or struggle to find support, you may be experiencing the common fear of overburdening others -- but admitting vulnerability and asking for favors can actually strengthen relationships. (The other person can always say no, if it's too much). **Ask for what you need**. You are not alone in this journey. Yet navigating these relationships and parental decisions can be challenging in itself!

Whether disagreements about house rules or managing discipline, everyone on the team must **work together toward shared goals for the child's wellbeing**. If you have a disagreement with a co-parenting team member, it may help to separate your personal feelings toward this person from the *business* of co-parenting. Manage your frustration or negativity about another parent out of your child's earshot. Your child isn't responsible for managing your emotions; their job is to be a kid. They have a relationship with the other person and are entitled to love them, even if you don't!

Communicate directly with the other parent. Open dialogue about challenging situations is the best way to address concerns. It may not always be comfortable, but you can find common ground by **sharing feelings and listening to each other's perspectives** (without inserting your own agenda). Consider the appropriate timing for these conversations (calm moments, away from children), using "I" statements to own your perspective, and invite your partner's perspective to have more effective conversations.

As the parent, **you remain responsible for caregiving decisions and ensuring your child's (physical and emotional) safety** when introducing *any* new person in their lives. Consistency and dependability is important for children. It is important to define the person's role in your child's life - for yourself and your child's sake (e.g., Is this a caretaker or friend? Will this person be involved in setting or enforcing house rules?) In all dynamics, **communication is the most important element** to establishing trusted connections and maintaining peace.

Check out the page below for **parenting** and **community** resources!

Click [here](#) to tell us what topics you want covered in future newsletters!



Please reach out if you have any questions, comments, or concerns regarding The WHALE Study or the COVID-19 situation. Staff can be reached by call, text, or email: whalestudy@unc.edu | 919-914-0588

Find us on Twitter: [@circlelab_unc](https://twitter.com/circlelab_unc), Instagram: [circlelab_unc](https://www.instagram.com/circlelab_unc), and [Facebook](https://www.facebook.com/circlelab_unc)!

Newsletter written by Dr. Ilana S. Berman and formatted by Dominique N. Martinez

REMINDERS

****Reminder:** Please refer your friends if they have a 4-6-year-old and you think they would be interested in participating in the WHALE study. For every eligible family that you refer to us, you will receive \$10!**

PARENTING + COMMUNITY RESOURCES (CLICK BLUE LINKS)

LINKS & RESOURCES:

- Tips for an effective parenting team from [CenterForParentingEducation.org](https://www.CenterForParentingEducation.org) and [VeryWellFamily.com](https://www.VeryWellFamily.com)
- Tips for improving parenting communication from [Family.LoveToKnow.com](https://www.Family.LoveToKnow.com) and [Parents.com](https://www.Parents.com) and [TheParentingJunkie.com](https://www.TheParentingJunkie.com)
- Tips for co-parenting and joining custody from [HelpGuide.org](https://www.HelpGuide.org) and [SeparatedFamilies.info](https://www.SeparatedFamilies.info) and [CoParently.com](https://www.CoParently.com)
- Common single parent problems (applies for more than moms) from [Family.LoveToKnow.com](https://www.Family.LoveToKnow.com)
- Single parent support groups suggestions from [Family.LoveToKnow.com](https://www.Family.LoveToKnow.com)

HOUSING

- [Durham Continuum of Care \(CoC\)](#)
- Eviction Information: 216-965-5095
- [Durham Rescue Mission](#)
 - 919-688-9641
- [Orange County Partnership to End Homelessness](#)
- [Urban Ministries of Durham](#)
- [Durham County Social Services](#)
- [Orange County Social Services](#)
- [Wake County Social Services](#)

FOOD & GROCERIES

- [Wake County Public Schools Free Meals](#)
- [Durham County Public Schools Free Meals](#)
- [Orange County Food Resources](#)
- [Chapel Hill/Carrboro Schools](#)
- [TABLE](#)
- [Food Bank of Central & Eastern North Carolina](#)
- [Wake County Food Resources](#)
- [No Kid Hungry NC](#) - Text FOODNC or COMIDA to 877-877 to receive information about 3 drive-thru or pickup sites with meals for kids closest to you

HEALTH & SAFETY

- [Compass Center for Women and Families](#)
 - 919-929-7122
- [Durham Crisis Response Center](#)
 - 919-403-9425
- [InterAct Family Safety and Empowerment Center](#)
 - 919-828-7501
- [Orange County Rape Crisis Center](#)
 - 866-935-4783 (call) , 919-504-5211 (text)
- [Freedom House](#)
 - 919-967-8844 (Crisis Unit, Chapel Hill)
 - 1-877-967-8844 (Mobile Service)
- [Suicide prevention lifeline](#): 1-800-273-TALK (8255)
- Hope4NC Helpline: 1-855-587-3463
- [Crisis Text Line](#): Text HOME to 741 741

CHILDCARE

- [NC Hotline for Critical Workers Seeking Child Care Options](#)
- [Covid Childcare Co-op Creator](#)
- [Covid Urgent Childcare](#)
- [Child Care Services Association](#)

LEARNING

- [Scholastics Learn at Home](#)
- [Khan Academy](#)
- [PBS Kids](#)
- [CDC Tips for Talking with Children about COVID-19](#)