



Family-Centered Intervention Series

Encouraging Family-to-Family Support and Networking

Families that use informal networks of supports to meet their needs tend to have increased well-being over families that only use formal supports. To better assist family well-being, try these family-centered strategies.

- Families often feel more understood and supported when connecting with others who've faced similar challenges.
- Peer support can reduce isolation, boost confidence, and provide practical strategies from shared lived experience.
- Provide details on how to access resources and, if needed, offer assistance with making the first connection.
- Connect families to local or online parent groups, early intervention networks, or culturally specific family organizations.
- Offer options without pressure and revisit the idea of peer connection as trust grows.
- Recognize and validate the expertise that parents gain through their journey and empower them to support others.
- Understand that not all families are ready or interested in group support.
- Encourage experienced families to take on mentorship roles, sharing insights and encouragement with those newer to the process.
- Emphasize that support can come in many forms—formal groups, one-on-one connections, or even online communities.
- Offer information about resources such as educational supports and community services.