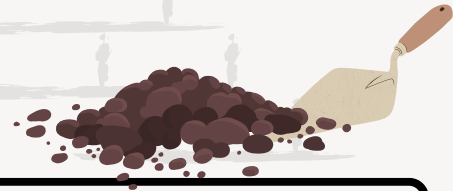
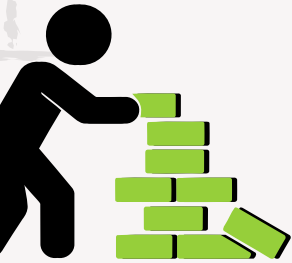




## Family-Centered Intervention Series

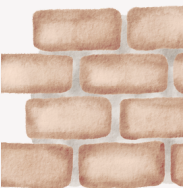
# Encouraging Family-to-Family Support & Networking



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.

