

Concrete Support in Times of Need



Flourishing
Families

Learning Objectives

1. Parents will understand what concrete support in times of need is and what it looks like in their family.
2. Parents will understand why concrete support in times of need matters to their family/child.
3. Parents will gain tools to help them plant and grow seeds of concrete support in times of need .

What is Concrete Support in Times of Need?

It's knowing what you need, knowing where to find help, and knowing how to ask for help. Concrete Support in Times of Need is asking for help when you need it. It's knowing when you should ask for help, and knowing where you can find it. It's knowing and feeling that you deserve help because you're a person of worth. It's having the confidence and awareness to search for the help that you need. It's feeling that you're a part of a community, knowing what's out there to support you, and advocating for what your family needs if it's not out there. It's having the strength to keep on asking, even if there are obstacles in your way.

Why is Concrete Support in Times of Need important?

Everyone needs help sometimes.

People are wired to be a part of a community and to rely on each other.

A lot of what happens in life is beyond our control. When unexpected things happen, and when we don't have the knowledge or skills to face a challenge, we need support.

When parents don't have concrete support in times of need, stress levels can rise so much that and their brains can become high jacked with the fight-or-flight response. When our brains are in the fight-or-flight response, we are less able to reason and be who we want to be. We may do things that affect us and our children negatively.