



Dear PEPS Community,

We have kicked off 2021 with highs and lows of historic proportions. This week, we celebrated the first female, first Black, first South Asian Vice President and were introduced to the youngest inaugural poet, Amanda Gorman, as she read her [incredible poem](#), “The Hill We Climb.” I watched both with my two kids, aged seven and ten, with tears in my eyes.

Just two weeks prior, we had seen [displays of racism around the country](#), including violent acts by white supremacists who staged an insurrection at the very same Capitol. I watched that with my children too and talked about racism along with the often untold history of our country that got us here. It has been a series of imperfect and hard conversations that we know each and every parent is grappling with right now. We are here to support you in having these conversations with your kids, early and often. I hope you will join us on February 1 for our virtual workshop, [Undoing Racism and Teaching Equity to Our Children](#) led by Families of Color Seattle (FOCS) to learn how we can talk about racial identity, racism, and equity with children.

As we near the one-year mark since COVID-19 changed everything about the way we live, work and come together, I am thinking about the layers of stressors we each carry and the parents we serve – who are navigating all of this with new babies. At PEPS, we are committed to bringing parents together in innovative ways. We will sustain and strengthen our virtual PEPS Groups, expanding our parenting peer-support offerings through new programs to support different parenting stages, affinities-based pilot programs, and partnerships. We will continue to deepen our commitment to diversity, equity, inclusion and belonging, as an organization and in PEPS Groups. And we need you!

Thank you for walking alongside us towards our vision of resilient families, connected communities, and equitable outcomes. I hope you will join us from the comfort of your home for our annual benefit event, ['Resilient Together'](#) on March 11.

In community,

A handwritten signature in black ink that reads "Dana".

Dana Guy
Executive Director, PEPS
danag@peps.org

Resources & Inspiration

Top Stories of 2020

Check out our 5 most popular articles published on our Highs and Lows Blog in 2020!

[Read More](#)

A Warm Welcome!

We are so excited to bring two new team members on board!

Jaz (they/she) joins us as our Operations Coordinator. [Get to know Jaz.](#)

Sarah (she/her) is our new Program Manager for our upcoming Parents of Adolescents and Teens program. [Get to know Sarah.](#)

Join the PEPS Team

Our Development team is searching for a [Donor Relations Coordinator](#).

If you are interested in joining an organization that is committed to community-centered fundraising and thrive on building relationships with donors, [apply today](#) or share about this opportunity with a friend or neighbor!

Resilient Together

Join us (virtually!) on Thursday, March 11, from 7-8 pm, as we raise funds to connect parents and strengthen families. Learn more about how PEPS is serving parents during the pandemic, expanding our programs, and how we can make a difference for families in our community together 

[Register today](#) or join us as a Table Captain and invite your friends!

10 Ways to Take Care of Yourself After Having a Baby

These 10 tips shared by Mia Edidin, Clinical Director at Perinatal Support Washington, are as relevant today as when they were published nearly seven years ago. (*Estimated reading time: 6 min*)

[Read More](#)

That Cry Means Something: Infant Potty Training

Six families navigated infant potty training through a technique called elimination communication for a year and share how it went. *(Estimated reading time: 7 min)*

[Read More](#)

Undoing Racism and Teaching Equity to Our Children

All around us, there are displays of racism. As an organization, we believe we must actively interrupt the biases and dismantle the inequitable systems in place. As parents, we can begin by talking with our children about racism – early and often.

PEPS is here to support your family by providing resources to have these crucial conversations with kids.

Join us on Monday, February 1st, from 6 – 8 pm for a [virtual workshop](#) presented by Families of Color Seattle (FOCS), a local nonprofit that equips parents and educators with tools to talk with children on identity, racism, inclusion & equity, and trauma-informed practices. [RSVP Today!](#) *Please note, this workshop will not be recorded.*

Enjoyed this email?

Forward it to your friends and let them know they can [sign up here](#).

Visit PEPS Sponsors & Partners



Seattle'sChild



[ABOUT](#) [GROUPS](#) [VOLUNTEER](#) [DONATE](#) [OUR STORIES](#)

Program for Early Parent Support
4649 Sunnyside Avenue North, # 324, Seattle, WA 98103-6900