



Lately, I've been reflecting on the simple ways we build community, especially in those early days of parenthood. When my now 14-year-old was a baby, I remember the deep, all-consuming conversations only new parents have—detailing sleep patterns, swapping survival strategies, and sharing in the never-ending laundry struggle.

One memory stands out from those blurry days: impromptu dinners with a friend whose baby was the same age. A quick text exchange—"I have lettuce, tomatoes, and tortillas." "Great, I have beans and cheese!" I'd bundle up Violet, stroll over, and we'd share a meal and bathtime routine together. Those days could feel like a grind, but everything was easier, lighter, and more joyful when we were together.

When life feels overwhelming, as it often does for parents, it helps to keep things simple. Connection doesn't have to be complicated—it just has to be consistent. A PEPS parent recently shared how her Group Leader modeled this beautifully, setting out peanut butter, jelly, and bread when hosting her group. The message was clear: Show up as you are. Keep it simple, so you can keep it up.

So here's a gentle reminder: Find small ways to weave connection into your daily life. Don't overthink it—invite that friend from your PEPS Group for a walk, or over for a low-key meal. Just tell them, "I've got the peanut butter—bring the jelly."

In community,

Dana Guy
Executive Director

PEPS Updates

Join the PEPS team

PEPS is seeking a [Group Leader Training and Support Manager](#) to join our team and champion the growth and success of our Group Leaders — a dedicated community of over 250 volunteers and professional facilitators who lead PEPS Groups. This role involves developing and delivering comprehensive training programs while providing ongoing support to our Group Leaders.

We are searching for a passionate and inclusive manager with a strong background in training, professional development, and coaching. The ideal candidate understands the transformative power of peer support and will serve as a dedicated ambassador for PEPS, nurturing our Leaders' growth and success.

A look back on 2024

At PEPS, we believe no parent should navigate their journey alone. In a time when parents are facing unprecedented stress and isolation, our commitment to building connection and community has never been stronger.

In 2024, we expanded our in-person PEPS Groups, deepened community partnerships, and advocated for better policies for families. Behind every number is a story of a parent finding support when they needed it most, families creating lasting connections, and a community growing closer.

Discover the people, programs, and priorities that go into fostering a more supportive community for parents. [Read our 2024 Annual Report](#).

Gather: The PEPS Annual Benefit Luncheon

Tuesday, May 6, 2024, Seattle Center Fisher Pavilion 11am - 1pm

Our biggest event of the year is coming up, and we'd love to see you there! Join us at the [PEPS Benefit Luncheon](#) for a joyful gathering to celebrate community and connection while raising critical funds to support families. There will be mimosas, lunch, and a powerful program showcasing the transformative power of community.

Babes-in-arms are welcome, and free childcare will be provided for children ages 18 months - 5 years. There is no cost to attend the Luncheon, but guests will be asked to consider a suggested minimum donation of \$150 during the program. We hope to see you (and your baby, your mom, your PEPS Group, your neighbors, or anyone else who's part of your community) there. If you're coming with a friend, let us know when you register and we'll seat you together!

Advocacy Update

Legislative Session Progress: We're more than halfway through Washington's 2025 Legislative Session! PEPS has been [advocating for policies](#) that will provide a foundation of stability for families, including bills to support working families and renters. In the next month, the Legislature will finalize state budgets for the next two years. A combination of budget cuts and new revenue sources are expected to close the state's \$12-16 billion budget deficit.

Working Parents Survey: In late 2024, PEPS surveyed our community about their experiences using Washington State's Paid Family and Medical Leave (PFML) program and returning to work after bringing home a child. The survey results helped PEPS and our advocacy partners better understand families' needs in relation to PFML policy enhancements and postpartum worker protections.

We were thrilled by the enthusiastic response and support — nearly 300 parents responded, with many sharing passionate testimonies about their experiences taking paid leave and returning to work. Read the results of our [Working Parents survey](#) and our recommendations for policy enhancements.

- [Sign up to receive PEPS Advocacy Alerts](#)

Highs & Lows Blog

Shifting Power, Strengthening Trust: PEPS Executive Director's Reflections on a Reimagined Board

Three years ago, PEPS reimagined our Board of Directors, shifting to a smaller Governance Board and creating an Advisors and Ambassadors Network. This shift felt like a leap into the unknown, but was guided by thoughtful discussions, contingency planning, and a commitment to improving how our board and staff work together.

In a [recent blog post](#), PEPS Executive Director Dana Guy reflected on the benefits of our new board structure three years in. Read about how reimagining our board has shifted power dynamics, strengthened relationships, and made board service at PEPS more accessible and inclusive.

“Nothing About Us Without Us”: Anti-Bias Curriculum Reviews at PEPS

Many PEPS parents say that they felt comfortable sharing the real, raw emotions of parenthood with their PEPS Group. Creating a safe atmosphere in PEPS Groups starts with ensuring our curriculum is as inclusive as possible. We regularly work with experts to review our curriculum through anti-bias lenses to address topics like gender inclusivity, racial and cultural bias, and ableism. [Read about our recent curriculum review](#) done by a disability justice consultant.

Local Partners and Sponsors

When Should New Parents Work on Their Estate Plan?

Having an estate plan in place is critical for new parents. But when you're in the trenches of early parenthood, creating a will might be the last thing on your mind.

PEPS Sponsor Gebhardt Law Office shares some of the reasons expectant parents may want to start working on their estate plan even before their baby is born [on our blog](#).

What Do Babies Think About?

Ever wondered what's going through your baby's head? While they may process their surroundings differently than adults, babies absorb and understand more than we realize!

PEPS Sponsor Bright Horizons shares insights about how babies think and learn and ideas for caregivers to encourage their baby's brain development at home [on their blog](#).

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