



Greetings!

As we head into the end of November, I'm full of gratitude for each and every one of you who makes up the PEPS community. In 2021, the second year of parenting in and living through a pandemic, the critical importance of human connection for all families is clear. PEPS has been working to transform our impact, and you've supported that in so many ways.

It's not an easy time to be a parent – and we are thankful that so many of you chose to participate in a virtual PEPS Group and were flexible and willing to find new adaptive ways to build community and show up for one another. We appreciate the incredible Group Leaders who have dedicated their expertise, time and energy to leading PEPS Groups in a challenging and uncertain time.

Thank you to all the parents who participated in and shared feedback about pilot groups for our new program for Parents of Adolescents and Teens, which we're preparing to roll out more widely in 2022. Thank you to every one of you who informed, participated in and provided feedback about our pilot affinity programs including groups for LGBTQIA+ parents, single parents, and families caring for children with developmental delays or disabilities. We have so much gratitude for our amazing [partner organizations](#) who are providing parent peer support groups to their communities via Zoom and WhatsApp.

All this work wouldn't be possible without the PEPS Staff, Board of Directors, and generous donors, funders and sponsors who share a passion for our mission of connecting parents to strengthen families and build community. We couldn't do this without you!

With gratitude,

Dana Guy

PEPS Executive Director
danag@peps.org

PEPS Updates

Undoing Racism and Teaching Equity to Our Children

A huge thank you to all of the parents and caregivers who attended our workshop with [Families of Color Seattle](#) (FOCS) on Undoing Racism and Teaching Equity to Our Children on November 10.

Trainers from FOCS helped inform our learning on the roots and history of racism in the United States. They guided us in dissecting our own lived experiences and biases in breakout sessions. We dove into questioning how we can dismantle the systems of racism and how we can do better as parents raising antiracist kids. Alongside the many resources and thoughtful questions shared, we were reminded that it's not too early – or too late – to start talking with kids about race and racism.

Missed this workshop? Fill out our [interest form](#) to be contacted for future PEPS events on this topic.

A New Focus on Advocacy

As part of our [Strategic Direction](#), PEPS is committed to advocating for more equitable policies for families and we're excited to invite you to join us!

For PEPS, advocacy includes listening to what our communities and partner organizations need and using our collective voice to raise up those needs and make change happen. Most of this work will happen at the state level, and some at the local level.

We see our organization's advocacy work falling into three distinct buckets:

1. **Policy advocacy:** PEPS will shape and uplift policies that prioritize racial equity and help Washington families.
2. **Administrative advocacy:** PEPS will work with state agencies when appropriate to implement new policies equitably.
3. **Electoral advocacy:** PEPS will educate our communities about local and state ballot initiatives relevant to children and families.

PEPS will start highlighting these issues regularly and share occasional opportunities to take action. Let's work together to move children and families from surviving to thriving!

Triangle Area Parenting Support (TAPS)

North Carolina

[Triangle Area Parenting Support \(TAPS\)](#) supports parents in Chapel Hill, Raleigh, and surrounding communities in North Carolina using the PEPS model. TAPS founder Monica Richardson was inspired to start TAPS after identifying a gap in parent support services in her hometown while participating in a PEPS Group during her time living in Seattle.

Today, TAPS offers Prenatal PEPS, Newborn PEPS Groups, and Toddler PEPS Groups in addition to PEPS Play Groups and Madres Solidarias, a program for Spanish-speaking parents that is facilitated through WhatsApp. TAPS worked closely with PIP Austin to develop and implement the WhatsApp curriculum. Read our [recent blog post](#) to learn about how TAPS has adapted in the past 20 months to support families in their community during the pandemic. *(Estimated reading time: 7 minutes)*

Partners in Parenting (PIP)

Texas

[Partners in Parenting \(PIP\)](#) is located in Austin, Texas, and was one of our first Network Partners. PIP offers parent support groups in English and Spanish for families with babies between 2 weeks old and 1 year. In 2020, they added Prenatal groups and offered their groups on [Zoom and WhatsApp](#). PIP recently released two videos on Perinatal Mood and Anxiety Disorders in [English](#) and [Spanish](#) that capture the experiences and perspectives of a diverse group of parents and experts. We are grateful for this excellent resource to share with our PEPS Groups as well!

PIP is part of the Maternal Health Equity Collaborative (MHEC) and is working to tackle racial inequities in maternal health outcomes and increase access to quality care for Black mothers and their families in Austin. PEPS is proud to have PIP as one of our Network Partners!

Let's Give Together November 30

Over the past year, PEPS has continued to support families. We have pivoted to offering virtual PEPS Groups faster than we thought possible. We have invested in training PEPS Group Leaders to facilitate conversations about race and social identity. We have held on to our vision of making PEPS programs available to more families - to expectant parents, parents of newborns, affinity groups, and to parents of adolescents and teens. We are committed to continuing this important work in 2022. And we need your help. Our [#GivingTuesday](#) campaign is open now. [Give today](#) ❤️

Resources & Inspiration

How Can I Get My Child Vaccinated?

The Pfizer COVID vaccine is now available for children ages 5-11! The vaccine is available to everyone over the age of 5, regardless of insurance, citizenship or immigration status.

To find a vaccine site near you, use WA State's [vaccine locator](#).

Accessibility: If you need accommodation:

- Email publichealthaccommodations@kingcounty.gov
- Or call 206-477-3977

Language Assistance: If you need language interpretation:

- Call the King County COVID-19 Call Center at: 206-477-3977, 8 a.m.-7 p.m.
- Please say your preferred language when connected.

Free Transportation: If you need a ride to you or your child's vaccination appointment:

- Go to bit.ly/vaxride
- Or call 425-943-6706 (Mon-Friday, 8:30 a.m.-4 p.m. Dial 5 for interpretation).

Do You Really Need 10,000 Steps Each Day to Be Healthy?

Ever wondered where the 10,000 steps a day number came from? And how much does it really matter? PEPS Sponsor UW Medicine answers some of the [common questions about daily step count](#) and simple ways to increase your daily movement on their Right as Rain blog. *(Estimated reading time: 5 minutes)*

Shop local with BooginHead's baby essentials

Start early this season! Shop small and shop local to support small businesses, skirt the supply chain failures, and get your gifts in time. **Enter code PEPS on BooginHead.com** to take 20% off your next order on all products, including gift-wrapped baby gift sets and cotton face masks.

[BooginHead](#) is a woman-owned business based in Issaquah and was founded by PEPS alumna, Sari Davidson. Parenting is a challenge and Booginhead offers solutions with their stylish and affordable baby products. Happy parents, happy babies, joyful families.

Enjoyed this email?

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

Visit PEPS Sponsors & Partners



Are you a local business interested in becoming a sponsor? [Contact us](#) to learn more!



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

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