



In November, the PEPS staff spends time reflecting on work done in the past year and setting goals for the next. As Executive Director, I love getting a unique view of the individual and collective work that has moved forward. In 2022, many things didn't go as we planned, so we adapted and took some big (not baby) steps forward.

While most PEPS Groups continue to meet virtually, we're thrilled to be offering multiple options to meet families' needs. After a lot of careful planning and 2+ years of virtual operations, we began offering selected [in-person PEPS Groups](#) again. Groups are currently meeting at community sites, including the [PEPS Gathering Space](#), our bright and cozy newly-converted office space. Seeing parents and babies in real life, hearing the room fill with songs, sweet baby sounds and laughter is pure joy!

We also launched our long-awaited [Parents of Adolescents and Teens \(PAT\) Program](#) in 2022. I'm participating in a group now and I've walked away every week with concrete tips to help me better show up in support of my 12-year-old daughter. This program is incredible, needed, and we're excited to get it to more parents.

Of course, these are just a few highlights from a busy year. We're so thankful to all the people who support us in accomplishing this work – our staff, board, donors, volunteers, sponsors, partners, and everyone else who makes up our incredible PEPS community. We've got big goals for 2023, which means we need your support. As we enter this season of giving, I invite you to [support PEPS with a year-end gift](#). Parents need community and connection, and PEPS needs you.

With gratitude,

Dana Guy, PEPS Executive Director
danag@peps.org

PEPS Updates

Creating a Giving Plan That Reflects Your Values

We are entering the season of giving — to loved ones and nonprofits.

To help you build a charitable Giving Plan that reflects your values and makes annual giving an intentional family activity, we put together two resources:

- [My Giving Plan](#) — reflecting and identifying areas of focus
- [My Giving Worksheet](#) — bringing your plan and budget together

Both documents are meant to be dynamic as your financial circumstances and community causes evolve.

A gift to PEPS is a gift that values strengthening families and building community; we believe these are core values we share and hope you'll include PEPS in your Giving Plan.

[GIVE Community & Connection Today!](#)

Stay Tuned as We Continue Our Advocacy Journey!

Thank you to the hundreds of community members including participants, donors, and partners who shared their input in the PEPS Advocacy Survey earlier this fall! We're so grateful for the feedback we received on which issues matter most to our community, how you'd like to learn about PEPS advocacy work going forward, and the ways you want to engage in advocacy in partnership with PEPS.

As we continue to meet with advocacy coalitions, assess the legislative landscape, and analyze the input from our community, we'll have more to share about the survey results and our legislative priorities for 2023 in the new year. Thank you for joining us on this journey to advocate for equitable policies for Washington families. Learn more about [advocacy at PEPS](#).

Raising Critical Thinkers: Media Literacy for the Digital Age

Tuesday, Dec. 6, 2022, 1 p.m. PT

PEPS is a proud media sponsor of ParentMap's ParentEd Talks series! ParentEd Talks are online and FREE to attend. Join ParentMap for the next ParentEd Talk on Dec 6. Tech-savvy kids today are constantly awash in a sea of unfiltered information. Julie Bogart, author of the indispensable book "The Brave Learner: Finding Everyday Magic in Homeschool, Learning, and Life," will draw on her more than 20 years of curriculum development experience to share strategies for parents to coach critical digital literacy skills in their kids.

P.S. ParentMap is giving away one \$100 Amazon gift card at each ParentEd Talks event. Only attendees at the live event are eligible for the prize, so be sure to mark your calendar!

[Register Now](#)

Meet the PEPS Staff!

We're thrilled to have welcomed several new staff members to the PEPS team in 2022. Our staff of 17 works to develop and execute new programs, recruit, train, and provide ongoing support for Group Leaders, fundraise to support our programming, and all the other behind-the-scenes work that goes into running a nonprofit! [Learn more about the PEPS staff.](#)

From Our Sponsors and Local Partners

How to Recognize and Talk About Mental Health Problems with Your Kids

It's important to discuss mental health regularly with your children. But knowing how to start that conversation can be challenging for many parents. PEPS Sponsor UW Medicine offers insight on how to recognize whether your child is experiencing mental health struggles and [tips for talking to your child about mental health.](#)

The Daily Decisions of Parenting

In our recent blog post, Wendy Powell, owner of Childish Things resale boutique (a PEPS sponsor!), shares her reflections on the [many decisions, large and small, that come with parenting.](#) Some choices will be more monumental than others. But for the daily decisions like which bottle or carrier to buy, developmentally appropriate toys, and more, the staff at [Childish Things](#) can help guide you to the best products for your child and family.

Feeling a loss of identity after bringing home baby? Here's one way to find it.

Becoming a parent can trigger a major shift in identity. As your schedule and priorities change, often your core values realign as well. [Brie Backus](#), a Leadership & Fulfillment Coach, Integrative Nutrition Health Coach, and PEPS supporter and sponsor, helps her clients take stock of their values and lean into those values in daily life as a parent. Read her [tips for identifying your values](#) on our blog.

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Program for Early Parent Support
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