



National Resource Center for Healthy Marriage and Families

The Director's Corner

Greetings,

Summer time can be lots of fun for the family!

Children are out of school and lots of families take vacation time to enjoy family time together whether they go out of town for vacation or have "stay-cations" at home. Unfortunately, the added expenses of summer camp or other child care arrangements can be stressful, especially to low resource families. Even the extra family time can bring challenges, especially for divorced or blended families. Co-parenting when parents are not together can be tough, different parenting styles, financial situations and household rules add to the challenge. This can be even more complicated in blended families with children that are "his, hers and ours". The Resource Center offers tips and tools to address co-parenting and blended family challenges. Take advantage of the resources and share them with the families you serve. Summer should be a special time to create family memories - not family drama.

Best Regards,

Robyn Cenizal, Project Director



Tip of the Month

Your monthly tip to strengthen the relationships of those you serve. *Share it - Post it - Pass it on!*

Family meal time-is it worth all the hassle? Experts say, "Yes." This important ritual may represent the overall relationship health of the family. Having family meals at least 3 days per week promotes open parent-child communication, which is especially important in the teen years. Family meals have also been linked to youth mental and physical health benefits. From preparation through clearing the plates, it's dedicated time to share food facts and preparation skills, pass on cultural traditions around meals, have positive interactions, and celebrate accomplishments.

- For families who aren't used to sitting down together - one meal per week together on the same day each week is a positive first step!

- For non-custodial parents who won't be at the table, see [It's Not All about Money: Non-Financial Ways Non-Custodial Parents Can Help Their Families](#) for other ways to promote their ability to show caring and commitment.



Featured Resources

The Resource Center's [Virtual Library](#) has collected more than 500 materials in a variety of formats - including factsheets, research-to-practice briefs, brochures, pamphlets, training resources, program reports or evaluations, and research materials.

Click the links below to view our featured June resources:

- [Building Strong Parenting Partnerships \(Tip Sheet\)](#). This tip sheet reviews the concept of parenting styles, including two key elements of parenting: parental responsiveness (i.e., warmth or supportiveness) and parental demandingness (i.e., behavioral control).
- [Encouraging Effective Coparenting in Blended Families \(Research to Practice Brief\)](#). This brief reviews current research on the unique experiences of blended families and suggests practices to improve effective coparenting.



Events

The Resource Center's [Events Calendar](#) offers a listing of Resource Center events and other national, regional, and community-wide events that might be of interest. Upcoming events include:

- This month, the Resource Center is convening the **Kansas Integration Institute**- a one day training event for safety-net service providers across the State of Kansas. Attendees will have an opportunity to share information regarding their agencies' current efforts to promote relationship skills; participate in facilitated discussions regarding healthy marriage and relationship education skills and integration strategies; and engage in consensus building and action planning activities. This event is by invitation only. However, if you would like more information on upcoming institutes or to organize an event in your state or area, please [contact us](#).
- The Resource Center will be hosting a free Webinar, **Successful Strategies for Working with Latino Families** on Tuesday, July 30, 2013 at 2pm ET. This webinar will explore the culture and different segments of the Latino community, as well as provide practical resources and strategies to help your organization deliver effective marriage and family programs to the Latino community. This webinar will also introduce a new free toolkit from the National Resource Center for Healthy Marriage and Families on working with Latino families. [Click here](#) to register.

Feedback and Technical Assistance:

If you have suggestions or wish to speak with a Resource Center staff member, please [contact us](#) and we will be happy to assist you. If you would like to request Technical Assistance, please submit a [Training and Technical Assistance Request Form](#) and our Technical Assistance Coordinator will contact you.

To learn more about the Resource Center visit us at www.healthymarriageandfamilies.org

The National Resource Center for Healthy Marriage and Families supports safety-net service providers as they integrate healthy marriage and relationship education skills into service delivery systems as part of a comprehensive, culturally appropriate, family-centered approach designed to promote self-sufficiency.

[Subscribe](#) | [Unsubscribe](#)

Funding for this project was provided by the United States Department of Health and Human Services, Administration for Children and Families, Grant: [90FH0002]. Any opinions, findings, and conclusions or recommendations expressed in this material are those of the author(s) and do not necessarily reflect the views of the United States Department of Health and Human Services, Administration for Children and Families.