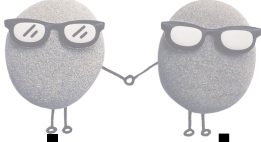


The Science of Positive Social Connections continued:



Being isolated without connections is the equivalent of smoking 15 cigarettes a day – health-wise.



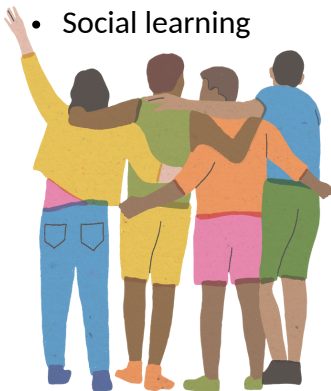
People need only connect once every three weeks to get a psychological or emotional benefit.

The Science of Positive Parental Social Connections

Positive social connections for parents can play a multifaceted role in preventing child abuse and neglect, strengthening parents, and fostering the healthy developmental growth of children.

Positive social connections for parents contribute to preventing child abuse and neglect by:

- Emotional support and stress reduction
- Reduced Isolation
- Parenting resources and education
- Emotional regulation
- Role modeling
- Social learning



Parents benefit from various types of social connections that provide support, understanding, and resources. Here are some types of social connections that can be helpful for parents:

- Parenting Groups
- Family and Friends
- School Communities
- Online Forums and Social Media
- Support Groups
- Neighborhood Connections
- Workplace Networks
- Hobbies and Interest Groups
- Therapeutic Support



Encouraging the cultivation of friendships and mutual support among parents is paramount for fostering a strong and supportive community. By facilitating connections between parents, a platform is created for the exchange of experiences, advice, and emotional support.