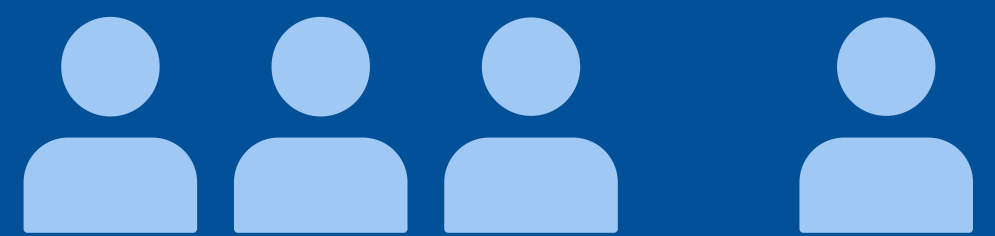


# TOGETHER WE GROW FAMILY COMMUNICATION

## PARENTAL ISOLATION

65% of parents and 77% of single parents report feelings of loneliness.



## FEELING LEFT OUT

42% of lonely parents report frequently feeling left out, impacting family interactions

## LACK OF SOCIAL SUPPORT

Only 34% of parents report having reliable social support networks.

## IMPACT OF SOCIAL MEDIA ON PARENTING

70% of parents feel that technology and social media make parenting more challenging today.

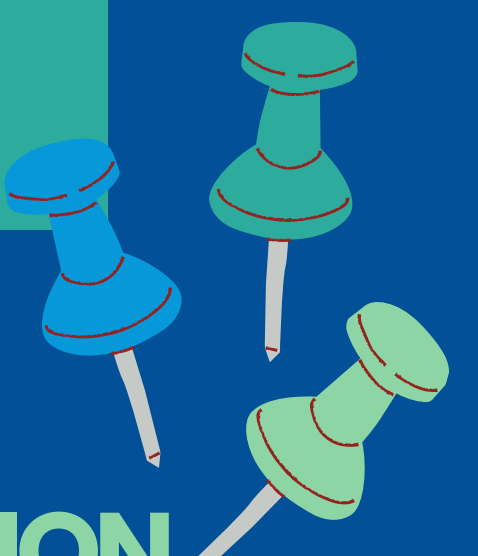


## TIME PRESSURE

50% of parents feel they lack the time needed to communicate effectively with family members.

## SCHOOL CONNECTION CHALLENGES

Parents often struggle to build meaningful relationships with their children's schools due to limited time.



## INCREASED ISOLATION POST-PANDEMIC

Parents report a decline in face-to-face social interactions, contributing to isolation.

## LIMITED COMMUNITY INVOLVEMENT:

35% of parents do not participate in local community activities, which reduces opportunities for family connection.

### Sources:

Parents Under Pressure: Supporting the Mental Health of Families – U.S. Department of Health and Human Services, 2023. Available at [hhs.gov](https://www.hhs.gov)

For more information go to [parenstepahead.org](https://parenstepahead.org)

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