



# AN UNTAPPED RESOURCE COMMUNITY

*“Communities must work together to build strong, supportive relationships”*

When you think of a ‘community’ you might think of a small village with people with common history, identity or activities. Move to a city, and look at your own neighborhood, can you call this neighborhood a community? The answer is not that simple because although you share a living space, the relationships in that neighborhood are different. Some groups may be familiar with one another while other groups may be completely isolated with a few links connecting them to each other. In modern day, communities are more accessible due to the internet and the magic of social media, convenient transport and the gathering of individuals in large cities.

As an individual, you can define your “communities” through your relationships with your friends, family, neighbors and other significant social connections that might be relevant to you.



**himaya**, in collaboration with **Moms & to Be**, aims to break the silence on children abuse which is still considered a taboo. This section is to help you recognize different forms of abuse and stop them from happening to ensure the safety and welfare of a child.

Take a minute to think about the most important relationships that you currently have; each positive relationships you consider may provide you with emotional (e.g. affirmation), spiritual (e.g. hope and encouragement), informational or instrumental (e.g. transport or baby-sitting) support. So what does this have to do with children? In fact, social connections are one of five “protective factors” for the healthy development of children by the US Child Welfare governmental agency. Social connections have been shown to reduce feelings of isolation, reduce stress, help in solving

problems and provide a sense of security to parents and their children. Also, they provide children with role models while improving their emotional development and communication skills. You, as a parent, will always be the biggest role model for your child, therefore, your children will be copying how you act with people and how you communicate.

In order to expand and improve your social connections, you must try to identify opportunities such as schools, hospitals, community centers, workplaces or social groups that you are connected to through your day-to-day life. These are like hubs for you to create friends and identify people that you are able to bond with.

Finally, remember that people around you will be facing similar challenges so don't be afraid to reach out and share. It takes some courage and patience to create supportive relationships but these relationships are the ones that lead to a strong support system. In short, identify the communities that you are a part of and develop those relationships for you and your children. himaya provides group sessions to parents on child-related topics and the Gordon Training Internationals' Parenting Effectiveness Trainings (PET) that initiate relationships between community members as well as providing valuable parenting knowledge and skills.

Kindly contact himaya for more information on services targeted towards parents



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