

SOCIAL CONNECTION FOR NEW PARENTS

Parenthood comes with lots of changes. As a new parent it can be difficult to maintain relationships or even get out of the house some days.

Here are 3 tips for boosting social connection as a new parent:



1. Parent & baby groups

Check to see what baby groups are running in your local area.



2. Try a parent networking app

Use a parenting app to meet other new parents in your local area.



3. Connect via social media

Online groups and forums can be a great place to ask questions and share stories about parenting.

The Parent Connection

Tara L. Hedlund



The Parent Connection:

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