

Offer Concrete Support in Time of Need

Podcast Transcript

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There are 101 reasons why people don't ask for help. Sometimes we think we can handle more than we actually can, pride gets in the way, or—other times still—there are bigger things at the root of the problem making us hesitant to ask for support.

The most important thing that we can remember as parents is that there is strength in asking for help, especially when our child's well-being depends on it. Responsible parents do everything they can to protect their children, including occasionally having to swallow their pride and ask for a helping hand. In fact, if it's in our child's best interest, then asking for help is proactive. Let someone else bring over a meal during a long deployment when you feel stretched thin and like you are always racing to keep up with your day. And if you are feeling physically or mentally exhausted, talking to someone about it can really help get you back on track.

Every parent faces challenges from time to time, so we all understand the need for outside support and an extra shoulder to lean on. And when we can, it's important that we make ourselves approachable and available to other parents in our social network should they ever need a helping hand.

The bottom line is that families are at their best when basic needs, including mental, emotional, and physical health, are met. We are all part of strong families, and reaching out for help when we need it or offering help to someone who needs us can only make us stronger.

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