



Summer parenting comes with its own unique set of highs and lows. Lately, “the joy and the juggle” feels like the most accurate way to describe it.

Earlier this month, I carved out time for a backpacking trip with my kids at Mount Rainier. It was their first time, and I was so proud watching them rise to the challenge (and carry some of the load!). It reminded me of early hikes with my mom friends — babies on our backs, trading snacks and stories, building relationships that still carry me today.

Back home, the juggle returned in full force: cross-country practice in the middle of a meeting, constant interruptions from kids just a little too old for camp, and the ever-present question in my house: *Did anyone put the laundry in the dryer?*

Whether you’re navigating meetings with background noise or sneaking in sunshine between snack requests, we see you. Parenting in the summer is no small feat.

That’s why our team paused for a full week of collective rest in early July, one way we practice the culture of care we believe in. And just before that break, our Board unanimously adopted a new Strategic Direction we’ve been working on all year — a bold step forward that meets the moment.

We’ll be sharing more soon. Until then, here’s to the popsicles and patience, the hikes and high-fives, and the communities that carry us through.

With gratitude,

Dana Guy
PEPS Executive Director

PEPS Updates

Building a Movement of Parent Support

We believe that all parents deserve a welcoming, supportive community to help them navigate parenthood. While PEPS is local to the Puget Sound region, we extend our reach through partnerships.

The PEPS Network enables organizations beyond Seattle to license and implement the PEPS model, bringing our research-backed curriculum to more communities. We also engage in strategic Community Partnerships with local organizations serving diverse families, including Spanish-speaking communities, Black mothers, parents of children with learning differences, and more.

Last year, we established 10 new partnerships. In total, 28 partners served 1,031 parents across the country in 2024!

Read about how partnerships have helped us [expand our Parents of Adolescents & Teens \(PAT\) Program](#) to reach more diverse families.

Parents of Adolescents – Reconnect With PEPS Through a Workshop or Group

Ever felt like parenting a teen is even more challenging than parenting an infant? You're not alone! Luckily, PEPS offers a variety of ways for parents of adolescents to access support and resources through this phase.

Workshop: Raising Adolescents in a Changing World

Thursday, August 7, 12-1:30pm

Virtual workshop; \$20 registration fee (financial assistance available)

Explore strategies to stay connected and support your tween or teen as they navigate complex social dynamics in the real world and online.

Fall PEPS Groups for Parents of Adolescents & Teens (PAT)

4-week and 9-week groups beginning in September and October

Flexible pricing and financial assistance available

Gather weekly to connect, learn in community, and discover research-driven information and resources. Various themes and group formats available!

Single Parents Find Strength in Community

Parenting solo doesn't have to mean parenting alone. When Sherra Johnston realized she'd be raising her child as a single parent, she turned to PEPS for support. [Read about Sherra's experience](#) in a PEPS Single Parents Affinity Group and how the group helped her find confidence, community, and connection during her first year of motherhood.

Are you or someone you know a single parent with a baby under 12 months old? Learn more and register for a [PEPS Single Parents Group](#)!

Midyear Impact Report

In the first half of 2025, we've been busy expanding programs, deepening partnerships, and advancing systemic change. We're incredibly grateful for the support of our community as we continuously work to support families in meaningful ways.

[Check out our 2025 Midyear Report](#) to see what we've been working on and hear about the power of PEPS directly from our community members — from parents to advocacy partners.

You Have Kids? You Need a Will!

August is National Make-A-Will Month, and it's right around the corner! If you're a parent, consider this your gentle reminder that creating a will isn't just important — it's essential. We get it: between diaper changes, school pickups, and the endless mental load of parenting, creating a will feels like something you can tackle "someday." But here's the truth: estate planning isn't just for the ultra-wealthy. An estate plan is an important tool for every parent to have in place, allowing you to make decisions about your child's care and your own medical and financial decisions in case the unthinkable happens.

The good news? It doesn't have to be overwhelming. Here are some resources to help you take that first step:

- Start here: [Read these 6 tips to begin your estate planning process](#)
- Get the basics: [Estate Planning: Who, What, and Why](#)
- Avoid pitfalls: [Learn about common mistakes when putting together a will](#)
- Local resource: Bookmark [End of Life Washington](#) for Washington-specific guidance
- Take action today: Visit [FreeWill.com](#) to create a basic will online for free

As you're thinking about your legacy, consider how including PEPS in your will can help ensure other families have access to the same support system that's been there for you — and sustain our work for future families who need it for years to come. [Learn more about legacy giving to PEPS.](#)

Local Partners and Sponsors

Why Getting Outside With Your Baby Is Good for Both of You

A little fresh air can make a world of difference on a tough day. PEPS Sponsor the Heybrook shares how walking outside can benefit both parents and babies, from brain development to increased physical and mental wellbeing to social connection. Read about the benefits of fresh air, movement, and connection in the early days of parenting [on our blog](#).

Why Resale Just Makes Sense: A Practical + Planet-Friendly Choice for Growing Families

Ever felt overwhelmed by the consumption that comes with preparing for a baby or keeping up with a growing toddler? The ever-changing clothing and shoe sizes, gear to keep up with each stage, maternity clothes to fit your own changing body — it all adds up fast... and leaves a big impact on the planet. Read about how PEPS Sponsor Childish Things helps families shop practically and sustainably [on our blog](#).

Now enrolling! Bright Horizons at Totem Lake

The more your child discovers, the more they learn to believe in themselves. At PEPS Sponsor Bright Horizons® new center, they'll prepare your child for all that comes next. Now enrolling at Totem Lake. Find an Open House that works for you! [Learn more.](#)

Enjoyed this email? Forward it to your friends and let them know they can [sign up here](#).



Are you a local business interested in becoming a sponsor? [Contact us to learn more.](#)