

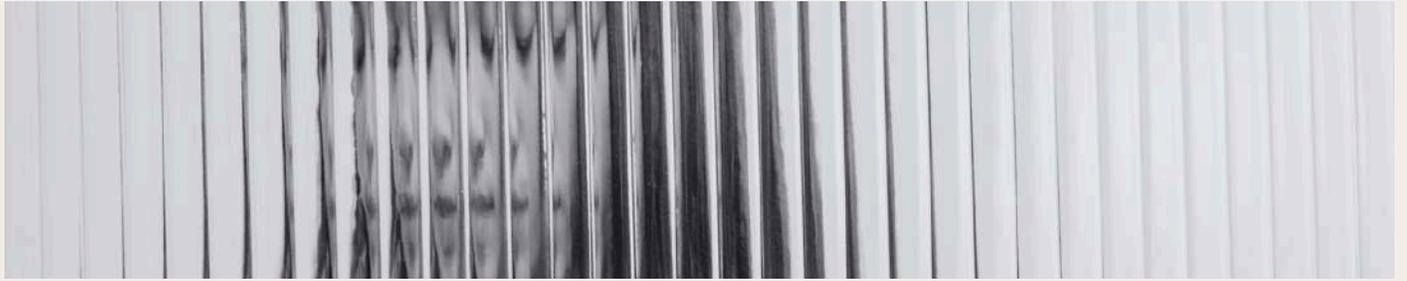


SUPPORT SHEET

# Loneliness in Modern Parenthood

A practical guide to understanding and addressing loneliness in modern parenthood, inspired by the U.S. Surgeon General's call to rebuild connection.

josie\*



# Feeling alone? You're not alone.

PARENTING CAN BE  
JOYFUL .

IT CAN ALSO BE DEEPLY  
ISOLATING .

EVEN WITH SLACK PINGS  
AND GROUP TEXTS  
FLYING, MANY WORKING  
PARENTS REPORT FEELING  
DISCONNECTED .

## **The Loneliness Epidemic is Real.**

In 2023, U.S. Surgeon General Dr. Vivek Murthy released a report naming loneliness and social disconnection as a public health crisis.

Some highlights:

- 1 in 2 adults in the U.S. reported feeling lonely - even before the pandemic.
- Single parents face a higher risk of loneliness due to increased caregiving demands and fewer built-in support systems.
- Loneliness can increase the risk of heart disease, stroke, anxiety, depression, and even premature death.
- Being socially disconnected is as harmful to your health as smoking 15 cigarettes a day.



# Ideas for Building Connection

HERE ARE SOME OF OUR FAVORITE WAYS TO BUILD MEANINGFUL CONNECTION. REMEMBER: START SMALL.

## **Schedule Low-Lift Connection**

Don't overthink it. A 5-minute voice memo to a friend. A standing walk-and-talk with another parent. Small moments of connection count - give yourself credit.

## **Build a "Micro-Village"**

Who are 2-3 people you can text when:

- You need advice?
- You need a laugh?
- You need a favor?

Write them down. Tell them.

## **Talk to Your Kids About Connection**

- It's a two-for-one: you're modeling the importance of social connection and building it by having the conversation.

Try these conversation starters:

- *"Who did you play with today? How did it feel?"*
- *"Have you ever felt left out or lonely at school? I have too sometimes."*

## **Ask for Workplace Connection**

We spend nearly  $\frac{1}{3}$  of our lives at work. Ask to join (or create!) a parent group. You can start small (e.g., a Slack channel).



# Ideas for Building Connection

BOTTOM LINE:

CONNECTION ISN'T ALWAYS BIG AND BOLD. IT'S OFTEN SMALL, IMPERFECT, AND THAT IS ENOUGH.

## **Text Someone During the Chaos**

Stuck in the school pickup line? Waiting for a pediatrician to call back? Use those weird in-between moments to send a “thinking of you” text or meme to a friend. Low effort, high return.

## **Ask for Help *Before* You're Drowning**

Instead of waiting until you're overwhelmed, try:

- *“This week looks wild - can I phone-a-friend if I need backup?”*

It opens the door for support and normalizes asking for it.

## **Talk to Another Parent at Work (About Something Other Than Work)**

Find the coworker who has snack recommendations, daycare drama, or bedtime hacks. You already have something in common - lean in. These quick hallway or Slack convos can turn into real connection.

HAVE MORE QUESTIONS?

# Get in touch with team Josie:



[hello@myjosie.com](mailto:hello@myjosie.com)



[Josie](#)



[@myjosieinc](#)



Confidentiality Notice: This document contains privileged and confidential information intended only for the use of the intended recipient(s). Any unauthorized disclosure, distribution, copying, or use of the information contained herein is strictly prohibited. If you are not the intended recipient or have received this document in error, please notify the sender immediately and destroy all copies of the document. Thank you for respecting the confidentiality of this information.