

BARRIER	HOW IT SHOWS UP	BARRIER	HOW IT SHOWS UP	BARRIER	HOW IT SHOWS UP
1 Lack of awareness of available resources	Families do not know what programs or services are available or how to access them.	9 Historical and ongoing mistrust of systems	Parents hesitate to engage with systems because of historical or personal experiences of racism and inequity.	18 Language and literacy barriers	Information is difficult to understand because it is filled with jargon or technical language.
2 Difficulty navigating systems	Parents have to tell their story multiple times across different agencies.	10 Fear of child welfare involvement	Families avoid seeking help because they fear involvement with child protection services.	19 Lack of family-centered services	Programs are designed around organizational needs instead of family needs.
3 Transportation barriers	Transportation challenges cause missed appointments and difficulty accessing supports.	11 Limited representation among providers	Families rarely see staff or providers who share their cultural background or lived experiences.	20 Stigma and judgment	Families feel blamed or shamed because of their race, income, age, or parenting choices.
4 Limited access to childcare	Parents cannot attend appointments or programs because they lack childcare.	12 Mental health stigma and limited access	Mental health concerns go untreated because of stigma or lack of culturally responsive care.	21 Limited access to trusted community supports	Families rely on informal networks because formal systems do not feel welcoming or trustworthy.
5 Financial hardship	Financial stress makes it difficult to afford basic needs such as diapers, formula, transportation, and childcare.	13 Social isolation	Parents feel isolated and lack opportunities to connect with peers or supportive communities.	22 Inadequate postpartum support	Support decreases significantly after the baby is born.
6 Housing instability	Housing instability disrupts healthcare, early learning, and other supports.	14 Workforce and scheduling challenges	Work schedules, limited paid leave, and inflexible appointment times make participation difficult.	23 Limited father or partner inclusion	Fathers, partners, and other caregivers are often excluded from services and decision-making.
7 Medical racism and implicit bias	Families experience discrimination, bias, or stereotyping when seeking services.	15 Digital access barriers	Online applications and virtual services are inaccessible because of limited internet, devices, or digital skills.	24 Lack of opportunities for family voice	Families have few meaningful opportunities to influence programs, policies, or systems that affect them.
8 Lack of culturally responsive care	Services do not reflect families' cultures, traditions, or lived experiences.	16 Complex eligibility requirements	Complicated eligibility rules and paperwork discourage families from applying for services.	25 Structural racism and systemic inequities	Long-standing inequities in healthcare, education, housing, and employment create cumulative barriers that affect family well-being.
17 Poor communication between systems	Families receive conflicting information from different providers or organizations.				


When we remove barriers and listen to families, we build stronger systems where every child and family can thrive.