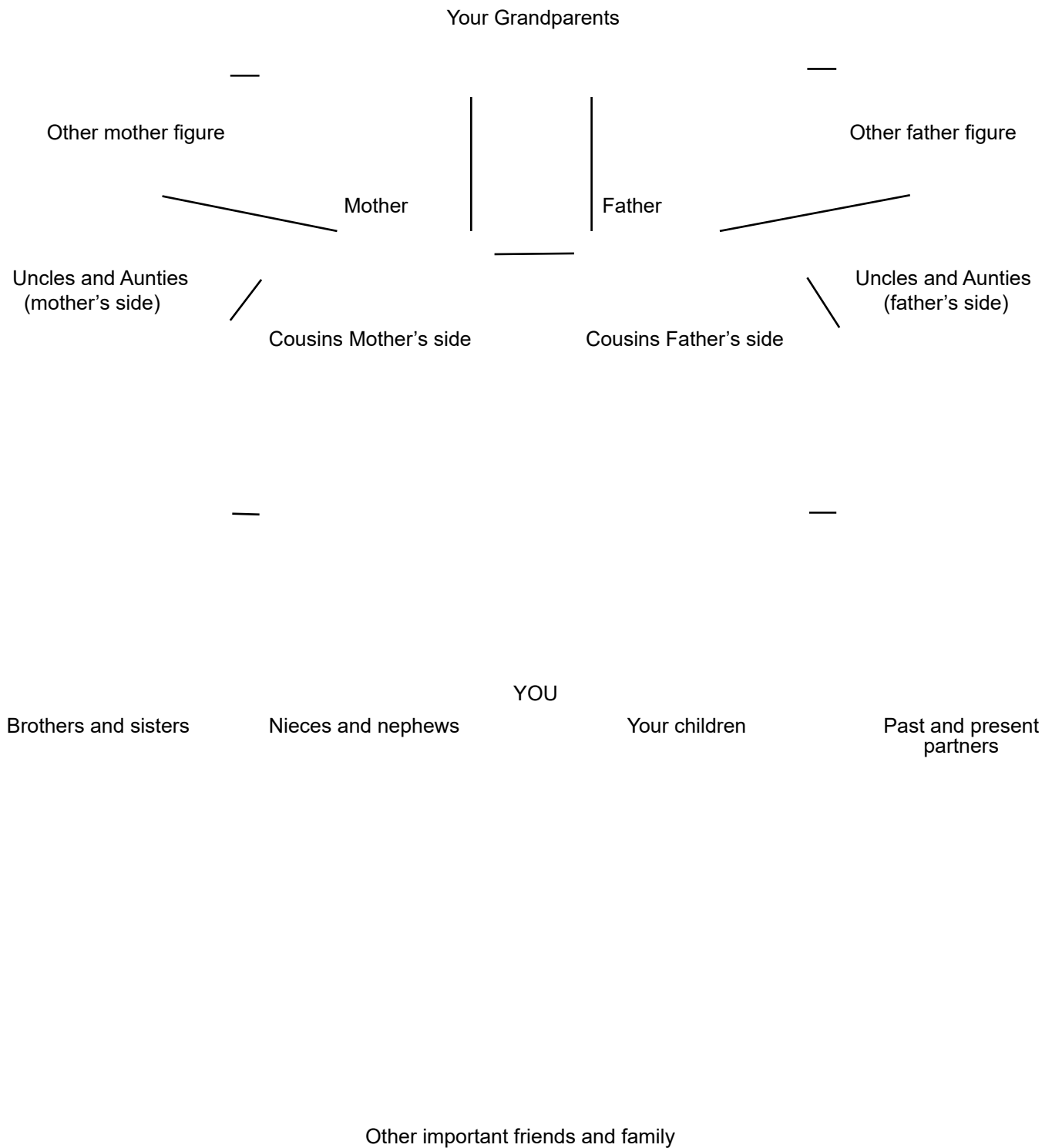


YOUR SOCIAL SNAPSHOT



About your social snapshot

Fill in first names of important people

- Draw a line around the people who live in your household (include friends, flatmates etc)
- Link fathers (if more than one) with their children
- Use codes to describe each person
- Which people do you have a good relationship with? Why?
- Who is supportive?
- Who is not supportive?
- Who has influenced you most as a parent?
- How much do they help you as a parent?
- Are you close to your family? If not, why?
- Are there people that make life more difficult (family, friends, ex-partners)?
- Who do you turn to when you need help?
- Do you feel connected with your community/neighbourhood? How many of your neighbours do you know, do you have contacts with teachers or other parents at school, are you involved in clubs or other activities?