

WHAT IS THE IDEAL LEVEL OF SUPPORT?

For each person who could offer support, rate the level of support you would like from him or her, and how much you actually receive from him or her. Rate them on a scale of 1 to 10.

1 = No Support 10= All the support I need

Support Person	Actual level of Support	Ideal Level of Support
1.	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
2.	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
3.	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
4.	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
5.	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
6.	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10

Getting more support

LIST 5 THINGS YOU WOULD FIND HELPFUL IN THE COMING WEEK.

1.

2.

3.

4.

5.

What can you do to get more support with these things?

What can make it difficult to ask for help?

Challenge unhelpful thoughts. Eg. "I can't ask them to help me as they don't need to deal with my problems."

OPTIONS

If you feel you don't have anyone to rely upon, don't despair you have options.

You can join parenting support groups or community groups and this helps.

Talking to other parents can make a very big difference; you can share ideas and experiences to find out if everything you are doing is OK.

Make an Action Plan