

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		Ac	ctua	al le	evel	of	Su	opc	rt			lo	dea	l Le	vel	of	Sup	ро	rt	
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

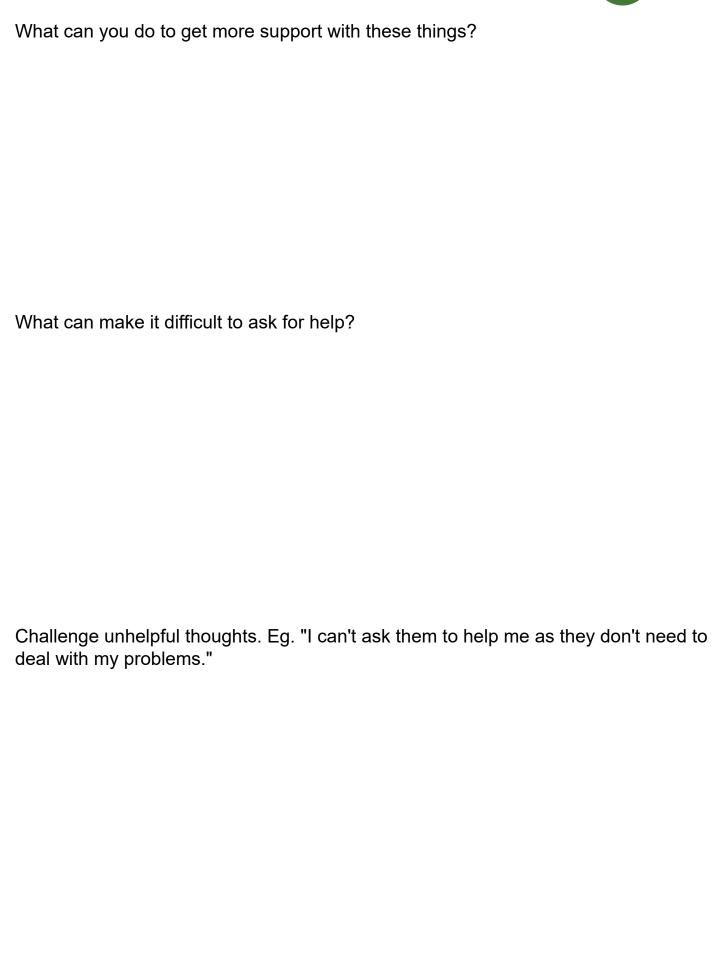
Getting more support

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

1		
-	•	









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