

## WORKSHEET 10.3: PEOPLE WHO WILL PROVIDE SUPPORT FOR ME AND MY BABY

**INSTRUCTIONS:** This time, each square describes a different type of support that people can give your baby. Think about the people in your life who fit in each square and write their names there. The same person can be written in more than one square.

PRACTICAL SUPPORT	ADVICE OR INFORMATION
<p><b>Whom will you ask to:</b></p> <ul style="list-style-type: none"> <li>• drive you to the hospital? _____</li> <li>• call to lend you something you need? _____</li> <li>• help with babysitting if I don't feel well and need to rest? _____</li> <li>• would take me to the hospital if my baby gets sick? _____</li> </ul>	<p><b>Whom will you ask for advice/information:</b></p> <ul style="list-style-type: none"> <li>• when you don't feel well? _____</li> <li>• when my baby is sick? _____</li> <li>• when you don't understand how to do something? _____</li> <li>• when something about my baby worries me? _____</li> </ul>
COMPANIONSHIP	EMOTIONAL SUPPORT
<p><b>Who will:</b></p> <ul style="list-style-type: none"> <li>• walk around the park with you? _____</li> <li>• spend the afternoon with you? _____</li> <li>• help you with chores? _____</li> <li>• play with my baby? _____</li> <li>• teach my baby new things? _____</li> </ul>	<p><b>Who will you look to:</b></p> <ul style="list-style-type: none"> <li>• for encouragement? _____</li> <li>• for understanding? _____</li> <li>• for help when you're feeling down? _____</li> <li>• comfort my baby? _____</li> <li>• make my baby feel loved? _____</li> </ul>

(Adapted from Brugha's *Preparing for Parenthood* manual, 1998)