

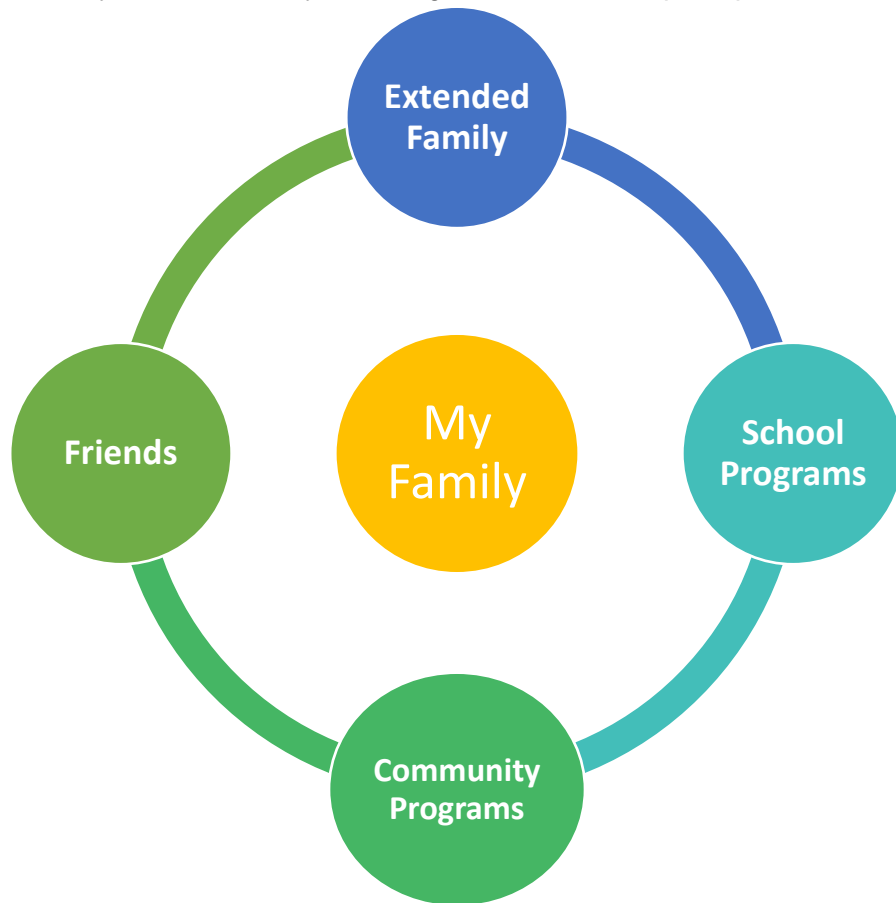


HEALTHY RELATIONSHIPS INITIATIVE

Toolkit for Families of Young Children

Reflection Activity #6: Building a Support System

Directions: Each of the circles in the diagram below represents different sources of social support that are available to help build a network of trusted family members, friends, school programs, and community organizations. Beginning with the “My Family” circle, consider people, groups, and organizations you could partner with to build a support system that fits your needs. Underneath the diagram are prompts to guide you as you consider different perspectives. If there is more than one caregiver in the family, considering asking them to complete this activity as well. Write your thoughts down in the space provided.



Who could you include in your circle of trust to help build a strong support system that you and your family can rely on?

My Family- A good place to start looking for additional support is in your family. Is there an older sibling that could take on more (age-appropriate) responsibility? Are there any additional family members living in the home who could help out more?

Extended Family- Don't forget to think about how grandparents, in-laws, and other relatives can be a source of support for you. Many times family members are more than willing to help out, but often times don't recognize your need.

Friends- It takes a village to raise a child. Consider adding neighbors, co-workers, and other acquaintances into your support system. Is there a local babysitter others in your neighborhood use? Is there a school carpool you could join? Do you wind up seeing neighbors or co-workers when you pick up your child? Maybe you could create a carpool system of your own. Don't be afraid to start a conversation about it.

School Programs- Have you considered taking advantage of the afterschool activities and clubs available to your child? Several schools even offer afterschool care on school grounds. For caregivers in school, some colleges also offer similar programs as well.

Community Programs- There are plenty of private and nonprofit businesses and organizations you can access to further solidify your support system. They vary from daycare providers, tutoring programs, and mentoring programs to team sports, clubs, and religious organizations, just to name a few. Make sure to consider any financial costs and time constraints they may require.
