

WORKSHEET 8.4: PEOPLE WHO PROVIDE SUPPORT FOR ME AND MY BABY



Instructions:

This time, each square describes a different type of support that people can give to your baby. Think about the people in your social support system 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>Whom will you ask to:</p> <ul style="list-style-type: none"> • help with babysitting if you don't feel well and need to rest? • take you to the hospital if your baby gets sick? <hr/> <hr/> <hr/>	<p>Whom will you ask for advice / information:</p> <ul style="list-style-type: none"> • when your baby is sick? • when you don't understand how to do something for your baby? • when something about your baby worries you? <hr/> <hr/> <hr/>
COMPANIONSHIP	EMOTIONAL SUPPORT
<p>Whom will:</p> <ul style="list-style-type: none"> • play with your baby? • teach your baby new things? <hr/> <hr/> <hr/>	<p>Whom will you look to:</p> <ul style="list-style-type: none"> • comfort your baby? • make your baby feel loved? <hr/> <hr/> <hr/>

