

# EVALUATING MY NEEDS & SUPPORT

Consider the people and types of support that are in your life. Your support needs change from day to day. Who are the people that may be able to provide support for you? What types of support do you need?

## EMOTIONAL SUPPORT

Who will you talk to about:

- Feelings?
- Ask for a hug or physical connection?
- Empathy regarding challenges of motherhood?

## TANGIBLE SUPPORT

Who will:

- Pick up diapers?
- Bring you food?
- Help with childcare?

## ADVICE / INFORMATION

Who will:

- Help you find childcare?
- Prepare for developmental needs of baby?
- Breastfeeding or bottle feeding support?

## COMPANIONSHIP / SOCIAL

Who will:

- Go for a walk with you?
- Talk with you about their motherhood experience?
- Offer reminders of hope and encouragement?

Ask for what you need, it is okay.

- Others may not know what you need, they may want to help and don't know where to start or offer the wrong things.
- The chance of getting your needs met increases when we are clear.
- Compromise if you don't receive the desired response.
- Be positive, clear and direct with people.