

# ASKING FOR HELP

Community doesn't look like doing everything yourself.  
It looks like sharing the load.

## Rides, Pickups & Logistics

- *"Can you take my kid to practice today?"*
- *"Could you grab mine from school if I'm running late?"*
- *"Can you grab one extra from carpool?"*

## Short-Term Coverage & Childcare

- *"Would you mind watching them for 30 minutes so I can make this appointment?"*
- *"Would you mind if my kids come play with your kids for a bit?"*
- *"Can we swap babysitting one night this week?"*

## Food, Errands & Practical Life

- *"Could you pick up my grocery order with yours?"*
- *"Can you grab one extra item at Target?"*
- *"Would you be open to doing a dinner swap?"*

## School, Schedules & Mental Load

- *"Can you remind me what the spirit-week theme is tomorrow?"*
- *"Do you have a hand-me-down in this size?"*
- *"Would you mind being the emergency contact for me this week?"*

## Home & Pet Help

- *"Can you walk my dog or check on our house?"*
- *"Can you check on my teenager while I'm out of town?"*
- *"Can you check the mail and bring my trash to the street while I'm away?"*

## Emotional & Spiritual Support

- *"Can you sit with me while I make a hard decision?"*
- *"Can you pray for me today?"*
- *"Can you tell me I'm not messing this up?"*