



# Support

There are different types of social support (practical, information, emotional, comparison) and not all of us have access to all of them. The purpose of this exercise is to get you to begin thinking about the types of support you have access to that can help in your adjustment to motherhood.

People willing to help at night or stay for a duration of time

- 1.
- 2.
- 3.

People who can cook or drop off meals

- 1.
- 2.
- 3.

People who I can call for emotional support

- 1.
- 2.
- 3.

People who I contact or reach out to for practical hands on support

*(laundry, house work, watch the baby, etc.)*

- 1.
- 2.
- 3.

Professionals (or people) I trust for information, advice and suggestions

- 1.
- 2.
- 3.

People who you trust to give feedback and share their point of view

*(eg. best friend or partner who may recognize if you are not feeling like yourself.)*

- 1.
- 2.
- 3.

List of paid services and professionals I can reach out to for added support

*(eg. doula, house cleaner, daycare, babysitter, etc.)*

- 1.
- 2.
- 3.