



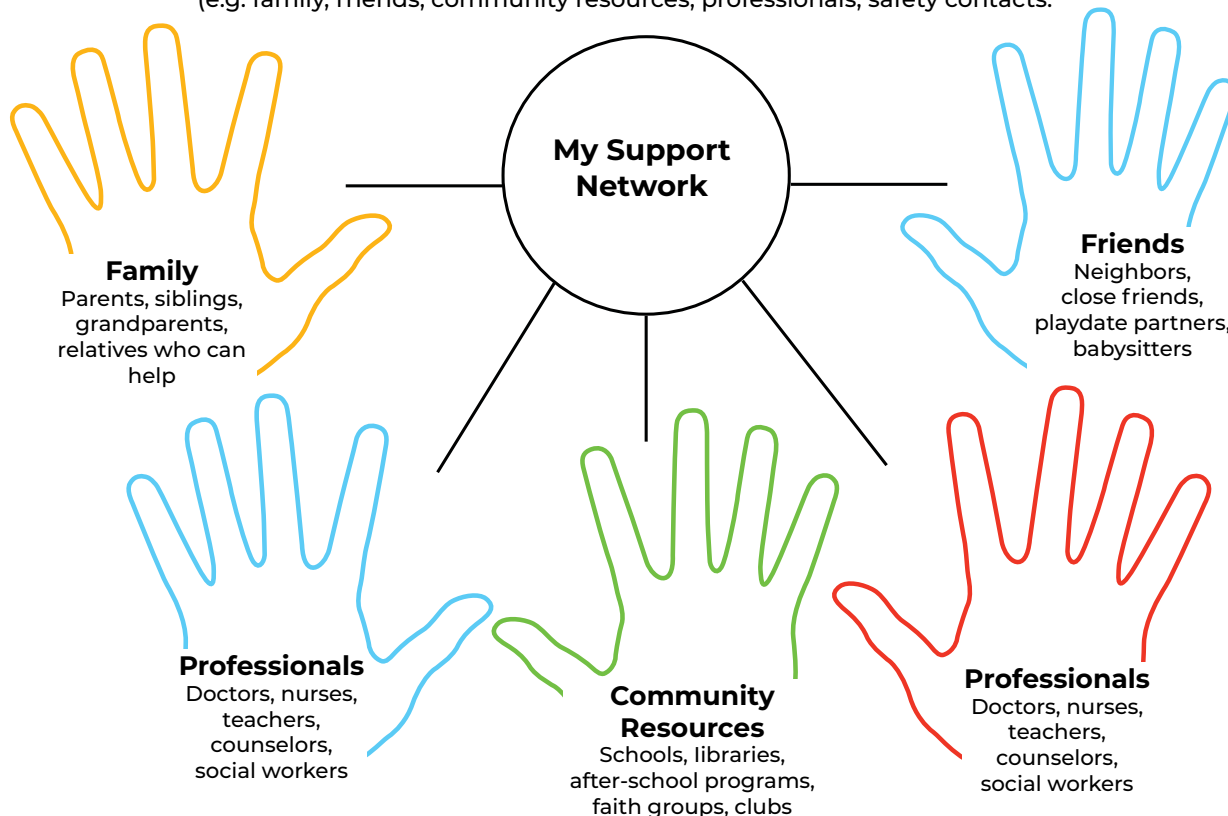
Building Your Support Network

*A Guide to Identifying the People and Resources Who Help
Keep Your Family Safe and Supported*

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Visualize Your Support Network - Helping Hands

Write the names of your support people in the hands below. Each hand can represent a different group (e.g. family, friends, community resources, professionals, safety contacts).



Children do best when parents feel supported. Having a strong network of people you can rely on makes parenting less stressful and safer for your child. Use this handout to think about who is in your support circle and where you might want to add new connections. Write in the names here or on the IY *Helping Hands* graphic.

1. Family and Friends I Can Call On

- Who can help in an emergency?
- Who could watch my child if I needed a break?

2. Community Resources I Can Use

- Parenting groups, libraries, faith communities
- After-school programs, sports, or clubs
- Local crisis or support hotlines

3. Professionals I Can Rely On

- Doctor, nurse, or counselor
- Teacher or childcare provider
- Social worker or community health worker

4. Safety Contacts

- Emergency numbers (police, fire, ambulance)
- Crisis hotline / domestic violence hotline
- Trusted neighbor

Reflection Questions

- Who do I feel most comfortable asking for help?
- Where might I need more support?
- What steps can I take this month to strengthen my network?

Tip: It's okay to ask for help—building a network is a strength, not a weakness. The more support you have, the safer and happier your child will be.





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