

Who is in my network?

Think about the people that might fit into each of the bubbles below, and the kind of help and support that they may be able to give you and your baby. These people make up your **support network**; making use of the support from a range of people within your network can help reduce feelings of being overwhelmed or isolated.



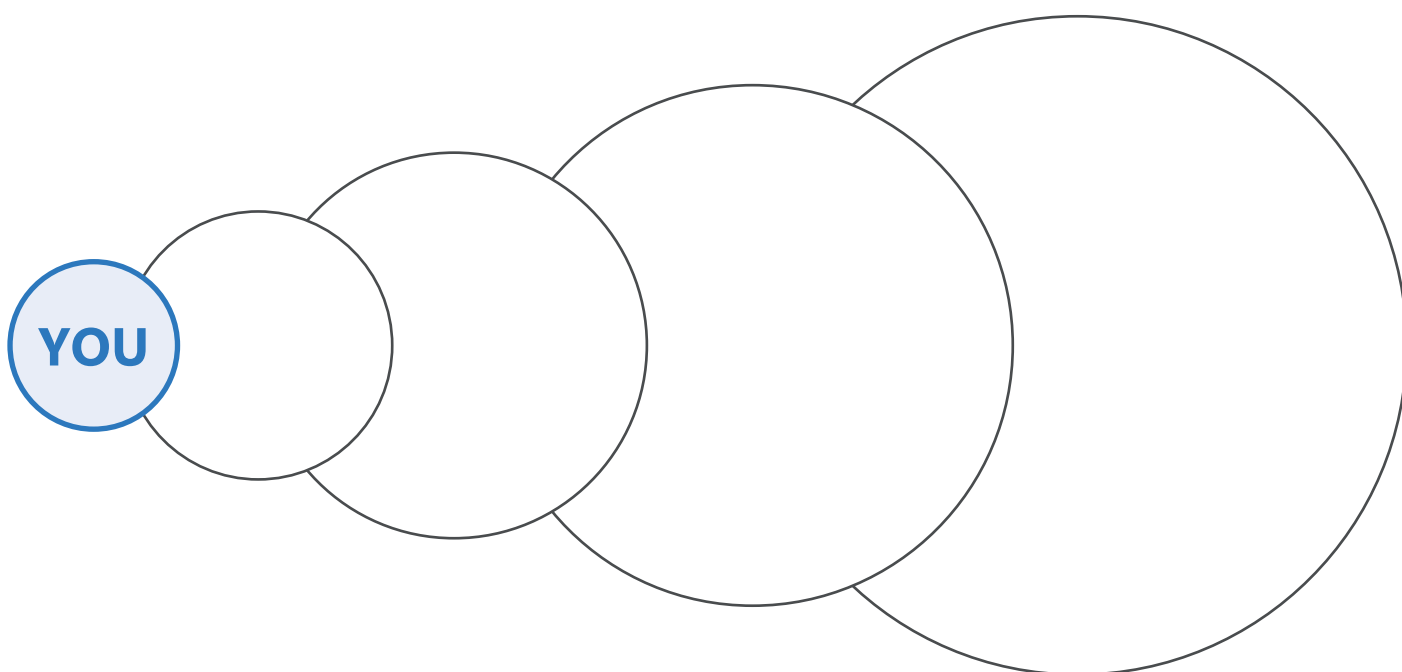
Support can be given at different times, in different ways, either in a planned way or on more of an ad-hoc basis, as and when you need it. The important part of a support network is that you are able to consider who you might call for help and in what situation.

Who is in my network: template

Complete the diagram below with all the people that you might rely on in future to help you, with either your baby or things for yourself.

Try and put those closest to you nearer to you (in the pink circle) and those who are less close towards the outside (right) of the diagram.

Remember your support network does not have to have hundreds of people listed, just those you would genuinely call on if you needed help. If you are completing this as a couple, then just complete one map between you.



Sometimes expectant parents identify their own family as their key support network. It can be helpful to explore these relationships in detail so that both you and your social worker understand your family tree. It can also be helpful to think about the relationships between family members.

You should also think about who would not be helpful to you or who may be a risk to your baby.