

Thinking through your support circle

Parenting a child with a chronic illness can come with various challenges. Whether you already have a network of support or are establishing one, writing out your thoughts can be a helpful tool and reminder that you are not alone.

Who are some family members who can support me?

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What are some areas that my support circle can help me with?

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What are some ways I can help my child foster independence?

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Can my support circle aid in helping my child foster independence?

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How else can I lean on my support circle?

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REMEMBER, CARECONNECT CAN SUPPORT YOU TOO

Call 1-800-745-4447, option 3
or email info@CareConnectPSS.com