Who can help?

Sammen på vei
Nurse-Family Partnership©

Sometimes you need help.
There are many ways people can help you. What kind of help are you getting?

Who is supporting you?

Who is helping you to care for your baby?

- Babysitting
- Baby care and housework

Who is providing practical help?

- Grocery shopping
- Driving
- Applications
- Tax returns

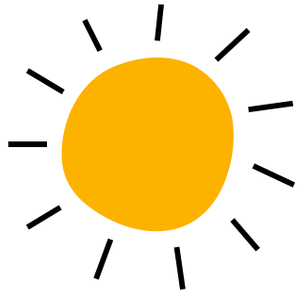
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Who can help?

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Who can you turn to for financial assistance?

Who can you confide in?



Who can help when you are worried or upset?

Who can you call when you are angry or sad?

Who can help when you feel exhausted?

Who can you call when you are happy?

Who cares for you and gives you encouragement and praise?

Who can help you by babysitting when you need a break?

Who can you have fun with?

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