

Social Support Map: People in My Life and How They Support Me

INSTRUCTIONS PART I

The term "support system" refers to the people in your life who help you in various ways.

The first step in creating your Social Support Map is to identify the people who make up your support system.

Instructions:

On the next page, write the names of people who are part of your support system in the box that best describes your relationship with them.

- People Closest to Me: are people with whom you can share your most private thoughts and feelings.
 - Those close to you may include people you employ such as helpers, cleaners, drivers and/or nannies. You may share practical and logistical responsibilities such as childcare, transportation, cooking, and cleaning responsibilities. They may also provide personal and/or emotional support.
- Close Friends & Family: are people you feel you can talk to but maybe not about everything.
- Friends: are people who you enjoy doing things with (like going to the movies) even though you don't share personal details about your life with them.
- Acquaintances: are people you see to whom you nod or say "hi".



People In My Life EXERCISE PART I

				Acquaintances
			Friends	
	People Closest to Me	Close Friends and Family		
		II I		
		<u> </u>	III	
ME		_		
	Helpers/ Nannies			
		<u> </u>		
		<u> </u>		
	ļ	<u> </u>	<u> </u>	
	ļ ———	<u> </u>	ļ.—— I	



How People in My Life Support Me

INSTRUCTIONS PART II

Here, we look at four key types of support offered within a support system.

Each type of support is necessary, however, not everyone in your life is able to provide all types of support. Identifying who is best-suited, and available, to provide each type of support can help you feel more prepared for your new baby and equipped to manage your child(ren).

Further, you may not live near key members of your social support system, and/or, you and members of your system may be practicing various degrees of social distancing. It can be easy to feel isolated when you don't or can't see people in person. Therefore, on the next page, list all the people in your life who offer support or who *could* offer support - regardless of location or distancing - in the square where they can provide support, identifying the means through which they'll offer that support (in-person, over the phone, via zoom or another video calling app, via text or other messenger, etc).

Each square below represents a different type of support that people can give you. Think about the people in your life (from pg. 1) who fit into each square and write their names there. The same person can be written in more than one square.



How People in My Life Support Me

Practical/Logistical Su	pport	Advice or Information	on	
Whom will you ask to: Drive you to the hospital? Call to lend you something you need? Provide childcare?	Support Method	Whom will you ask for advice / information: When you don't feel well? When you don't know how to do something?	Support Method	
*Companionship		Emotional Support		
) 	Emotional Suppor	τ	

^{*}Keep in mind that if you're not physically close to someone who could offer you companionship, try having a call with them while you walk, or do another safe activity.