

Building a stronger team

A support network protects and helps in many different situations, and strengthens the cooperation of your parenting team. These exercises will allow you to reflect on your own support network and explore networking opportunities.

Exercise



On a piece of paper, draw a picture of the people your family interacts with. Then think about who you can rely on and in what kind of situations.



Discussion/reflection

From who or from where can you get help with caring for your baby and managing your daily life?

Exercise

Take an evening walk to explore a local playground. You might find other families with children there!



Discussion

What good methods of co-parenting do you see in your social circle and/or in the media? Which ones would you like to bring into your own family? Discuss these issues with a friend or partner.

Exercise

Check out a nearby family cafe or other meeting place for parents with babies.



**Parenting is
a team effort**

Tips for team parenting