



# Growing Your Support Network

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## Our Family Support Network Quilt

Use one color marker to identify the supports you **HAVE** in place and a different colored marker to identify the support categories you **DON'T HAVE** in place or that you'd like to be stronger. Save the six blank squares for the **My Patchwork Squares** activity.

Physical healthcare	Counseling or mental health services for myself, my child, or my family	Employment	Friends with children the same age
	Friends that you enjoy connecting or spending time with	Spiritual guidance or beliefs	Access to nutritious food
Healthy social activities for myself		Extended family or close friends	Cultural activities
	Housing	Physical activity	
Education		Other	



## 2

### My Patchwork Squares

*What my child/I liked best about this activity:*

*Ways I could support my child to keep the play going:*

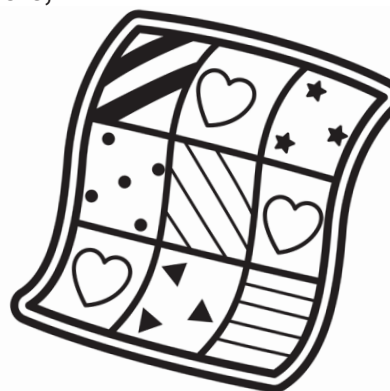
*I used **The 4 Me's™** when:*

#### How to Do This Activity:

1. You can complete this activity using any household or creative supplies you have on hand. As you follow the steps, remember to refer to **The 4 Me's** to practice the skill you're most interested in exploring with your child. For example, you might practice **Connect With Me** by having back-and-forth conversations with your child and putting their feelings into words.
2. Partner with your child to fill out the squares in **Section 3** of your handout. Or, begin to imagine what these supports will look like for your baby. Then, cut and paste the squares onto the blank spaces of the quilt in **Section 2** of the handout.

As you support your child to add their squares to the quilt, you **MIGHT**:

- » Imagine your growing baby's support network. Tell them about these relationships and imagine what they might add to their squares once they're here,
- » Have back-and-forth conversations with your infant about the important people in their life and how they feel about them,
- » Invite your toddler to scribble on or help you color and decorate your support quilt, or
- » Count the squares with your child and talk with them about colors, simple shapes, or patterns.





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Our Family Support Network Quilt Cutouts



My friends or extended family	My teachers, assistant teachers, or sitters	My favorite toys or activities	Places I like to go

My doctor or other care professional	My parents and other caregivers

