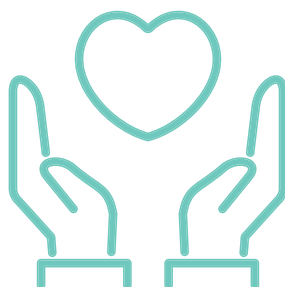




it starts
within



Seek Support

**Everyone needs a helping hand
sometimes, especially caregivers.**

It is easy to get burned out when you are caring for others. Many people find it hard to ask for help, but setting up your support squad is an important part of your well-being.

Here are some tips to help you find your support squad:

**Find one or two
people**

in your community who you'd feel comfortable asking for help. This might be a friend or a family member.

**Give them a call or
ask to meet up**

and share what is on your mind. Choose people who can help in different ways (someone who motivates you, someone to help with chores, someone to babysit, etc.)

**If the person you
connected with is
not able to help,**

keep reaching out until you find someone willing to support you.

Consider joining

a support group or an online community that's a safe space. Sharing what you are going through can really help.



LEARN MORE

PASS IT ON!

Showing children the power in asking for help is a lifelong gift. Explore this resource in supporting children in appropriately getting your attention and asking for help.



Connecticut Office
of Early Childhood