



5 steps to Emotional First Aid

Step 3: Developing your supportive community

Many friends would love to help, and often don't know how you are feeling. You'll see, once you reach out to them, that they are more than happy to be there for you. Write a list of all the people who could help you right now:

Today I will contact to say hello and let them know how I am feeling.

If you would like to get to know other parents who are exploring their emotional wellbeing, please join our Starseed Parenting Facebook group: www.facebook.com/groups/starseedparenting/

Thoughts, feelings and reflections: