

# What I admire & appreciate in you



Next to each name that is relevant to your family. Think about something you appreciate about each person and write something nice, kind, or loving against each name.



**Grandma**

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**Grandpa**

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**Aunt**

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**Uncle**

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**Mum**

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**Dad**

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**Child 1**

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**Child 2**

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**Child 3**

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# Myself as a Carer



# Rings of Support



Take the time to identify the supports around the young person and yourself, placing them within the rings of the tree, take the time to consider the type of support they can provide, practical, emotional etc..

## You may consider:

- Family and friends
- Professionals
  - Case managers
  - Child protection
  - Health professionals
  - Respite carers
  - Therapeutic specialist
  - Mentor
  - School
- Practical – school drop offs, babysitting, respite
- Emotional – debriefing, support, advice



# Rupture and repair in relationship

