Support, together.

A family support conversation

There is space for your own experience. Use these prompts at your own pace.

01 How are we each feeling?

Make room to listen to the mother, the partner and the family.

02 What matters most this week?

Identify the needs that deserve shared attention.

03 What could we share?

Consider practical tasks, time for rest and emotional support.

04 Who can be part of our support?

Name trusted people or qualified professionals you may turn to.

05 When will we check in again?

Choose a moment to return to this conversation together.

Educational editorial draft · clinical review pending. A reflection tool rather than an assessment.

Educational reflection complements personalised care with Dr. Kanak C. Gillurkar.

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