



Teaching and Learning Session Three: Who Are My People?

Introduction

For many of us, the early years of parenting can feel isolating, even lonely. Reaching out to others during this phase of life can be a challenge for a variety of reasons. But even as we navigate the choppy waters of parenthood, we are modeling what it means to be someone's PEOPLE -- their source of support and joy. If we listen closely, we may notice that through this process of modeling, we receive a message: a reminder, deep inside, that our own people are out there too, and that we can connect with them. This worksheet will remind you who your people are!

Question

Look at the example below. Who are your people? How do you support each other? How can you reach out to those you care about today?

Invitation

Over the next few days, reach out to someone you listed during the brainstorm in whatever way feels most comfortable to you.

Brainstorm: Who Are Your People?

Who are your people?
(Name them here.)

*Monica
Kate
Joe*

How do you support
each other?

*Laughing
Venting
Text thread*

How can you get in touch
with some of the people you
named?

*-Call Monica
Text Joe*

Session Three: Notes

Who are your people? Take notes here!

