

# SUPPORTIVE SOCIAL CONNECTIONS



Talk to supervised visitation staff to find social service agencies that can support you and your child.



Take turns with your co-parent or another caregiver when helping your child with homework, playing games, and doing household tasks.



Create a list of family members, friends, and neighbors you can trust and depend on for help.



Support from family members, friends, and neighbors will help you better handle the stress of parenting. These connections will show your child what healthy, positive relationships look like.



Find other parents with children close to your child's age to share responsibilities with and find a new friend for your child.

Recognize when you are feeling stressed and need to take time to relax.



Institute for Trauma and Resilience Studies  
Clearinghouse on Supervised Visitation

