

# SUPPORTIVE SOCIAL CONNECTIONS



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



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

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



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



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

Institute for Family Violence Studies  
Clearinghouse on Supervised Visitation

