

A sustainable support offer

Check Your Support Capacity | Offering support

"What is the smallest useful support I can offer and sustain?"

Use these prompts for your own preparation. Leave out identifying details you do not need.

The help needed and wanted

Time, energy, or cost involved

A smaller or shared option

What I can offer

What my child will own

When to review

Prompts are starting points to adapt. This is not an assessment or a promise of a particular response.