



Your child's name:

\_\_\_\_\_

**Step 1:**  
**Your child's connections**



Name

\_\_\_\_\_

What roles do they play  
in my child's life?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Name

\_\_\_\_\_

What roles do they play  
in my child's life?

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Name

\_\_\_\_\_

What roles do they play  
in my child's life?

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Name

\_\_\_\_\_

What roles do they play  
in my child's life?

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Name

\_\_\_\_\_

What roles do they play  
in my child's life?

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Name

\_\_\_\_\_

What roles do they play  
in my child's life?

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## Step 2: Identify your child's supports

*It can be helpful for you to build on your child's support network and strengthen the relationships for periods when you or your family are going through tough times or changes. Completing the following table helps you to think about:*

- your child's needs
- what role the people in your child's network could play in supporting your child
- what would you like them to do
- what they might need to understand.



- ✓ feel safe and nurtured
- ✓ be provided with emotional support
- ✓ know who they could ask questions and get honest answers
- ✓ have someone they could ask for help and receive help

### Your child needs to:

- ✓ have fun
- ✓ connect with their community (e.g. Sport, groups, cultural activities)

- ✓ have somewhere to stay over night (if needed)
- ✓ have somewhere to stay for a few days (if needed)



<i>Who else supports your child with this?</i>				
<i>Is there more you would like this person to consider or to do to support your child?</i>				
<i>When times are tough what else would you like this person to do to support your child?</i>				
<i>When can you have a conversation with this person about this? Who could support you to have this conversation?</i>				
<i>Is this a person your child could contact in an emergency? Contact details and phone number.</i>				

## My connections

*Who can  
answer my questions  
if Mum/Dad is unwell?*

*Who can I  
spend time with to  
have some fun?*

**WHEN I AM  
AT HOME**

*Who can I talk  
to when I am upset,  
worried or scared?*

*Who can  
I play with?*

*Who helps me  
to stay involved in things I  
like to do?  
Eg. Sport, music, drama,  
dance, groups*

*Who will look  
after me if Mum/Dad  
is unwell?*

## My connections

Who can I play with?

Who can I talk to when I am upset, worried or scared?

My teacher is:

**WHEN I AM AT SCHOOL**

Who can help me to get to school and to get home?

Where can I go if I need some time out?

In an emergency I can call these people:

Name: \_\_\_\_\_ Contact Number: \_\_\_\_\_

Name: \_\_\_\_\_ Contact Number: \_\_\_\_\_

Name: \_\_\_\_\_ Contact Number: \_\_\_\_\_

Kids Helpline: Call 1800 55 1800