Think NVR

Supporters Pillar

We can not parent alone, we need a village. In NVR we do not allow 'island' parenting.

Focus on what you need:

1. Emotionally
2. Pratically

Think of what your needs are, then write the name of friends you can call supporters for those needs.

Use my example page for ideas. Think of your needs, your child's needs, siblings needs.
Use the next page to:

1. Write your emotional needs.
2. Write the name of supporters for those.
3. Write your practical needs.
4. Write the name of supporters for those.
5. Let your chosen supporters know what you need from them. They are not mind readers!!! They will be so willing to help.

Let me know how it goes! Does it change any dynamic in your family?
megan@thinknvr.co.uk

Megan runs Think NVR and is the Founder of Hear Their Roar
She is also a foster carer and has had many children and teenagers so far!

Megan has created her own resources for Think NVR and HTR but, as a gift, here is a free resource you can use.

Think NVR

Firstly brain storm all needs
Example Page: Ideas to get you thinking

Babysit for an afternoon or evening so I can go out/sleep/have 121 time with sibling/have 121 time with partner

Take my child/YP out for a treat

Someone who I can call and who will come over if I need a presence to help de-escalate

Someone I can off-load to

Someone to take the sibling out for a break

wwwthinknvr.co.uk
megan@thinknvr.co.uk
@ThinkNVR

Think NVR

Add your own emotional and practical needs and names of Supporters

wwwthinknvr.co.uk
megan@thinknvr.co.uk
@ThinkNVR