

When I Ask for Help

When I ask for help, I teach my child:



1 Needing support doesn't mean failure.



2 Strong people still need other people.



3 Asking early can stop things getting worse.



4 We don't have to know everything.



5 Support can help us become safer and steadier.



♥ Asking for help is not giving up. ♥
It's choosing support.

They're learning that strength
doesn't have to mean doing it alone.

