

Showing Support



1. Physical affection (e.g. hugs, kisses)
2. Sustained physical contact (e.g. sitting together, walking arm in arm)
3. Companionship (e.g. time shared together)
4. Availability of the parents when needed (e.g. listening)

Describe one instance of each of the above types of supportive affection you have shown your children in the last month.

Physical affection:

Sustained physical contact:

Companionship:

Availability:

What type(s) of support and affection are you most comfortable expressing to your children?

Why? _____

What can you do to ensure you express to your children the type of support they need?
