There is no shame in seeking help.

No one can do it all by themselves.
Many ways of knowing, being and doing

- TRUST others—other people and other services.
- Adults need support too—this helps their children.
- Supporting children helps the whole family.
- Wellbeing of all your mob is important.

Many ways of doing

- Ask people you trust for help.
- Look after yourself.
- Check in on others—‘Are you OK?’
- Model responses to stress.

Learning map

- Figure out your problem. What are your questions?
- What are your strengths?
- Find ways to support without embarrassment.
- Map how families access information in this service.

Connecting to Community

- Let others know you’re there to support them.
- Accept support from others.
- A first step asking for help at the early childhood service can open many doors.
- Provide information about services, websites and resources.