From the Early Steps State Office

Summer 2008

Dear Friends,

Do you ever feel like you are juggling so many things that you should put on the big, red, clown nose and shoes and join the circus? I have a feeling you know *exactly* what I am talking about! Children, work, coaching with providers, medical appointments, household responsibilities, extended families, holidays, etc. How is it all possible without loosing our sanity? I think we often get lost in our feelings and consumed by our child's needs that we sometimes feel overwhelmed and completely powerless which is why I have a challenge for you. Interested???

I would like you to consider carving out a few minutes in the next day or so to write down those who can support you. This can include family, friends, neighbors, church members, co-workers, people in the community, Early Steps, etc. who are able to support you in whatever you feel you need help with. Once you do that, think about what specific supports they can provide to you. Think outside of the box! Do you need information about resources in your community? Do you need to be connected with other families like yourself? Is it a couple hours break to catch a movie and unwind? Only you can determine what you specifically need. Now, this last part can be tricky and easily overlooked. Do those who are your supports know that you could use their help? Do they know with what? I think so many of us overlook this or feel like we don't want to impose. Our supports want to be there for us and our family and help, just like you would for them!

So please take this challenge. As a result, if you are able to juggle one less things or catch the newest movie, ENJOY!

Sincerest Regards,

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Children's Medical Services