

KNOW YOUR 5

**EVERY
BABY
TO** **1**

1. _____

2. _____

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KNOW YOUR 5 DIRECTIONS/INSTRUCTION

Having a social support team that you can rely on in the first few months of your baby's life can make motherhood so much easier. Seeking support helps you which in turn helps your baby, as well! Use this magnet/resource page to list out 5 people and their phone numbers. These should be 5 people that you can reliably call at any time to help you and/or your baby when you need it the most. You can list family members, friends, coworkers, people from your faith-based community, etc, as long as it is someone you trust with you and your baby's well being! Make sure to have a conversation with them early on about their role as part of your support team so that they can understand their importance and how they can be helpful with you and your little one! Place the magnet/resource page in an area that is easy to find so you can get it whenever you need it.

 913.371.9298

 everybabyto1.org