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# HOW TO ASK FOR HELP CHECKLIST

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Babysitting	<input type="checkbox"/>	School run	<input type="checkbox"/>	School holidays	<input type="checkbox"/>
Cooking	<input type="checkbox"/>	Emotional support	<input type="checkbox"/>	Business tasks	<input type="checkbox"/>
Cleaning	<input type="checkbox"/>	Financial support	<input type="checkbox"/>	Non curricular activities	<input type="checkbox"/>
Walking the dog	<input type="checkbox"/>	Physical support	<input type="checkbox"/>	Establishing systems	<input type="checkbox"/>
Household Chores	<input type="checkbox"/>	Timeout self care	<input type="checkbox"/>	Getting organized	<input type="checkbox"/>

What type of help do i need:

Who can i ask for the help i need: