

Scripts for Support

EXPLORATORY QUESTIONS

- **What is on your plate today?**
- **What was the best/worst part of your day?**
- **Was there a time today you wish you had help but didn't?**
- **What is something you did today, that I should have noticed but didn't?**

WORDS OF INITIATIVE

- **What can I do to help you today?**
- **Is there anything I can take off your plate?**
- **What are some tasks that are feeling overwhelming that I can help with?**
- **I know "this holiday" is coming up, what can I do to help prepare?**
- **I will pick up dinner tonight.**
- **I will take the kids tomorrow afternoon.**

MEANINGFUL COMPLIMENTS

YOUR USUAL COMPLIMENT + AN OBSERVATION + HOW IT MAKES YOUR LIFE BETTER

EXAMPLE: You're such a good mom + I see how much thought you put into how you take care of the kids + it eases my mind to know they are so well cared for.

A STATEMENT OF OBSERVATION

You are working so hard.

You are so patient.