

Tara

Like and admire...

Fun, funny, great laugh, enthusiastic, energetic, thoughtful of others, talented at drawing.



Important to me...

- To live in a place where if something happens I have help.
- For others to respect my privacy.
- To be the one responsible for taking care of and raising Jake.
- To have an evening away from Jake each week to spend alone with my friends.
- That my mental health stays stable so I am able to take care of my son.
- To watch my favorite TV shows on Monday nights.
- To be able to eat what I feel like when I feel like it.

How best to support me...

I know I need support, but please respect my bedroom and bathroom as my own space. I will ask if I need help with something. If you think I need help with something, please knock on my door or ask me before telling me what to do.

I want to be the one to raise my son Jake, but sometimes I might need help or a break. Please share advice on parenting with me when both Jake and I are calm. If you think a situation is an emergency however, please interject as I have a tendency to minimize emergency situations.

With breastfeeding and not being able to take medication for my mental health, please encourage me to eat regular meals and snacks, to go to bed early and to take walks when it's nice out.

Please respect my 'me' time. My mom takes Jake one night a week so I can spend time with friends and I like to watch a couple of TV shows