

Asking Your Family for Help

Turn a vague wish that someone would help into one clear thing you ask for.

WHEN TO USE THIS

Use this when you need help at home and keep waiting for someone to offer.

People are bad at guessing and better at doing. A clear ask gets a yes more often than a hint does.

List what you need help with this week.

1. _____
2. _____
3. _____
4. _____
5. _____

Circle one. Who could do that, and when would it need to happen?

Write the ask in one sentence. Say the task, the day, and the time.

Can you do the school run Thursday morning?

What makes this hard to ask for?

Asking is not giving up. It is how families are supposed to work.