



Communication Worksheet

Grief Series Episodes 5 and 6

Date:

This worksheet is a guide to help you identify the important details of your journey that you would like people to know and what some of your needs are. This space is for you to jot everything down. From there, you can decide what can be communicated to others. You can give this to your point of contact so they know what to communicate for you, or use for your self.

Point of contact(s)- Name- _____ Cell #- _____ Email- _____

List of people OK to share news with: _____ Everyone _____ Select Group of People (List names and Ph.#'s)

Key Points you'd like people to know about you and your baby:

Desires (privacy, hugs, heart with ears): _____

Specific needs (meals, childcare, groceries, lawn service, pet care, house cleaning, mail, errands, etc.):

Where to check updates (social media, blog): _____

Preferred ways to reach you:

_____ Point of contact _____ Phone. _____ Text _____ Email. _____ Prefer no contact

Get togethers, family gatherings, holidays: _____ Yes _____ No _____ Not sure

Other notes: _____