

SORTING IMPORTANT TO/FOR TARA

● IMPORTANT TO?

- 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.
- Be able to breast feed Jake.

● IMPORTANT FOR?

- Someone to keep an eye on me to ensure my mental health is stable, I am caring for Jake and do not minimize a situation that may become an emergency.
- To eat regular meals and snacks, get at least 7 hours of sleep a night and get exercise by at least going for a walk when the weather is nice. This routine helps me to stay healthy.
- Have a routine, get up in the morning, have a shower, eat and spend the day outside of my bedroom. Or, I can get caught up with just hiding in my room all day.
- Take a break from Jake when if I am getting frustrated and angry.
- See my doctor when I have appointments scheduled.
- Not to be on medication as I am breastfeeding Jake.

● WHAT ELSE DO WE NEED TO LEARN/KNOW?

- If the same medications will still work after being off of them for over 15 months.
- If medications have to be changed, what are the side effects of the other options.

