

## Who gives you a leg up?

Being a parent is beautiful, but also complicated. You have little time for yourself and it is not easy to combine your work or studies with parenthood. Or you have problems with, for example, parenting, your relationship, or money. How do you solve them?



### Your network

Often, you have people around you who can help you find a solution. Even people you wouldn't think of right away. Almost everyone enjoys helping others! Especially if you come with a clear question. But how do you find those helpers? With MattieClick, you'll find out.

## What is MattieClick?

MattieClick is a way to map your relationships in 5 steps. You also reflect on questions such as:

- How good is my relationship with that person really?
- Where could I use some support?
- Which people would I like to get to know better?
- How do I ask someone to help me?

**If you have done the MattieClick, you know exactly which people you can ask to help you**

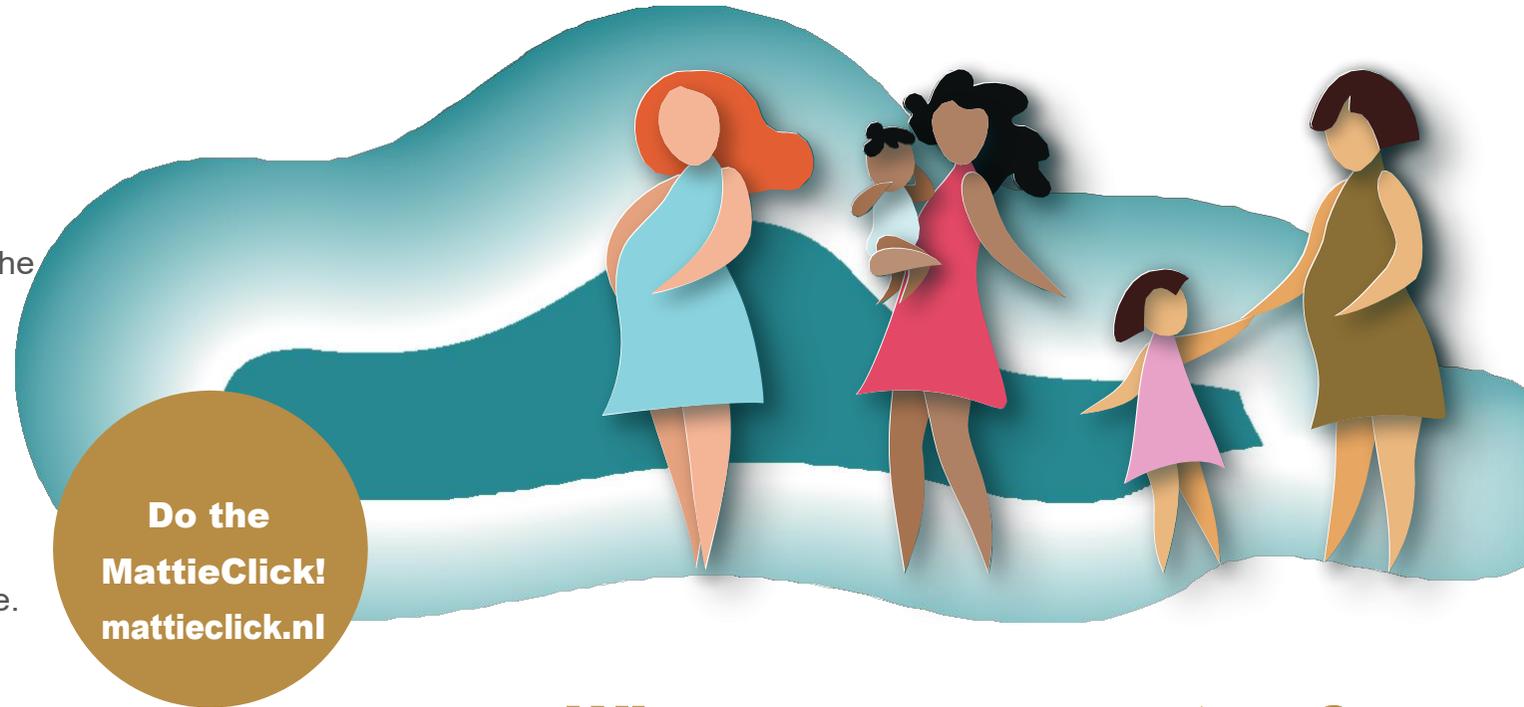
A screenshot of the MattieClick worksheet. It features a central circular diagram with concentric dashed lines representing distances: 3 miles, 3-30 miles, and 30+ miles. The center is labeled 'Me'. Numbered lines (1-15) radiate from the center to various points on the diagram. Surrounding the diagram are several sections for user input: 'Family' (1. Dad, 2. Denise), 'Friends/acquaintances' (3. Nancy, 4. James, 9. Rashid), 'Service providers' (6. GP, 7. Agnes (nurse)), and 'Occasional contacts' (5. Kathy, 15. Jonathan). The worksheet includes the MattieClick logo, contact information (www.mattieclick.nl | info@mattieclick.nl), and logos of partner organizations like Interreg and MARESCO.

## How do you do the MattieClick?

- You go to [www.mattieclick.nl](http://www.mattieclick.nl). There you can read how to do the MattieClick yourself.
- Just make an account and follow the online training. Download the workbook for parents and the relationshipmap.
- Point your professional on our program. So more parents can benefit from our MattieClick course. and build a strong social network.

Do the  
**MattieClick!**  
[mattieclick.nl](http://mattieclick.nl)

## Are you an expectant parent?



## Who can you count on?

Discover your network  
with **MattieClick!**



[www.mattieclick.nl](http://www.mattieclick.nl) | [info@mattieclick.nl](mailto:info@mattieclick.nl)

MattieClick is part of the European Interreg PATH project, working in partnership with Maasstad Hospital

