

# Layers of Support

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An exercise in triads. We suggest the each person has a turn in each of the 3 roles:

- Baby
- Mother
- Support person

Take 5 minutes for each turn.

Mother Earth, Father Sky, present age, see with present day's eyes.

The mother and the baby begin. The mother comes into relationship with the baby and offers support to the baby.

The role of the support person is very important: **they do nothing**.

The support person sits in awe of the mother and the baby.

They don't draw the attention toward themselves. They don't direct anything, but simply give space for mother and baby to come into relationship.

When the mother is ready and wants support, the support person can give her support according to what the mother needs.

When its time, the mother lets the baby know she will be moving her attention away. At this point the baby often comes out of relationship first.

Mother Earth, Father Sky, present age, see with present day's eyes.

Before moving to the next turn take some time to share. When the group is ready to transition to the next turn, It can be helpful to complete by naming " I am no longer the baby/mother/support person, depending on your role.

Normally, the person who was the baby becomes the support person. The support person becomes the mother, and the mother becomes the baby (see image).

