

How to offer help

“Let me know how I can help” is a kind thing to say, but it can be hard to accept help when the offer is too vague.

Try this instead



Be specific

“I’m free Thursday afternoon. I’ll do school pick-up if that would help?”



Use “you’d be doing me a favour” language

“I’ve made too much for dinner, can I drop some over?”



Give options

“I can drive you to your hospital appointment, or give the house a quick tidy while you’re there. What would be more useful?”



Use “I’m already doing it” language

“I’m heading to the chemist anyway so I’ll grab your script.”