



Maternal Mental Health

Community of Learners, March 8, 2022

Moms are Holders

Moms are the holders. We hold babies. We hold hands.

We hold "stuff." We hold our breath. We hold secrets. We hold hope.

We hold on. We hold hearts. We hold them in our heart.



*You can be a mess and still be a
good mom. We are allowed to be
both.*



WHAT PEOPLE
THINK
POSTPARTUM
DEPRESSION IS



WHAT
POSTPARTUM
DEPRESSION
ACTUALLY IS



*I never knew how strong I
was until being strong was
all I had.*

*You Are Braver Than You Believe, Stronger Than You Seem,
Smarter Than You Think & Loved More Than You Know*





Make your mental health a priority.



Home Visiting offers me a space to talk about the real stuff around pregnancy and parenting. I can be myself, and share my challenges and successes without judgement. Just by being there, my Home Visitor validates my feelings and helps me come to my own decisions on my own time with non-judgement. When I can have my needs met and get emotions off my chest, I can be more present and calm for my babies. Being a parent is HARD, and we need help and strategies to be the parents we want to be.

-Anonymous



