

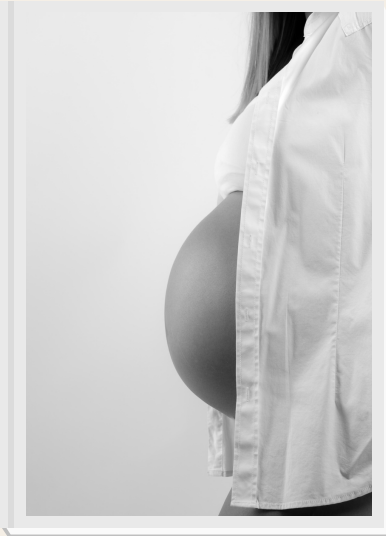


SUPPORT TEAM

Guidebook

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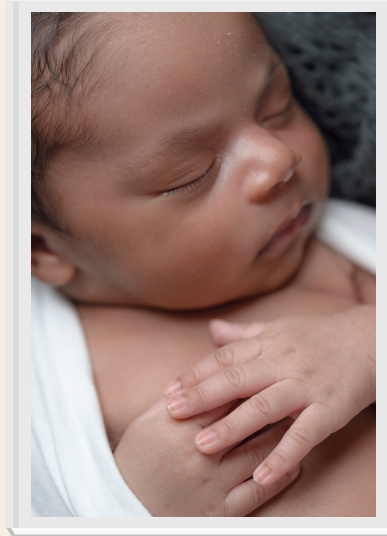
Raising Baby With Support



NuMuma

We're Here For YOU...

From experience we know that every NuMuma is an exhausted goddess! We're here to help you get used to your new job as being a muma, and gain some new perspectives on parenting and pregnancy. Our hope is that you'll learn to grow into your highest self, using your experiences as a positive catalyst to your personal growth.



Baby

*To Be Your Best
As An Example...*

By supporting NuMumas everywhere we're able to support, protect and celebrate the innocent new life even before birth.

By muma consciously leading, they're able to be a role model to their kids.

We have some exercises and tips to help you when you're tired and cant think on your own ;)



SupportTeam

With Their Help.

Amidst the increase in Postpartum Depression and recent findings indicating that NuDadas may also exhibit these symptoms, it's crucial to provide support for support team members. We offer resources and tips for those assisting NuMumas, recognizing that we're all part of the same circle - Help Raise Baby!



Supporting NuMumas: Tips for the Support Team

- 01 Introduction
- 02 Understanding Postpartum Challenges
- 03 Offering Practical Assistance
- 04 Providing Emotional Support
- 05 Encouraging Self-Care
- 06 Conclusion





01 Introduction

Welcome! This is a workbook designed to equip support team members with the knowledge and strategies needed to effectively assist NuMumas during their journey of muma-hood. As a valued member of the support network, your role is crucial in providing NuMumas with the encouragement and assistance they need to thrive. Let's explore practical tips and insights to enhance your support skills.

02 Challenges

The first step in supporting a NuMuma is understanding the potential challenges she may face, particularly regarding postpartum experiences. From postpartum depression to the adjustment period of becoming a new parent, it's essential to recognize and validate her emotions. Through empathy and active listening, you can create a safe space for her to express her feelings and seek assistance when needed.

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03 Assistance

Practical assistance can make a significant difference in easing the transition into muma-hood for NuMumas. From helping with household chores to providing childcare support, offering tangible assistance demonstrates your commitment to their well-being. Additionally, you can assist in coordinating meals, organizing errands, or providing transportation to medical appointments, alleviating some of the burdens associated with new motherhood.



Ways a Support Team member can help support a NuMuma:

- Offer to assist with household chores such as cleaning, laundry, or meal preparation to lighten her workload.
- Provide childcare support, allowing the new mom to rest or take breaks when needed.
- Run errands such as grocery shopping, picking up prescriptions, or dropping off/picking up older children from school or activities.
- Listen attentively to her concerns and emotions without judgment, providing a supportive and non-judgmental space for her to express herself.
- Offer words of encouragement and reassurance, reminding her that she's doing a great job as a mother, especially during challenging moments.
- Help with newborn care tasks such as diaper changes, feeding, or soothing the baby, allowing the new mom to get some much-needed rest.
- Accompany her to medical appointments or offer to drive if needed, providing emotional support and assistance during healthcare visits.
- Organize a meal train or coordinate meal deliveries from friends and family to ensure she has nutritious meals without the stress of cooking.

Ways a Support Team member can help support a NuMuma:

- Offer to watch the baby while she takes a nap, showers, or engages in self-care activities to recharge and rejuvenate.
- Provide resources and information on postpartum support groups, lactation consultants, or parenting classes to help her access additional support and guidance.
- Be flexible and adaptable to her needs, understanding that muma-hood can be unpredictable, and she may require different types of support at different times.
- Offer to accompany her on walks or outings with the baby to provide companionship and assistance as she adjusts to her new role as a muma.
- Offer to read to the baby or engage in soothing activities to give her a break and foster bonding between a support team member and the baby.
- Respect her decisions and choices as a parent, offering support and encouragement regardless of whether they align with your own beliefs or preferences.
- Above all, show love, empathy, and understanding, letting her know that she's not alone and that you're there to support her every step of the way.



04 Emotional Support

Emotional support is invaluable during the ups and downs of muma-hood. As a support team member, your role includes providing a listening ear, offering words of encouragement, and validating her experiences. Let her know that it's okay to feel overwhelmed or uncertain and reassure her that she's doing a fantastic job as a muma. Your presence and support can provide much-needed comfort during challenging times.



One Step
at a
Time.

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05 Encouragement

Encouraging NuMumas to prioritize self-care is essential for their overall well-being. Help them carve out time for relaxation, exercise, or pursuing activities they enjoy. Whether it's offering to babysit while they take a nap or arranging a spa day, supporting their self-care efforts demonstrates your commitment to their health and happiness. Remind them that taking care of themselves is not selfish but necessary for being the best parent they can be.

Encouraging messages for a NuMuma:

1. You're doing great as a muma, and your baby is lucky to have you.
2. Trust your feelings - you know your baby best.
3. It's okay to ask for help when you need it. You're not alone.
4. Take one day at a time and be kind to yourself. Muma-hood has ups and downs.
5. Remember to take care of yourself too. You need to be well to take care of your baby.
6. Every baby is different, so find what works best for you and your baby.
7. It's okay to say no to visitors if you need rest or time with your baby.
8. You are more than enough for your baby. Trust yourself.
9. Embrace the messy moments of muma-hood. They're part of the journey.
10. Celebrate even small successes. Every little step counts.
11. Don't compare yourself to other mumas. Your journey is unique.
12. Surround yourself with supportive people who cheer you on.
13. Take breaths and tackle things one step at a time.
14. You've got what it takes to be a great muma.
15. It's normal to feel overwhelmed. You have people who care about you and want to help.



06

Conclusion

As a member of the support team, your role is invaluable in providing NuMumas with the support and encouragement they need to navigate the challenges of muma-hood. By understanding their experiences, offering practical assistance, providing emotional support, and encouraging self-care, you can make a positive difference in their journey.

Together, let's empower NuMumas to embrace muma-hood with confidence and resilience.

Remember: Your support matters more than you know. By standing beside NuMumas with love, empathy, and encouragement, you're helping to create a nurturing environment where both muma and baby can thrive. Thank you for being a vital part of their support network.

Visit my website:

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NuMuma Support Team is a group of individuals assembled to provide essential assistance, both practical and emotional, to a woman who has recently given birth and is adapting to the challenges and responsibilities of muma-hood. This collective support network aims to facilitate the well-being and adjustment of NuMuma during the postpartum period and early stages of caring for her newborn.

Here at NuMuma we have multiple ways to support a new mom, Right, now!

Different ways to give support:

- *March for Babies*
- *Postpartum International Support*
- *World Alliance for Breastfeeding Action*

You're Appreciated,

NuMuma

