

*"I want to be part of a movement that places value on mothers as individuals and on motherhood as a critical and vibrant institution that needs to be strengthened by our society."*

***MotherWoman supports and empowers mothers to create positive personal and social change for ourselves, our families, our communities and the world.***

**MotherWoman**

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**MotherWoman**

**Empowering  
mothers,  
creating  
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changing  
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**We believe**

- ◆ Mothers are powerful. Together we can change the world.
- ◆ When mothers are valued and supported, we are more successful in all areas of our lives, benefiting our children, families and communities.
- ◆ Creating communities of genuine respect and non-judgment for all mothers increases our collective power.
- ◆ Laws and policies that support families benefit everyone.



## OUR CHALLENGES

### **Unrealistic Expectations**

The cultural myth of the “Good Mother” sets unrealistic expectations for mothers. This unattainable ideal contributes to maternal stress, depression, and an environment of judgement among women.

### **Isolation**

Many parents are increasingly isolated from neighborhood, friends and extended family. We are working longer and harder to provide for our families, and have fewer places to go when we’re in need.

### **Maternal Depression**

The United States has among the highest rates of maternal depression in the world. Many mothers experience emotional difficulties in the postpartum period. Up to 1 in 4 mothers suffer from postpartum depression (PPD).

### **Appalling Family Policy**

The United States is one of only four countries in the world without guaranteed paid maternity leave.

Mothers are 44% less likely to be hired than equally qualified women without children.

Women without children make 90 cents to a man’s dollar, mothers make 73 cents, and single mothers make 60 cents to a man’s dollar.

## OUR PROGRAMS

### **Mothers’ Groups**

MotherWoman groups provide places where mothers can gain support and build community. Our Facilitator Training Program provides community leaders and professionals with the knowledge and skills needed to start new MotherWoman groups.

### **Postpartum Support**

MotherWoman’s Postpartum Support Initiative addresses the crisis of postpartum emotional difficulties in our region.

- ◆ Support Groups
- ◆ Professional Trainings
- ◆ Pregnancy and Postpartum Support Coalition

### **Political Action**

MomsRising of the Pioneer Valley (MRPV) is our nonpartisan political arm—affiliated with MomsRising.org. MRPV organizes mothers, fathers and caregivers to take action on issues impacting families.

“I have known all too many moms with PPD who have taken many years to emerge out of the abyss of this affliction. I know that they could have benefited with early intervention and support like that which MotherWoman provides.”

*Tucker Kueny, M.D., Medical Director,  
Cooley-Dickinson Center for Midwifery Care*

*“I have the confidence to reach my own goals while still being a wonderful mother. I don’t have to choose between myself and my children. We can all succeed together!”*

“My MW group became the first place in which I could process and speak candidly about the devastating effects of PPD without feeling like a bad mother.”

*Helen Lee, Postpartum  
Group participant*

*“The policies that work against mothers, children, fathers, and families must change; with MomsRising of the Pioneer Valley, I can learn, share, and act ... personally, locally and nationally.”*

*Cathy Manly, MomsRising member*

