

**RESOURCES
ARE
AVAILABLE**

Programs for parents include:

- home visits
- drop-in groups for mothers and babies
- telephone support
- referrals for counseling and other support

**FOR
ADDITIONAL
INFORMATION**

For further information, please call Sally Harrison, RNCS in Women & Infants' Behavioral Health Department at (401) 274-1122, ext. 2963.

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WOMEN & INFANTS' BEHAVIORAL HEALTH DEPARTMENT

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Women & Infants'

WOMEN & INFANTS HOSPITAL
OF RHODE ISLAND
A CARE NEW ENGLAND HOSPITAL

**MOM TO MOM
PROGRAM**

ARE YOU PREGNANT?

**DO YOU HAVE A
NEW BABY?**

**YOU NEED
NURTURING, TOO.**

Women & Infants'

"I don't know what I would have done without the program. It helped me so immensely. The idea of women helping women, especially at such a special time in a woman's life as becoming a mother, is a beautiful one. The circle of nurturing is natural to us as women, but something I had forgotten until my volunteer mom reminded me."

A new mother

Having a baby is an exciting time. But it can be scary, too. We know. We've been there. We're moms. And we're available to help.

THE MOM TO MOM PROGRAM OFFERS HELP AND SUPPORT.

The Mom to Mom Program is for pregnant women and new parents who may want support and companionship for themselves.

As part of the program, a volunteer mom will come to your home for up to two hours each week, beginning toward the end of your pregnancy, continuing through the trying first months of infancy and up to your baby's first birthday, depending on your needs.

TOGETHER, YOU CAN TALK CONFIDENTIALLY.

You can ask questions, share your concerns and voice your feelings. Specially-trained – and a mother herself – the volunteer mom can share her experiences and her understanding. She can provide support for you during the challenging early months of your life with a new baby.

VOLUNTEER MOMS CAN MAKE A DIFFERENCE IN YOUR LIFE.

Whether your extended family lives nearby or far away...

Whether your income is six digits or three...

Whether this is your first baby or your fourth...

The Mom to Mom Program is available to you. And it's free.

Sometimes, a friendly face, adult conversation, and a chance to tell someone that you feel overwhelmed and tired can make a world of a difference.

Volunteer moms are specially trained to offer guidance and to help mothers gain confidence in their new role as a parent. They also know what resources are available in your community. And they visit you in your home, to make it easy for you.

Your volunteer mom won't babysit, car pool, clean the house or make dinner. However, if that is the kind of help you need, she can help you find it.

YOU'RE NOT ALONE.

In addition to home visits, Women & Infants offers free support groups and access to professional advice through the Warm Line. You will have many opportunities to receive support, learn about your community resources, and meet other parents who are going through the same experiences as you.