

Ideas

Women who are pregnant and who give birth need the support and love of their family and friends.

Navigating social support during Covid presents many challenges.

This brochure can help you identify the types of support you may need, and the groups of people in your life who could help you.

You *deserve* support during this special life event, and you deserve help from people who have the utmost respect for yours and your baby's health and safety.



- All visitors should wear masks when they visit you
- When you leave the house, always wear a mask and wash your hands when you arrive home
- Ask your employer if you can have less social contact at work
- Consider a virtual or 'drive-by' baby shower!
- Ask friends to text you encouragements
- Videochat friends or send them pictures of the baby
- Ask a loved one to coordinate meal drop-offs for when you come home from the hospital. Keep a cooler on your porch filled with ice so friends can drop off food any time.
- Choose a few people to be in your inner circle who can help you most and ask them to limit their social contacts (i.e. no parties, traveling, etc.).



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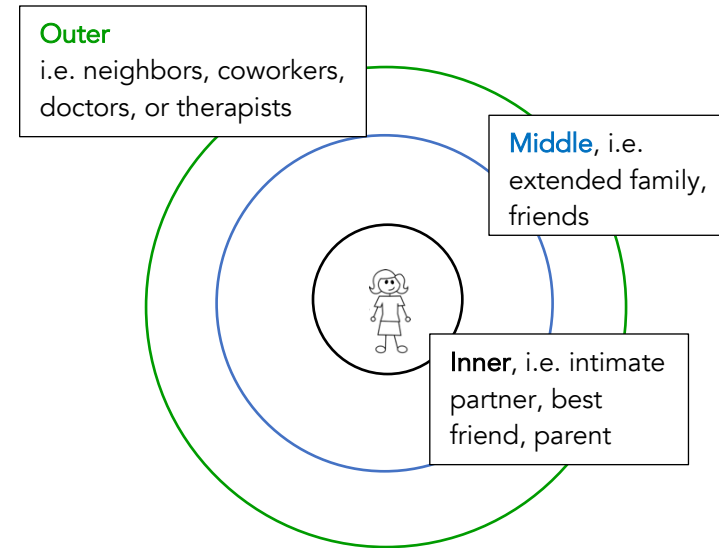
Social Support for Mothers During Covid

How to get the help you
need while promoting
health and safety



Types of Support for Women Before and After Birth

| | Examples | Who could provide this for me? <i>(write in names)</i> |
|--|--|---|
| Emotional - Empathy, trust, love, warmth | <ul style="list-style-type: none"> • Hugging, cuddling • Hearing, "I love you" • Listening to your thoughts and feelings | |
| Practical - Receiving goods or services that help in your daily life | <ul style="list-style-type: none"> • Driving you to doctor's appointments • Buying groceries, preparing meals • Cleaning the house before baby comes • Holding the baby while you rest | |
| Esteem - Building self-esteem, encouraging you toward your goals | Hearing, <ul style="list-style-type: none"> • "You're doing a great job!" • "I believe in you!" • "What do you want to do?" | |
| Information - Providing helpful information about being a mom | <ul style="list-style-type: none"> • Talking to other mothers with babies • Getting reliable health information | |



Who's in my Circle?

Who do you depend on?

Who could you ask for help?

Inner (the closest):

Middle (still close):

Outer (less close but still important):
