



MARCH

# PARENT ADVISORY COMMITTEE

10 MOMS ATTENDED

5 FROM MANATEE COUNTY

5 FROM SARASOTA COUNTY

Topic: Parent Feedback



**Transformative**

**Loving**

**Beautiful  
challenge**

**Adventurous  
blessing**

**Unpredictable**

**Busy**

**HOW WOULD  
YOU DESCRIBE  
MOTHERHOOD?**



**Spontaneous**

**Protector**

**I've grown  
as a person**

**Trying to  
cherish the**

**Adventure**

**little moments**

# PARENT FEEDBACK



EVERY PARENT HAS A DIFFERENT EXPERIENCE

Are you pregnant or just had a baby?  
Are you feeling...?

LONELY  
OVERWHELMED  
ANXIOUS  
DEPRESSED  
IRRITABLE  
ANGRY  
SAD



DON'T WAIT TO GET THE SUPPORT YOU NEED!

SARASOTA  
941-999-8151

MANATEE  
941-374-2752

FIRST 100 DAYS  
SUNCOAST



Flyers will be distributed to Pediatric and OB offices for clients to learn about our Perinatal Mental Health Hub

## Questions Asked:

Do the symptoms resonate?  
Does the title catch your attention?  
Does it need to be more specific?  
Different image?

## RESPONSES:

"It's really nice wish I saw something like this at the doctor when I was pregnant."

"I think it's a good flyer its eye-catching and I already read the flyers while waiting for doctors."

"You can love your baby and still feel this way."

"Add *let us help you get connected.*"

"Could add *tearful or exhausted.*"

"You're not feeling yourself."

"Could use a different word than depressed - you don't know what you're actually going through, I was lonely, angry, anxious."

"A lot of the time we correlate depression as a bad thing, but it's ok to feel this way."

"Having a kid is a blessing, when they ask you if you're okay, it's the way they ask the question."

# PARENT FEEDBACK



We want to empower moms and parents! Reminding them they are supported and recognized.

## Instead of saying THAT

## Say THIS

"Looks like you got your hands full."

"You're doing a great job!"

"I'll come over to visit you tomorrow."

"Let me help you with the dishes when I come over."

"Sounds like a lot to manage."

"Can I do anything to relieve some stress for you?"

## Questions Asked:

**Any negative comments people make to you as a parent?  
What could be the reverse/positive?**

## RESPONSES:

More awareness would help, phrases that people use think they're helpful but they feel unnecessary.

The first 6 months I don't want you to visit me and I have to entertain you, come hold my baby so I can lay down.

Ask "What can I do to help?"

"You're doing a great job" makes it feel like all the little things I do are seen.

Offering to come over and do laundry or wash bottles. Let me take a shower! It's a blessing. People want to be entertained and hold the baby but I'm exhausted and can barely keep my house maintained in the first couple of months.

I feel like older generations don't have personal boundaries when it comes to touching or saying things about babies.

# WHAT STUCK WITH YOU TODAY:



"We're all going through the same stuff. You're not alone."

"It's okay to not feel okay and still love your kid."

"This group has guided me to understand the feelings of postpartum."

"Information about discipline, you don't always have to yell at your kids."

"Every meeting I walk away with so much joy as I'm reminded that we are all going through the craziness of motherhood together and that my kids aren't the only ones being crazy sometimes."

"Having other emotions besides happy is healthy and okay."

"I'm entering in the terrible 2 but thanks to this groups I can handle the situation, maybe not all the time but most of them. I just wish I can make my husband understand that is normal."

"It's normal to feel mixed emotions when someone asks if you're happy – of course I am, but that doesn't mean I don't feel lonely or anxious. Sometimes you feel like you're not allowed to be both."

