

What we can all do to support



Sinikiwe Mqadi





“Being with Mom”

Your presence matters

Listening is powerful

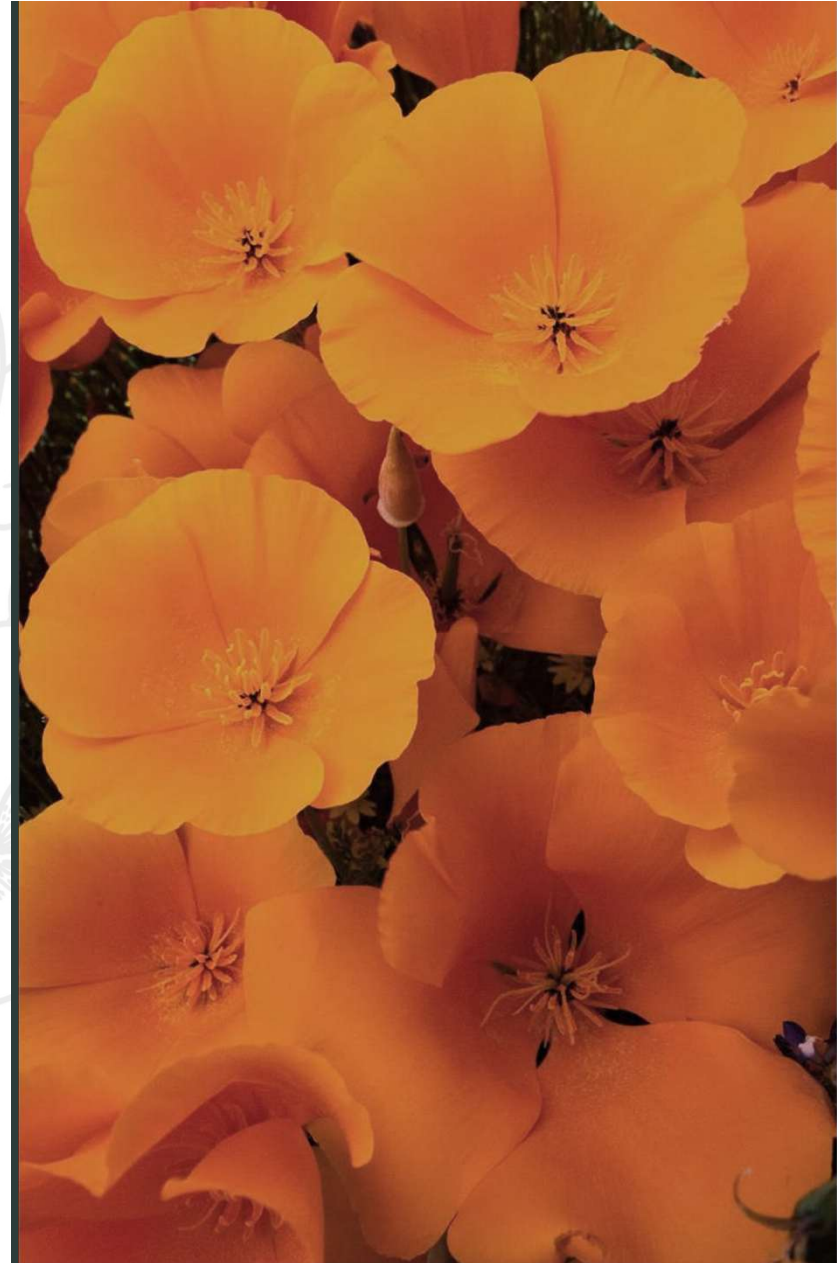
Create a safe space for all emotions



Being empathetic



Empathy vs. sympathy



- At least you're still alive
- It's going to be okay
- It could have been worse
- Don't cry

Rather say:

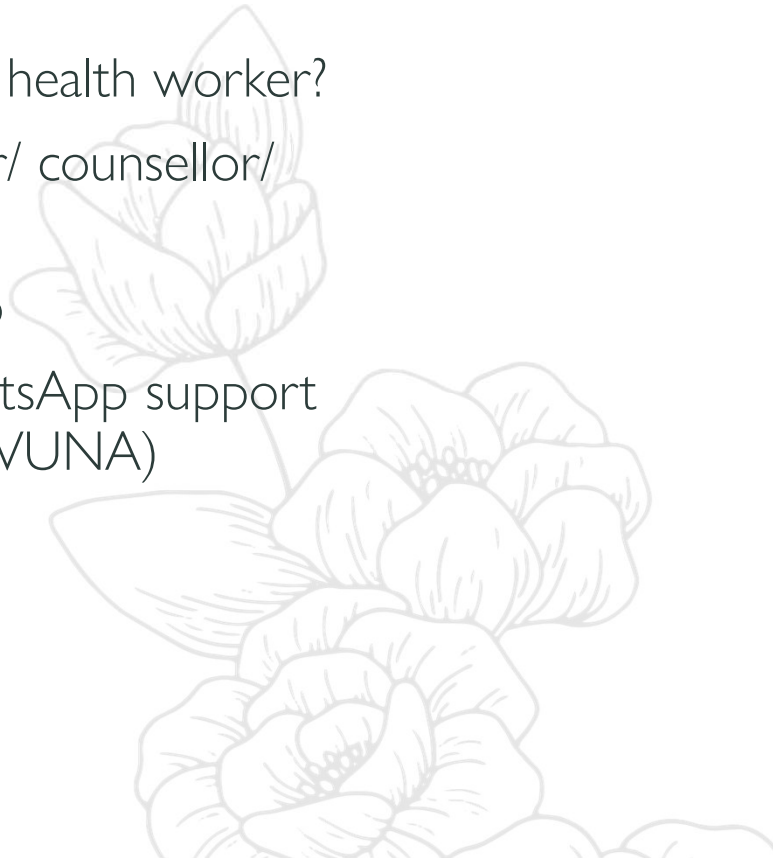
- I'm sorry you're going through all of this
- You will be in my thoughts/prayers
- What would you like me to do to help you?
- Thank you for trusting me

Helpful & unhelpful statements

Know your community resources for Moms



- Do you know your community health worker?
- Which clinic has a social worker/ counsellor/ psychologist?
- Help them join a Flourish group
- 24/hour tollfree numbers/ WhatsApp support (Mom Connect, Parentline SA, VUNA)



Thank you



“Motherhood is not something you are ever meant to do alone.”

