



The Resource Mothers Program

The Resource Mothers Program involves training mothers of children with PKU to assist young women with PKU who are planning a pregnancy or are already pregnant. A Resource Mother is first matched to a young woman who lives in her geographic area. The Resource Mother then meets with the young woman about twenty times throughout the pregnancy and provides practical and emotional support to help the young woman gain metabolic control. The Resource Mothers cook, shop, and listen sympathetically to a pregnant woman's concerns. In addition, the Resource Mothers often give critical support when the young woman would otherwise fail to attend clinic, procure low protein food and formula, or send in blood samples for metabolic monitoring.

A Center Coordinator and the nutritionist who is following the maternal PKU pregnancy provide supervision for the study. In addition, an experienced Resource Mother from Boston contacts the Resource Mothers regularly to provide them with support and practical advice. Throughout the study, the Resource Mothers meet in Boston for additional training and peer supervision.

Resource Mothers are paid a stipend for training and home visitation. They are also reimbursed for mileage and other miscellaneous expenses related to helping the women with PKU.