



The Role of the Resource Mother

What it is:

- ★ Providing social support
- ★ Offering encouragement and ideas
- ★ Giving practical assistance
- ★ Setting realistic goals -focused on adherence to medical recommendations
- ★ Developing a positive relationship
- ★ Being non-judgmental
- ★ Recognizing early identification of problems and issues- liaison to clinic
- ★ Listening and understanding
- ★ Teaching and motivating

What it is not:

- × NOT responsible for outcome of baby
- × NOT replacement for clinic staff or dietitian
- × NOT their mother
- × NOT there to solve ALL their problems
- × NOT a model of perfection
- × NOT a substitute for friends or family, but an additional support
- × NOT financial support