



MOTHER MATTERS

The right of women with disabilities to motherhood

Erasmus plus project number 2023-1-IT02-KA220-ADU-000153664

INFORMATIVE PILLS

Informative pills provide brief explanations related to disability studies, accessibility for healthcare professionals, and motherhood for women with disabilities. They are based on a microlearning approach, a learning methodology that divides content into short units focused on a single topic or skill.

- MY BODY -

THE IMAGE I HAVE OF MYSELF



The way you see your body—your body image—is shaped by personal experiences, social expectations, and cultural messages. From a young age, we absorb ideas about what bodies “should” look like, often influenced by media, family, and societal norms. For people with disabilities, body image can be shaped not only by these external factors but also by personal experiences with medical interventions, assistive devices, or physical differences. Societal attitudes often focus on limitations rather than individuality, making it harder to see one’s body as whole, capable, and worthy of appreciation. However, body image is not just about appearance—it is about how you feel in your body and how you value yourself beyond external perceptions.



What shapes body image?

- **Media and society** – Disabled bodies are rarely represented in a diverse or empowering way, making it harder to see yourself reflected in beauty and identity narratives. When disability is shown, it is often framed around struggle rather than as a natural part of human diversity.

- **Personal experiences** – Medical treatments, surgeries, or physical changes can affect how you feel about your body. Reactions from others, whether stares, comments, or assumptions, can also shape self-perception, sometimes reinforcing feelings of being different.
- **Internal dialogue** – How you talk to yourself matters. Focusing on perceived flaws can deepen insecurity, while self-compassion and recognising your body's value beyond appearance can strengthen confidence.

Challenging negative body image

- **Shift your perspective** – Your body is more than its appearance; it holds your experiences, strength, and identity.
- **Surround yourself with positivity** – Engage with people and media that celebrate body diversity and challenge beauty norms.
- **Practice self-acceptance** – Appreciate what your body can do and treat it with kindness, rather than comparing it to unrealistic standards.