



MOTHER MATTERS

The right of women with disabilities to motherhood

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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.

- RELATIONSHIPS -

TRUST



Have you ever felt the lack of trust in your abilities from others?

Have you ever questioned whether you truly deserve to be trusted?

Have you ever felt that the lack of trust in your abilities from others is due to their limited understanding of you?

Do you ever get yourself questioning the above?

Trust is a deep feeling of confidence in someone or something. When we want to build a strong relationship with someone we have to trust the person, but we also have to receive trust.

The Social Exchange Theory

Achieving trustworthy, supportive, and reciprocal relationships as a mom involves a combination of self-awareness, clear communication, and intentional actions. Building trust gradually and prioritizing empathy and mutual care will foster connections that are both empowering and sustainable.

Build Self-Awareness and Self-Trust



- **Recognize Your Needs:** The first step to building reciprocal relationships is understanding your own needs. Reflect on what kind of support you require - whether it's emotional, practical, or a mix of both. Knowing what you need will help you communicate this effectively to others.
- **Distance from Toxic Relationships:** If you encounter relationships where you feel unsupported, judged, or drained, consider distancing yourself from them. These relationships may hinder trust-building and emotional well-being.
- **Surround Yourself with Trustworthy People:** Take time to develop relationships slowly. You don't have to give full access to your personal life right away. Gradually build trust by observing how others respond to your needs and whether they follow through with their promises. Also, avoid rushing the process of deepening connections. Instead, allow relationships to evolve naturally as trust is earned through shared experiences and mutual respect.

👉 The Impostor Syndrome

If you often question whether you deserve the success or support you receive - whether in parenting, work, or social relationships - it may be a sign of the so-called "Impostor Syndrome". Striving for perfection and feeling inadequate when things aren't perfect is common in those with Impostor Syndrome. You might set unrealistically high standards for yourself and then criticize yourself when you don't meet them.

Build a Trustworthy Network: Combat feelings of isolation and doubt by surrounding yourself with supportive, understanding people who appreciate and trust your abilities as a mom. This can include family, friends, mentors, or other moms who understand the unique challenges you face. Trusting others to support you can reinforce the idea that you are capable and deserving of that support.

