



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 -

EMOTIONAL BONDS



Attachment theory, first developed by British psychologist John Bowlby in the mid-20th century, explains how early emotional bonds with caregivers influence our ability to form relationships throughout life. According to this theory, humans are biologically programmed to form bonds with others, which serve as a **secure base for exploration and emotional regulation**.

Establishing emotional bonds with our children are essential for many reasons. Firstly, they guarantee a sense of security and self-esteem. Children feel safe and secure when they know they are loved and valued by their parents. They are also unconsciously taught social skills, trust and emotional regulation, all of which are necessary for strong relationships in the future.



Bowlby's Attachment Theory emphasizes that emotional bonding is based on consistency, responsiveness, and love, not physical ability. Therefore, if you ever question your adequacy as a parent, remember this!

Based on a study conducted with 37 children born to parents with sensory disabilities, it was found that children develop greater sense of empathy. (Sigal E., et al., 2017). and this can be attributed to the successful emotional bonds fostered between the parents and their offsprings.

In addition, based on research, children of mothers with disabilities often learn emotional resilience as they witness their mothers adapting to challenges and providing emotional support. This bond allows the child to feel secure even in the face of adversity, promoting emotional stability and a sense of self-worth. Children with a strong attachment to their disabled mother tend to cope better with challenges in their own lives.

The Role of Emotional Bonds in Coping and Resilience:

Emotional bonds play a crucial role in enhancing coping and resilience, especially for disabled moms who may be solo parenting or dealing with chronic illnesses. Studies show that 86% of people feel better mentally when they build emotional resilience, which can be achieved through strong emotional connections. For moms with disabilities, consistent emotional support is key (<https://www.unicef.org>).

