



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.

- SOCIAL SUPPORT -

SELF HELP GROUPS



A self help group is a group of people who have a first-hand knowledge of a specific life situation or health issue. This may be from their own experience of a long term condition or short trauma. Many people find that it helps to talk to someone who understands them because they have been in the same situation. Self help groups usually run independently and are informally organised by their members. However, sometimes professionals, such as healthcare workers, support

them. Groups vary in how they operate: some elect a committee, have a bank account and organize a calendar of events, meetings, speakers and may reach 100 members; others are very informal and count a small number of people. In both cases, most groups hold regular meetings, some keep in contact by telephone, email or online groups and forums.



momsproject.eu



Mother Matters



[moms.mothermatters](https://www.instagram.com/moms.mothermatters)



[MoMs_MotherMatters](https://www.youtube.com/MoMs_MotherMatters)

In self-help groups, people are both users and providers of help. This dual role triggers an effective mechanism for unlocking passivity in the sense of impotence and self-doubt. Seeing that others are experiencing and dealing with the same problems allows group members to overcome their isolation and create moments of strong solidarity and cooperation. In fact, meeting people who have gone through or are going through the same difficulties makes you feel less alone and helps you understand that feelings and reactions that seem “bad” or “crazy” are not at all. Furthermore, meeting people who have overcome the same problems, or have found optimal ways to deal with and manage them, can give hope and optimism. In this way, the group situation presents itself as a place where you can share a highly anxiety-provoking situation and defense against stress. One of the functions of self-help groups is precisely that of “teaching” members copying strategies of stress, to deal with its causes and related emotions in the best possible way.

This is a useful metaphor:

Sit in a circular way. Imagine a pot in the center of the circle, from time to time, whoever wants, can add their own experiences, can “throw” their ideas into it as if they were ingredients to prepare a minestrone. The fire is fueled by the motivation to participate, to get involved all together. The flame, continuously lit, allows each component to blend with the others. The ladle in the pot is turned with attention and patience: this allows the “minestrone” not to burn, which thus becomes more and more tasty and homogeneous.

The role of the facilitator is to pay particular attention to the cooking times, to the speed with which to turn the ladle, to the strength to give to the fire so that it does not go out or burn, while also contributing with his ingredients.

An attention that over time also becomes shared knowledge of the group, and which is therefore protected like everything else by all the members who participate.

