



MoMs



Erasmus+

MOTHER MATTERS -

The Right of Women with Disabilities to Motherhood

»» NEWSLETTER #3 ««

MARCH 2025



## CHALLENGE YOURSELF!



SELF-ASSESSMENT TOOL

Within the project, two self-assessment tools have been developed: one for health/educational professionals, the other for women who are thinking about motherhood. These tools want to give each of the two target groups the opportunity to test their knowledge about accessibility and rights. The completion of this questionnaire is free and allows for useful feedback in everyday life.

MOTHER MATTERS - FORUM



## EXCHANGE IDEAS!

Another important resource of the project is the online forum: in a private space on Facebook, people from all over the world can share experiences, stories and challenges regarding their background, their experiences of motherhood and their ideas for the future in the way they like, with videos in sign language, written text, images... Help us promote dialogue and support between people with disabilities, health professionals and educators. In the forum you can comment or post content anonymously in case you want to keep your profile private.

*Find the group on Facebook: Mother Matters - Forum !*

READ MORE ON OUR WEBSITE: [www.momsproject.eu](http://www.momsproject.eu)



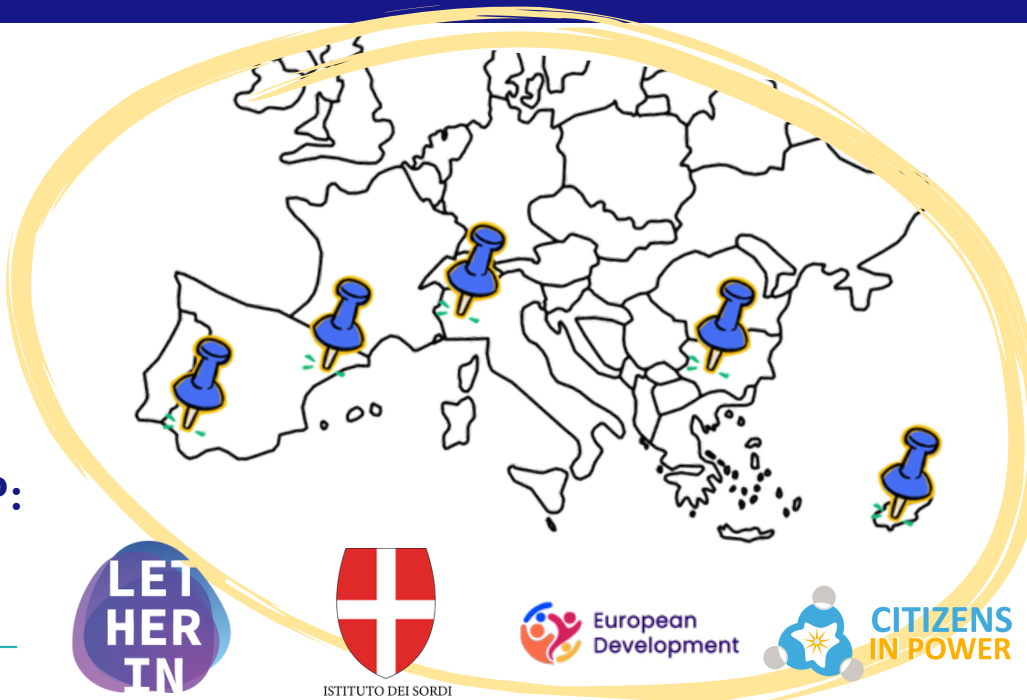
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MOMS.MOTHERMATTERS



MOMS.ERASMUSPLUS@GMAIL.COM



## THE PARTNERSHIP:



## INFORMATIVE PILLS

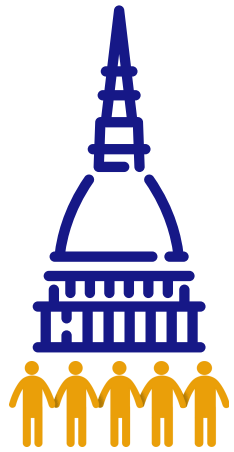
The “Informative Pills” are brief pieces of information with the aim of providing guidelines and practical advice to deal not only with motherhood in a conscious way, but also with daily social challenges seen as opportunities for collective growth. In particular, the five macro-themes of the first “Informative Pills” produced so far focus on: the body, well-being, relationships with others, becoming parents, and social support.

This micro-information are designed both for people with disabilities and for health and education professionals: the “Informative Pills” are easy to consult, available in English and in the languages of the partners involved in the project. In addition, short videos will be produced in the sign languages of the partner countries and in International Sign on the main vocabulary present in the information pills.

## PARTNER’S LAST TPM

The last transnational meeting of the project will take place in July in Turin.

The project partners will have the opportunity to discuss the final stages of the project and, most importantly, to organize the final conferences at each partner’s premises in the last two months of the project (September and October 2025).



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**MOTHER MATTERS**  
The right of women with disabilities to motherhood  
Erasmus plus project number 2023-1-IT02-KA220-ADU-000153664

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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 -**

**SOCIAL PRESCRIBING**

Social prescribing is a political strategy for supporting the physical, psychological and social well-being of people. It is based on the evidence that the workload of the health system can be lightened through the collaboration of social, cultural, sports, recreational and volunteering organizations. Social prescribing has been well analysed and described in a guideline called “A toolkit on how to implement social prescribing”: health professionals are asked to promote the well-being of citizens and patients by indicating their services and resources present and active in the local community in which they live.

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