



mind body baby



*A safe space
to struggle,
find help,
& gain perspective*



Mind

Why help is not sought..

Shame/ Stigma

Cost/ Access

Lack of Knowledge

Fear of Repercussions

Mind

Why help is not sought..
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Body

Humans biologically
hardwired to expect
the support of a village
through the perinatal
experience

Mind

Why help is not sought..
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Body

Humans biologically
expect the support of a
village through the
perinatal experience

Baby

Maternal mental
health and Infant
mental health are one.
Mental health in pregnancy thru
year 3 has life long impacts on
brain development.

Mind Body Baby works to educate and support new and expecting families through the perinatal experience, because when caregivers are knowledgeable and nurtured; children have the greatest potential to thrive.

How we believe we can make an impact.

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Maternal mental
health and Infant
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- **Normalization**
- **Education**
- **No cost & options to improve access**
- **A judgement free/ equitable space**

How we believe we can make an impact.

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Humans biologically expect the support of a village through the perinatal experience

- **Build peer community**
- **Social- emotional support**
- **Improve Access to Needed Resources**

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Maternal mental health and Infant mental health are one.

- **Increase Parenting Confidence**
- **Reduce Emotional Distress**
- **Everyone deserves support philosophy**

"Our children need us
to matter."

- Beth Barry

Mind ↔ Body ↔ Baby

The gap we see

Shame/ Stigma
 Cost/ Access
 Lack of Knowledge
 Fear of Repercussions

Humans biologically expect the support of a village through the perinatal experience

Maternal mental health and Infant mental health are one.

What we believe we can do to impact

Normalization
 Education
 No cost & options to improve access
 A judgement free space

Build peer community
 Social- emotional support
 Everyone deserves support

Increase Parenting Confidence
 Reduce Emotional Distress
 Improve Access to Needed Resources

What we have done to date.

Peer Support
 Groups
 Events
 Social Media

Resources & Education
 Website resources
 Video Library
 Social Media
 NPE

Community Care Fund
 Bridge financial gap to needed mental health services, including access & Doula services

What we want to add/improve

Mom Mentor Program
 low cost, volunteer driven, need capacity, possible app

Diaper Drives for outreach & Preventive Resources*
 Grant driven partnering w/ NC diaper bank, Storks Nest Partnership

Add doula support for Mothers of color
 Needs more funding, improved metric collection