



Inclusivity & Humility Agreement

Mind Body Baby NC's work is rooted in an understanding of perinatal mental health, infant mental health, our innate mammalian need for social support (a village) and the overall importance of the primary caregivers' wellbeing in the development of the child, the safety of the home, and as cultivators of each new generation.

Every parent and primary caregiver (no matter how they found themselves in the role, or who their family/home consists of) is valuable and deserves support. Their children need them to matter too.

An evolving requirement of partnering with Mind Body Baby NC in any form is an active and ongoing commitment to cultural, racial, philosophical, and experiential humility.

Humility in this situation is the self awareness that each and every one of us can only truly know our own ideas, history and experiences, and as such, none of us can ever fully comprehend all that is involved in someone else's decisions, desires, knowledge or experience. Additionally, it's an awareness that each of us holds bias in many forms because of our own experiences. Practicing this form of humility is a constant and sometimes uncomfortable effort. We are never done.

In action, humility is catching your inherent judgements and implicit bias - recognizing it for its unfair judgment. It's a willingness to learn from other's experiences and practice mutual respect even if their ideas, experiences or decisions do not sit well with you, or if the other person does not wish to share with you. This is work this organization strives towards every day. It doesn't mean we do not make errors, but rather are willing to apologize and learn from mistakes despite how uncomfortable it can sometimes feel.

If you are committed to this ongoing work as part of working to create positive community change, please "I am committed to inclusivity & humility" below and sign your name.

Sign _____

Date _____