

# Nourishing Newborn Mothers

Radiance Symposium 2023



Newborn Mothers

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Acknowledgment of Country  
and the Wadandi people

## A Note on Gender



## What you'll learn

Lifestyle influences on mental health

Ways different cultures care for new families

How community care can contribute to mental health



## About me

Founder and director of Newborn Mothers

Author of two books

Creator of Postpartum Education and Care Professional Training



## Lifestyle influences on Mental Health

Exercise

Sleep

Relationships

Food

Poverty



## Universal Postpartum Care Themes

Relief from chores and cultural obligations

Staying warm

Initiation and rites of passage

Alloparenting



Chat with your table about  
your knowledge or  
experience with cultural  
postpartum care and how it  
supports mental health





## Universal Food Themes

Invalid food

Infant food

Porridge

Comfort food



## Cultural Postpartum Food

Philippines - Bulalo

Bone broth

*Frances Monteroso*



## Cultural Postpartum Food

African- American - Potlikker

Supe leftover after cooking  
greens cooked in a cast iron pot

*Shafia Monroe*



## Cultural Postpartum Food

Morocco - Rfissa

Shredded flatbread with chicken  
and lentil stew

*Layla B*



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postpartum care and how it  
supports mental health



## Barriers to participation

Poverty

Lack of childcare

Social isolation

Lack of access to education

Lack of access to healthcare



Chat with your table and discuss how we might support all families to overcome barriers to participate in a lifestyle that makes them healthy happy and safe.



## How do we make this a reality in 21st-century Australia?

Postpartum Education and Care Professionals

Better quality postnatal education for all health professionals

Public Funding





## Your contribution

Care provider

Educator

Academic

Activist



Chat with your table about  
what your contribution  
might look like





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[www.newbornmothers.com](http://www.newbornmothers.com)



Thank you!



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