

# Tip Sheet

FOR YANA SUPPORT MOMS & VOLUNTEERS

## MISSION: (BRACE)

**BE VULNERABLE**  
and ensure that you validate your mom's experience.

**REACH OUT**  
to YANA or other support sources if you need help.

**ATTEND**  
YANA-sponsored gathering as possible (virtual or in-person)

**CONNECT**  
with one other mom by checking in on her at least once a week.

**ENJOY**  
your new connections and know that you are making a difference!

## CORE VALUES: (PRICE)

**PATIENCE** – Practice patience and understanding, recognizing that each mom's journey is unique and may take time.

**RESPECT** – Acknowledge and honor the experiences and choices of each mom, creating a safe and respectful environment.

**INCLUSIVITY** – Ensure that every mom feels included and valued, regardless of their background or circumstances.

**COMPASSION** – Approach every interaction with empathy and kindness, recognizing the unique challenges faced by each mom.

**EMPOWERMENT** – Encourage and support moms to build confidence and strength, helping them to navigate their challenges with resilience.

## IMPORTANT REMINDERS:

1. YANA Support Moms are not a substitute for clinical care.
2. If a mom needs support beyond your role, refer her to a physician, therapist, or other clinical care professional.
3. Interact with moms by:
  - listening carefully and attentively.
  - being aware of body language and feelings.
  - sharing your personal experiences and being vulnerable with her, too.
  - being aware of your own motherhood triggers.
  - validating feeling through empathy and compassion.
4. Your story is meaningful and can help other moms relate and feel more comfortable.
5. You are proof that moms can be healthy, strong, and resilient.

## YANA SUPPORT MOMS & VOLUNTEERS



FRIENDS MOM  
OBGYN FAMILY  
COMMUNITY  
PEER SUPPORT

PEDIATRICIAN  
CRISIS SUPPORT  
MENTAL HEALTH  
CLINICIAN

COLLABORATIVE UMBRELLA OF SUPPORTS

*You are not alone.*

## AVOID EMOTIONAL FATIGUE:

1. Be mindful of emotional transference, where you might start feeling the same emotions as the person you're supporting. Set emotional boundaries.
2. Regularly assess your emotional and mental well-being. Practice self-care of mind, body and spirit – do things you enjoy!
3. Stay connected with a support network. Regularly connect with other support moms or trusted friends and family who can provide emotional support.

## HELPFUL SUPPORT:

YANA SUPPORT: [info@yanamom.com](mailto:info@yanamom.com)  
MATERNAL MENTAL HEALTH  
HOTLINE: 1-833-TLC-MAMA  
(1-833-852-6262)

