

# Post Natal Support Network Vision statement



## *Promoting a 40-day postnatal rest and bonding time*

**Charity vision:** Being born and giving birth are two of the most impactful events in our lifetime. After birth not only does it take the new mother around 6 weeks to heal from the wounds of labor, it takes at least this period of time to get familiar with her new role as mother and a differently constructed sense of family. Stress during the first weeks post labor contributes to difficulties with breastfeeding, the slow healing of the womb, issues with bonding between mother and child and the experience of postnatal depression. Families need to understand that this important and delicate time establishes patterns that will affect the individual and families for decades. A mother would do well to be mothered by local help or trained support during a period of 4 to 6 weeks after birth. Asking and accepting help is key to this understanding.

**Charity purpose:** The Postnatal Support Network (PSN) addresses the importance of a well-prepared and relaxing 40 day postnatal period. It is an international organisation with a non-medical and social network, informing families-to-be about this special and delicate time after birth. PSN coordinates the demand and response of trained support via a web based service. It provides training for those interested in becoming post natal 'helpers' - carers who can give holistic support during the post natal period. In addition, the network is a fund for financial help for families with limited resources. And the network functions as a platform for sharing personal birth stories.

Our work is based on three pillars:

### Education

- Raising awareness within families about the relevance and impact of 40 days rest and bonding for mother, baby, families and societies.
- Raising awareness of potential PN sevadars about the essence and relevance of selfless service.
- Raising awareness of birth professionals about the necessity and impact of help during the 40 days; the need to prepare families for well organised 40 days PN period suiting their personal needs.

### Empowerment

- Providing families information and practical tools to organise their 40 day PN time tailored to their personal needs.
- Set up extensive international training program for PN sevadars amongst 3HO family and beyond. The training gives theoretical and practical knowledge of why and how to serve the mother and family.
- Creating communication platforms with national PSN coordinators networking with (local) birth professionals and sharing Knowledge and information.

### Exchange

Providing a platform for the offering & requests for support between families and PSN sevadars via a web based service. The website will have an online tool with rich sources of information, guidelines, a forum and extra training for the sevadar.

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## **For who is this network:**

- Mothers, who are open to ask and receive help that fits their personal needs.
- Babies who will have a more rested mother and are therefore potentially more present for his/her needs.
- Father and family who will enjoy the change in family configuration with less stress and fatigue.
- Mature and responsible helpers who are inspired to serve in a dedicated way and have considerable time and flexibility in their own job and family commitments.
- And professional healthcare workers (midwives, post natal nurses, gynaecologists, psychologist, osteopaths, physiotherapist, lactation consultants etc) who are open to alternative, and natural approaches to childbirth and see their role as advisor for preparing the post natal period.

## ***Disclaimer:***

The PSN helpers does not replace a medical or psychological professional care.  
All helpers involved with a family in a postnatal support process are taught to orient a mother towards a professional care taker if they detect a physical or emotional difficulty.