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Moms Support Group: Lack of Support to Moms Postpartum

Brooke C. Labit

Boise State University

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Author Note

Brooke C Labit, Bachelor of Arts in the Interdisciplinary Professional Studies at Boise State University, Boise, Idaho.

Contact information pertaining to Capstone Project

Brooke C. Labit, Brookelabit@u.boisestate.edu and Brookey2k@gmail.com

Abstract

This service learning project is centered on organizing and running a mom support group regularly to provide moms with the chance to assist one another in a safe atmosphere for their recovery following childbirth. Additionally, I created a social media page on the platform found on Instagram for this support group so that moms may communicate frequently and follow and interact to join for upcoming events. The project will benefit the moms by helping them make more meaningful connections and feel more supported during this time. Navigating parenting while maintaining all aspects of your life can be difficult. Going through similar experiences and getting assistance from others has proven helpful.

Keywords: Support Group, Postpartum, Childbirth, motherhood, Postpartum Depression (PPD),

Introduction to my Capstone Project

The initial reason that inspired me to do this project was due to my own experiences. In 2023, I became a mother while finishing my final year at Boise State University. I was inspired by all of the kind nurses and mothers that assisted me after giving birth to my baby. This sparked a fresh vision of what my life will be like after that. I began to think about how I could successfully create a postpartum support group for mothers. That is how I decided on my Capstone Project. I'll be graduating this summer with a Bachelor's degree in Interdisciplinary Professional Studies with an Emphasis in Sociology and a certificate in Emotional Intelligence. The merging of my educational experiences and learning, notably in Emotional Intelligence (EI), and my personal experiences as a first-time mom inspired me to create a moms support group. Many people go through being a parent alone; this will allow moms to experience it at the same period and grow together. This approach will give a fresh and different way, allowing moms to have a community who are going through similar experiences. My project is taking place on the social media platform Instagram. This process began as a group for new mothers in the postpartum period. On Instagram, I started a page called Boise's Moms Club. It is open to all moms of any age, and I began to host events. The group's activities include walks, yoga, coffee dates, and small getaways. These activities will help moms connect with one another and feel more supported and connected to their community. These gatherings will provide a safe space for mothers to discuss everything related to parenting, from the beautiful miracle of childbirth to the struggles of caring for a newborn and overcoming difficulties such as postpartum depression.

In June 2023, I created and managed the Boise Mom's Club. My first step was to contact women in my neighborhood, as well as friends and acquaintances on social media who had

recently given birth or were in their third trimester of pregnancy. I proceeded to explain the group and vision of events that I had by via text, phone calls, or in person. I invited about 15 people to the first event, which was a casual “*meet n greet*” for coffee and a walk at Hyde Perks Coffee House. There were a total of 5 participants. Even though it was a small gathering, It was successful and helped establish the beginning of this social group. I collected feedback on what could be improved, proposals for more involvement, and ideas for other activities in the coming weeks. I assisted with more events and completed 55 hours for my service learning project by setting up events and participating in the events themselves. I intend to expand this group and eventually create a larger social event, a retreat.

Elements coming together

I attempted to be creative and innovative with my approach because, compared to other support groups, I did not have every event planned out ahead of time. During the first meeting, I conducted polls on social media and sought out feedback to better understand the types of support that moms preferred. Holding social events on a regular basis will allow moms to help each other while also providing a safe area for them to communicate any assistance they may need. Moms will be able to connect on a daily basis with the help of the social media page. This project will assist the stakeholders (moms) by allowing them to make new contacts and feel more supported. It can be challenging navigating motherhood and trying your best to maintain all aspects of your life. Receiving assistance from others and going through similar experiences could be valuable. I decided to conduct monthly or bi-weekly events in Boise to provide moms with additional options in their busy schedules.

The position of organizing and overseeing this support group has made me and those I've

encouraged to attend aware of the changes they've experienced postpartum. We don't understand how much we're battling until we hear stories from others who have gone through similar circumstances to us. Opening up and becoming vulnerable with one another encourages stakeholders in the group, such as (moms and myself), to become more self-aware of the difficulties they are experiencing. This can also make us feel less alone because we know there are many other ladies out there searching for help.

Considering the different levels of (EI) Emotional Intelligence among the mothers, everyone is at different places and working on growing in different ways. The group helped to progress in better EI of mothers by practicing exercises to increase self and social awareness. An activity I practiced in the second event, a paint night at my house, was activities I discovered from reading the textbook *Emotional Intelligence 2.0* by Travis Bradberry. Learning activities we practiced from the book were Identifying Emotional Avoidance strategies and using coloring and painting to destress. This was a valuable time for mothers because it allowed them to reflect on their week and the goals they wanted to achieve.

Unique approaches I tried were taking questions on Instagram anonymously and answering them by post so others could gather more information by reading answers to questions they might have had. I also did an initial post on why the group was created so they could see the importance of having support and working on balancing different aspects of their lives as moms.

Results

I analyzed the impact of this group had by the number of people who attended the events and what they said helped them grow as people or that they enjoyed. One mom, who was a friend of someone I knew in the group, mentioned how much she enjoyed the activities and book recommendations and texted me at home to tell me she was trying out an activity. This task entailed making two columns and writing one's values in the left column and the week's actions in the right column to determine if they corresponded with their values. She said this helped bring more self-awareness like we discussed during or women's paint night.

Conclusion

The expected outcome is that only a few girls would be able to attend the first meet and greet. I knew from my own experiences that between work, full-time school, and having a newborn at home, I could only be out for a few hours at a time during a specific time of day, then considering my energy level for the day to socialize. I discussed this with other moms and made arrangements so that more people could attend the events. This meant that one event would be a lunch later in the evening rather than a brunch at the first location I addressed. Smaller groups were just as beneficial since they allowed for more in-depth conversations and intimate interactions. We were able to spend more time with each other, which helped us to learn more from the group. Although, something I would do differently is arrange more activities during an event so we have more time to discuss specific topics.

References

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[BOISE MOM CLUB](https://www.instagram.com/boise_mom_group/)

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Appendix


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Instagram

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boise_mom_group Edit profile View Archive

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Boise Moms Group
Anyone is welcome to join ♡ Founder @brooke.labit

- Lunch w/moms
- Walks
- Brunches
- Events
- Coffee
- New

POSTS | SAVED | TAGGED



References

Bradberry, T., & Greaves, J. (2009). Emotional Intelligence 2.0. TalentSmart.