



REVIEW OF COMMUNITY MOTHERS PROGRAMME

Feedback from Parents
and Community Mothers
Programme Sites

'That's when I really got the benefit from the Programme. My Community Mother used to call to me in the hospital twice a week for a month. I wouldn't have great family support and I was really on my own and so without exaggerating, I know when my baby was born, I wouldn't have gotten through it without the support of the CMP'.



“I never felt judged”

“Once I became involved with the CMP I started to relax and enjoy him.”



“She [CM] asked me one day, ‘do you sing to your baby?’ and I was like ‘oh god I really don’t have a good voice’ and she said, ‘that’s ok cause babies just really like the sound of your voice’. ..you know it totally calms him down. If I’m out and he is getting agitated in the buggy I sing to him, in Penneys, and all, and he loves it”



A volunteer with parenting experience providing emotional and practical support for families with young children.

FAMILY MORNING

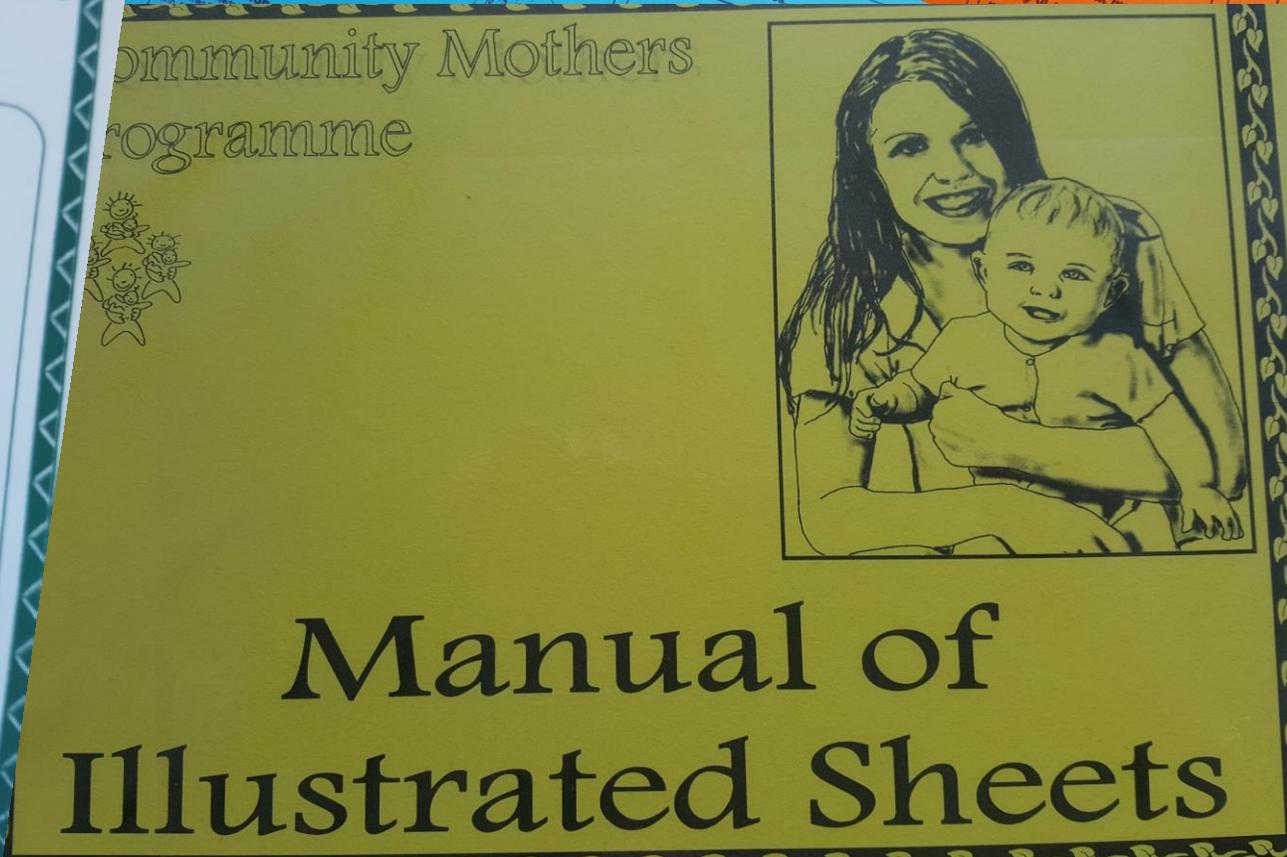
An opportunity to meet, share parenting skills and get information, while the children are involved in play and developmental activities.

FIRST TIME PARENTS GROUP

Giving first time parents an opportunity to meet others parenting for the first time and gain confidence in their parenting role.

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“I mean it was so invaluable to me – so invaluable to me – I mean I made a really strong bond with the Community Mother and I found them fantastic.”



“Especially with girls who have depression, you know like, if you’re depressed or have anxiety and stuff like that it’s great, like as, they really put you on the right path to other places and make sure you get the right supports”.



“She [my CM] has really supported me. My confidence has been the biggest change, I go to groups 4 times a week now just to get out of the house.”

“Well it was so different to other services, she took a real holistic point of view.”



“Everything is confidential – even in the groups, if you look down in the dumps she’ll say come up to me after and she’ll have a word with you – she won’t say anything in front of anyone else, she’ll wait until everyone is gone or something and say is everything ok?”

Community Mothers



The Community Mothers Program

“She (my baby) was always a little bit slower to develop, and it was my Community Mother who in a very gentle way suggested maybe we need to address these things”



“..she’s great like a genuine person – that’s what they need though – someone who is down to earth but you know they also need to be someone who is not going to sugar coat it for you either. If you were in the wrong, you know you need someone to tell you”.



“The visits were just brilliant.”

“They are great listeners – if you want any advice, anything at all, they are like a second ear”



“When I found out that my eldest had autism and ADHD at 18 months, I just went down with post-natal depression as my baby was only 6 weeks at the time. My CM would bend over backwards to help my son in any way”





“She was so down to earth , she really met me where I am, we found straight away – very good communication and she was really so professional”

“She gave me all the information, and breastfeeding support – I just finished breast feeding for nearly 3 years”



“You know there is such a difference between them and other health services. I mean at the time, when I first popped in to the Community Mothers, I wasn’t actually even going to tell the hospital I was on the methadone programme or anything. But they supported me to do that.”



“I breastfed and that’s where it came in really useful, I had a difficult labour and my daughter was in hospital for 2 weeks after with bacterial meningitis. When I came home I had a fabulous CM, and it’s so much more relaxed in your own home. She advised me in terms of my posture and that made a huge difference and I breast fed for over a year”



Parents First (Laois, Offaly) CLG

HOME VISITING

A volunteer with parenting experience providing emotional support for families with young children.

FAMILY MORNING

An opportunity to meet, share parenting skills while the children are involved in play and development.

FIRST TIME PARENT GROUP

Giving first time parents an opportunity to meet others parenting for the first time, and gain confidence in their parenting role.



“As a first time parent it can be very nerve-racking, especially when you don’t have any family, and you are with your baby 24/7 and you can’t switch off.
I am more positive and she helped me to stay positive.”



“I don't feel like she's telling me you're not doing it right- really understanding and down to earth”

“..she learned me literally everything – things that my mam and my nanny wouldn't have done with me and I'm like 'no you don't do it like that now'”



“I remember looking forward to meeting her and being a bit embarrassed about how messy the house was but she really made me feel reassured and made me feel at ease. There was a kindness and an empathy straight away.”



“She helped me get more confident in myself and trusting more about myself, as a single parent. [There is] so much information and you start doubting yourself, but as you know mothers instinct is always right, I was always right but I just needed the reassurance”



“They made me more confident, like as a mother, I often be doubting myself at home and my CM would say don’t need to have anyone knock you down, you don’t have to prove anything to anybody, you know like I only started realising that now like, and you do need to be told”

Community Mothers

Parents Supporting Parents

Community Mothers Programme

Mother & Baby Group

Parent & Toddler Groups

Breastfeeding Support

Community Mothers

Parents Supporting Parents

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Parents Supporting Parents

Clonmel Community Parent Support Programme Ltd.

The Clonmel Community Mother Programme aims to enable parents to enjoy and participate fully in their child's development.

Community Mothers support parents in their role, by offering support and encouragement, shared experiences and information.

This mission statement anchors the Programme in the belief that through encouragement and positive affirmation all parents will become more proactive in their child's development.

“Are you getting on ok and really like encouraging things like do you want to bring the baby out for a walk, as that’s a really nervous thing for a new mum, so she helped me get the baby ready and she came with me. It sounds really stupid but it was really nerve-racking “

Teresa

Keegan

20 years

Saul

6 years



“We’ve got such a strong bond now it’s just like a friend dropping in. So, I don’t feel like she’s an authority figure.”

“[he was] 9 days old and I brought him over for the baby massage.. That’s when I got to know them and they started to visit”



“She instantly gave me reassurance and confidence. It was so much more different and she taught me how to trust my own instincts. I knew my baby was going to be ok”

“She really focused on my wellbeing and me as being the most important factor in caring for my baby”

“It needs to be a bigger service with more national coverage....it should be offered to everyone”

“.. it was great you see because with the breastfeeding –I always find that my CM is so passionate about it and like she’s really into it – you could always ring her – you had your visit once a month but if you needed her in between you could just pick up the phone – she’s lovely”



“It’s amazing the impact one person can have on your life even if they only have a small level of involvement with you but at that very stressful and vulnerable time, the role of one person can make a considerable impact on you and then your family”



CONGRATULATIONS

The recipient of awards is

Ashley A. Bin

For attending Infant Massage Course

“She answered the phone the first time I called and that was great. I could pick up the phone and ring her at any time”

“It should be everywhere in Ireland”

