

A lifesaver for new mothers

Struggling with a new baby? It's hard to be a confident mum at the best of times. Even with loving relatives nearby, a comfortable home and good health, there are the sleepless nights, baby's heartrending, unstoppable cries, and that constant self-doubt: am I doing it right? Am I a good mother?

How much harder it is when you're isolated. Family far away, a new culture, conflict with your partner because you're both under pressure.

"I was in a very dark place. I feel like my Mum for Mum volunteer has been a lifesaver"

(Mum supported through the program)

That's where Mum for Mum, founded 12 years ago by the National Council of Jewish Women (NSW), comes in. This non denominational program matches pregnant women in their last trimester and mums with new babies with a trained volunteer who will provide ongoing emotional support in the first year of the baby's life.

In the last year alone, Mum for Mum's 160 volunteers supported 250 mums across Sydney.

All volunteers are mums themselves. They undergo extensive training — in mental health, domestic violence awareness, child development and the psychology of parenting. Regular debriefing and supervision sessions enable them to offer the best support possible to the mothers

they are accompanying through difficult times.

A TIME LIKE NO OTHER

"Having a new baby is challenging in the best conditions. And how much more challenging during this pandemic, which is taking a massive toll on mental and physical health," says Nadene Alhadeff, Mum for Mum's Executive Director.

"It's a time like no other. If new mums are struggling, it impacts their babies' healthy development.

"There are increased health concerns for baby and family, separation from family members, and relationship issues arising from working and parenting in confined spaces, not to mention financial and job security concerns."

"I was isolated and in lockdown with a baby with reflux and nothing going right. Knowing (my volunteer) would lift me up when things were difficult got me through" (Mum of 9-month-old boy)

"Our dream for Mum for Mum," Alhadeff says, 'is that wherever there is a mother who can benefit from the program, we will have a trained volunteer ready to support her, helping her find her unique voice and be the best mother she can be. You can help — please consider donating to or sponsoring Mum for Mum."

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Mum for Mum volunteers support and strengthen young families