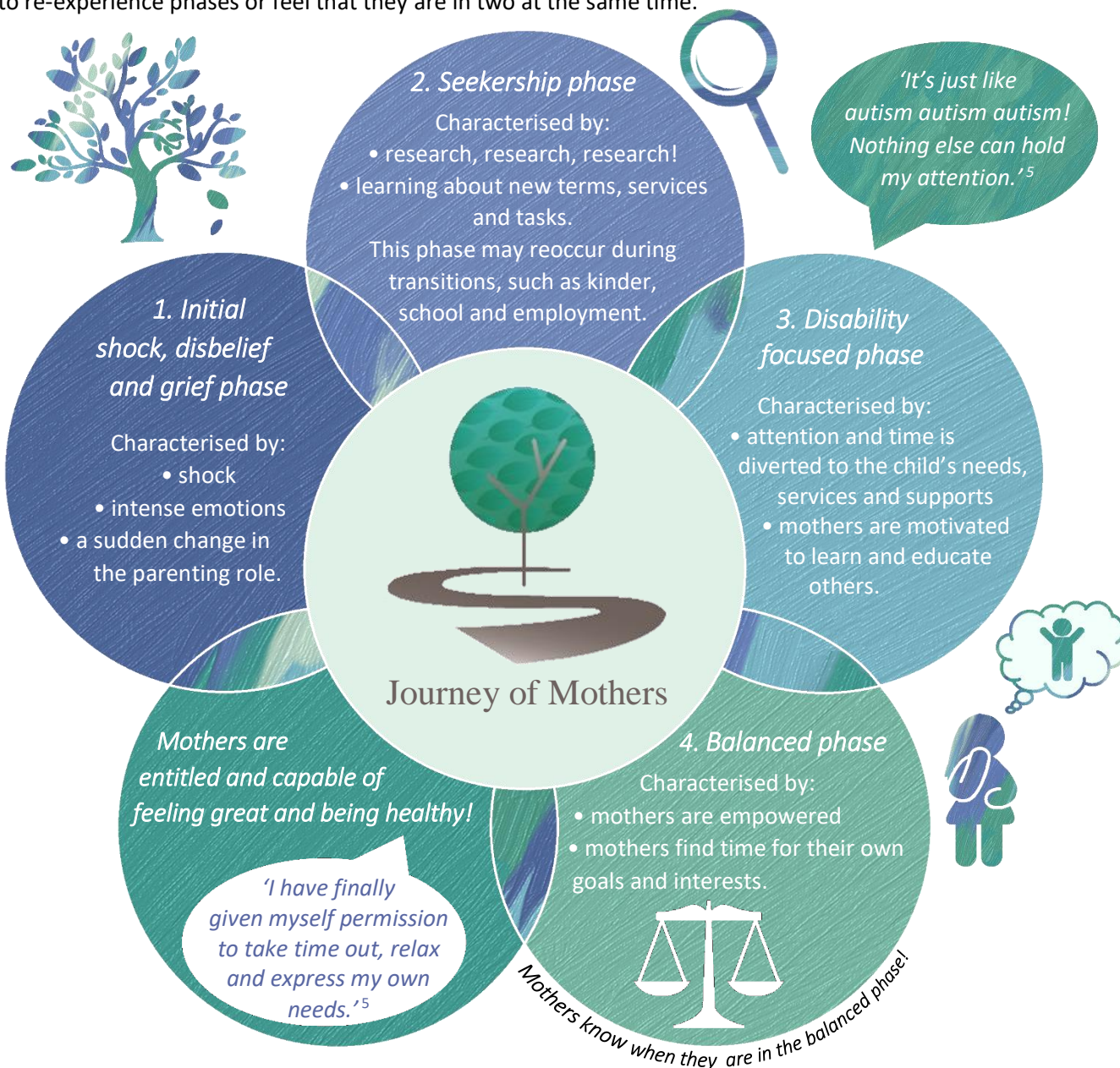


The Journey of Mothers

Created for mothers by Helen Bourke-Taylor PhD©



After a child is diagnosed with a disability, many mothers experience phases that are different to other mothers. Research with mothers has identified four phases in their journey of mothering a child with a disability.¹⁻⁴ Mothers say that it is common to move through the phases one by one, and also to re-experience phases or feel that they are in two at the same time.



So what can I do?

All mothers are capable of finding balance in their lives.

- Spend time with people who support you.
- Take care of your own health by ensuring you eat healthy food, exercise regularly and get adequate rest and sleep. Spend time in activities that replenish you.

It is important to take care of yourself and attend to your own health and well-being alongside your child's and other family members, **in all phases**. Designing your lifestyle around your health and well-being is important and achievable. See Fact Sheets 2 to 12 for further information and other ideas.

Visit our website at <http://www.healthymothers-healthyfamilies.com/> for more information.

References 1-5: See Fact Sheet 13 for full list of references.