



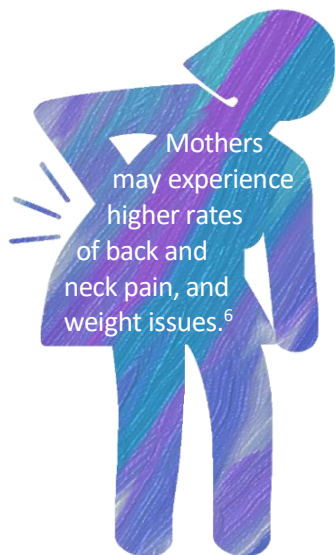
Health and Research Findings



Created for mothers by Helen Bourke-Taylor PhD©

It's no secret that caring for children on a daily basis can be stressful due to the tasks parents do every day for their child. However, mothers of children with a disability have additional time pressures and unique demands. Research with mothers of children with a disability has found that mothers can experience challenges to their health and well-being due to these unique demands.

What are the research findings?



Not having the time, energy or resources to participate in other types of activities besides caring means that many mothers do not prioritise healthy activities.

As a result, it can be harder for mothers to maintain their health and well-being.

Some research does indicate that mothers can experience poorer health outcomes such as an increased risk of depression⁷ and cardiovascular disease.⁸

It is important that mothers focus on healthy lifestyle design to minimise health risks.

So what can I do to improve my health and well-being?⁶

physical activity: associated with living longer with less illness and feeling better emotionally.

healthy eating: helps with weight management and is associated with less illness and improved mood.

adequate rest and sleep: associated with less illness, better memory, improved daytime functioning and improved mood.

supportive relationships: provides us with emotional support during stressful times, increased lifespan and promotes happiness.

emotional wellbeing: helps us feel positive about our relationships and our life.

stimulating work, education, and leisure: affirms us as individuals, can lead to income and overall life satisfaction.

seek healthcare advice: to keep on top of your health and address any concerns before they are an issue.

'I hadn't been to the dentist in seven years... I've just taken my kids... it was just [in the] too hard basket.'
*'I've been to see the GP... and I've been to the dentist... it made me realise that I have neglected myself for seven years... that's a big thing for me... and I'm actually really excited.'*⁵

Programs and supports are available for parents who are carers. See Fact Sheet 12 for more information.

Mothers are entitled and capable of feeling great and being healthy!

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

References 5–8: See Fact Sheet 13 for full list of references.