Helping families to find their balance.

What is HMHF?
Healthy Mothers Healthy Families (HMHF) is a website with online modules designed for mothers of children with a disability. HMHF Helps families to find their balance though empowering mothers to seek their own balance of healthy activities for themselves and their family.

What is in the site?
In the site you will find:

- Videos from seven mothers who share their stories about healthy lifestyle change
- Educational videos, worksheets and information about how to make healthy changes
- Evidence based information about stress, diet, physical activity and much more
- 10 modules that mothers can complete at their own leisure at home on a computer, on their phone...anywhere!

Explore the program online ➔ healthymothers-healthyfamilies.com
### What are the modules about?

The modules have some great information! The contents is summarised in the table below:

<table>
<thead>
<tr>
<th>Module 1: The Journey of Mothers</th>
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<tbody>
<tr>
<td>Overview of research findings about the health and wellbeing of mothers of children with a disability</td>
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<td>Health and lifestyle</td>
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<td>Making healthy changes</td>
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<td>Seeking professional support for health issues</td>
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<tr>
<th>Module 2: Health &amp; Research Findings</th>
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<tr>
<td>Stress and mental health: Research about mothers and how they feel.</td>
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<td>Identifying the main issues that cause stress and compromise mental health.</td>
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<td>Understanding your emotional wellbeing: When and how to help yourself.</td>
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<th>Module 3: What Mothers Say About Stress</th>
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<td>Finding inner and outer balance: suggestions for looking after yourself</td>
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<td>Strategies that help on an everyday basis</td>
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<tr>
<td>Making regular health promoting and social activities a part of your lifestyle.</td>
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[Explore the program online](healthymothers-healthyfamilies.com)
### Module 5: Active Healthy Mother

- Physical activity: what’s essential and why.
- Barriers to physical activity
- Benefits to physical activity
- Finding help to get your physical activity back on track

### Module 6: Healthy Eating

- You, food and healthy eating.
- Building a healthy body image.
- You, your child and healthy eating.
- You, your family and healthy eating.

### Module 7: Bringing Support Around You and Your Family

- Overview of types and purpose of supports
- Improving supports in your life
- Bringing supports around you and your family

### Module 8: Managing Healthy Home Routines and Having Fun in the Community

- Understanding the complexities of families to be able to manage healthy changes
- Making family routines around health and wellbeing
- Prioritising activities that lead to balance
- Having fun in the community

### Module 9: Time-for-Me Planning

- Recognising the need for support.
- Managing resources and support
- Learning about needs and finding the expert to help

### Module 10: Managing and Staying Strong

- Bringing it all together—what was available in this site and how to use the information going forward
- Building resilience: self-care and nourishing yourself
- Top tips to stay focused on healthy lifestyle design.

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**Explore the program online**  →  [healthymothers-healthyfamilies.com](http://healthymothers-healthyfamilies.com)