

# 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!

# What are the modules about?

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



## Module 1: The Journey of Mothers

- Phases that mothers identify with as they parent their child with a disability over time
- Suggestions about why self-care can be difficult at different phases and how to plan healthy change
- Aspects of care and responsibilities that make mothering a child with a disability different to mothering typically developing children



## Module 2: Health & Research Findings

- Overview of research findings about the health and wellbeing of mothers of children with a disability
- Health and lifestyle
- Making healthy changes
- Seeking professional support for health issues



## Module 3: What Mothers Say About Stress

- Stress and mental health: Research about mothers and how they feel.
- Identifying the main issues that cause stress and compromise mental health.
- Understanding your emotional wellbeing: When and how to help yourself.



## Module 4: Healthy Mind Healthy Mother

- Finding inner and outer balance: suggestions for looking after yourself
- Strategies that help on an everyday basis
- Making regular health promoting and social activities a part of your lifestyle.



## 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.