

# Debunking Postpartum Myths

For **PREGNANT COUPLES**

2<sup>nd</sup> Thursday of the month @ 6:30pm

Thursday, June 11<sup>th</sup> – Pam Napp, birth and postpartum doula will lead the conversation:  
**What Is Your Parenting Style**

## --MOTHER MYTHS

Modern American society has fostered many "myths of motherhood" that play a major role in the development of Postpartum Mood Disorders (PPMD). These myths greatly influence a woman's expectations of having a baby and how she will fulfill her role as a mother.

These myths include:

- The myth of "happy motherhood": mothers should feel happy when a new baby arrives.
- The myth of having an intuitive mothering capability immediately after the baby is born.
- The myth of instant and constant motherly love for the new child.
- The myth of the "perfect baby".
- The myth that fathers will be equally involved in parenting the child.
- The myth of the "perfect mother". –Adapted from [www.postpartumcouples.com](http://www.postpartumcouples.com)

**Pam Napp** has assisted well over 100 families as a birth doula and over 75 postpartum families. Pam has expertise working with women that are experiencing postpartum mood disorders. Besides her extensive experience with birth, postpartum and breastfeeding, what makes Pam truly unique is her kind and generous heart.

Please RSVP Evelyn @ 727.432.8080

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