

Mother-to-Mother:

a program sponsored by

REGIONAL HEALTHCARE FOUNDATION

Mother to Mother is essentially a mentoring program that pairs young mothers with experienced mothers.

In addition, we

- sponsor regularly-scheduled activities where you can meet and participate in programs that promote the physical and social growth of you and your child.

- introduce you to additional programs and services in the community that can help you make choices that will bring about a better life for you and your child.

- offer encouragement and advice while you continue your education and prepare for a rewarding career that will provide financial security for you and your family.



We are all about young mothers and their babies.

If you decide to join M2M,

You will be paired with a mentor who will

- listen to you and offer her experience.
- applaud your accomplishments.
- share the good times as well as the bad.
- maybe even go shopping with you!

You will receive information concerning

- safe sleep for infants.
- breastfeeding and nutrition.
- childhood immunizations.
- infant massage techniques.
- prevention of shaken baby injuries.

You will be invited to join other young mothers for

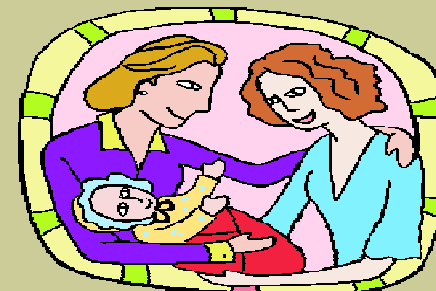
- organized play groups.
- scrapbooking
- monthly meetings with guest speakers.

You will receive help and encouragement to

- finish your high school education or earn a GED.
- continue your education in vocational or college classes.
- seek a job.

One young mother wrote,

"When I first started with M2M, I was very pregnant and had no idea what was going to happen next. Then I received the best thing that could have happened— support in the form of a mentor! With her help, I made it through some of the hardest moments in my life. I overcame the fear, regret, sadness, and thousand-and-one other emotions that hit me like a brick during and after my pregnancy. With the help of my mentor, I began to sort out my feelings and began to understand that the most important thing would now be my child. I realized that in order to take good care of my baby, I had to first take care of myself— physically and emotionally—and the Mother-to-Mother Program has helped me do that."



What our young mothers say about their mentors:
"She's an understanding person."
"She's always there for me."
"She's nice and fun to be with."
"She's someone I can trust."

Our Organization

Mother-to-Mother is named for the program's mentoring component that pairs our participants with experienced mothers who are trained to provide advice and emotional support.

Modeled after the Missouri Volunteer Resource Mothers Program, developed at the University of Missouri, M2M has been implemented in our state as well as nationally. The Stoddard County Program began in 2001 with one staff member, a couple of mentors, and a few young moms. Today, M2M has three staff members, twenty plus mentors, more than thirty terrific young mothers, and some of the smartest, cutest babies in the world!

M2M is for you IF. . . .

- you are pregnant
OR
- your child is under one year.
- you are 21 or younger.
- you live in Stoddard County.

Our Mission

To create healthy young families through education and support services in partnership with the community.

Join Us!

For more information, please call or stop by the office to meet us.

Phone 573-624-1607
Monday - Friday, 9 a.m. -12 p.m. 1-5 p.m.

Mother-to-Mother

M2M Staff Members

Beth Bischof
Linda Dowdy
Yvonne Hall

Our Support

Funding is provided in part by the Missouri Foundation for Health, Children's Trust Fund, and the Neighborhood Assistance Program.

Additional support is welcomed and received from churches, community organizations, and individuals.



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MOTHER to MOTHER



Where YOU can

- make new friends
- learn parenting skills
- earn baby supplies and equipment