“LET ME KNOW IF YOU NEED ANYTHING”: SUPPORT REALITIES OF NEW MOTHERS

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RESEARCH DETAILS

Aim
Investigate support needs and support sources of pregnant women and new mothers.

Participants
48 participants:
10 first time pregnant, 20 pregnant mothers, 18 new mothers

Method
Asynchronous, Remote, Community (ARC) method
- 3 closed Facebook groups
- 19 activities
- 8 weeks

Activities
- Discussions
- Surveys
- Validated instruments
- Social support circle diagram

Findings
- Support needs and support sources of women evolve as they go through pregnancy, childbirth, and stages of motherhood

Proposed Support Design Framework
Evolving Ecology of Support (EES)

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