

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

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ORIGINAL PAPER DETAILS

Venue

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Honors

Best Paper Award

Paper-URL

tinyurl.com/LetMeKnowPaper

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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)

