



Healthy Mothers, Healthy Babies

Coalition of Palm Beach County

Healthy Mothers, Healthy Babies presents a quarterly workshop designed to engage and educate individuals, parents, community partners and others interested in learning more about topics affecting maternal health in our community.

Presenter:

**Barb Buckner Suárez, ICCE, FACCE,
BU Facilitator/Mentor, IPNB Certificate**

Barb Buckner Suárez is a Health Educator specializing in pregnancy, birth, and parenting. She's taught thousands of couples for over 20+ years about the benefits of embracing the vulnerability that comes with becoming a parent.

Barb's a Lamaze-certified Childbirth Educator, a Fellow in the Academy of Certified Childbirth Educators, a Certified Becoming Us Facilitator, and Mentor for Becoming Us Facilitators. She's also a professed "brain nerd" and holds a Masters Level Certificate in Interpersonal Neurobiology.

For more information about Barb, please visit our event page.



What's So Bad About "Mommy Brain?" The Negative Implications of Ignoring the Upside

The term "Mommy Brain" is most often used in a derogatory way to describe how forgetful a new parent might be after the birth of their baby. In this presentation, attendees will learn about how the maternal brain changes - both in structure and function - to support the newborn, especially in the 4th Trimester (first 12 weeks postpartum). When expecting parents, and those who support them in the childbearing year, are aware of these changes and can provide the necessary support these changes require, families can feel empowered and maybe even learn to celebrate "Mommy Brain."

Learning Objectives:

- Attendees will be able to identify the structural and cognitive changes that occur to the maternal brain during the peripartum period
- Attendees will be able to discussed the link between the amygdala and maternal behaviors
- Attendees will be able to explain the positive role "Mommy Brain" plays in supporting the the newborn
- Attendees will be able to justify the need for more and better support for new parents on the effects psychosocial stressors can have during the peripartum period

Thursday, April 13, 2023

10:00am - 12:30pm

Virtual Workshop via Zoom

2.5 CEUs Hours Available*

Registration is FREE

To Register:

 www.hmhbpbpc.org/workshop

For more information, contact Jan Bogie at
(561) 517-3026 or jbogie@hmhbpbpc.org

*CEUs: 2.5 (Florida Board of Nursing, Florida Board of Psychology, Florida Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling)



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