

“Birth is not only about making babies. It’s about making mothers—strong, competent, capable mothers who trust themselves and believe in their inner strength.”

-Barbara Katz Rothman



"To know even one life has breathed easier because you have lived; that is to have succeeded."

-Ralph Waldo Emerson

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References

*Photos retrieved from
<https://www.canva.com>

<https://www.childtrends.org/during-the-covid-19-pandemic-telehealth-can-help-connect-home-visiting-services-to-families>

<https://www.nursefamilypartnership.org/covid-19/>



**COVID-19 AND
NURSE FAMILY
PARTNERSHIP**

**TIPS/ENCOURAGEMENT
FOR NURSES & MOTHERS**



Francis Marion University

Don't Forget!

NURSES:

- Maintain good communication skills with families
- Text, check in, & send reminders to patients
- Create day and time boundaries for communication with families so not to overextend yourself
- Time flexibility before and after scheduled virtual meetings
- Practice good hygiene and social distancing
- Combat misinformation online
- Prioritize self-care

MOTHERS:

- Prioritize self-care
- Practice good hygiene and social distancing
- Ask questions! Address concerns with your nurse and doctor
- Preparedness: hospital bag, household supplies, medications, etc.
- You are not alone; maintain communication with your nurse
- Mental health and financial resources are available on:
<https://www.nursefamilypartnership.org/covid-19/>
- **You can do this!**

Telehealth / Technology Guide

Tips for video chat:

- Set up equipment to allow for level eye contact to strengthen rapport
- Minimize distractions such as background noise and think carefully about what is in the background

(e.g. Link on how to use Zoom - <https://www.cnet.com/how-to/zoom-tips-and-tricks-13-hidden-features-to-try/>)

Provide as many details as you can when talking with your nurse or patient. Especially if you are not able to video chat.



SELF-CARE

- GET MOVING
- HYDRATE
- STAY IN TOUCH WITH LOVED ONES
- HAVE A SPECIFIC SLEEP FRIENDLY ENVIRONMENT AND WORK FRIENDLY ENVIRONMENT
- CREATE A FLEXIBLE BUT CONSISTENT DAILY ROUTINE
- EXPLORE CREATIVE OUTLETS (E.G. PAINT, DRAW, PLANT A FLOWER, TRY NEW RECIPES, ETC.)
- PRACTICE MINDFULNESS AND MEDITATION
- LIMIT MEDIA EXPOSURE