

SAN DIEGO  
**MOMMY**  
& ME

*Welcome*

You belong here



# Hey Mama!

I'm Renata, a Licensed Marriage and Family Therapist and mom of two. First and foremost, I want to thank you for choosing San Diego Mommy and Me. I'm honored to be a part of your journey and thrilled to get to know you and your little!

Seeing as motherhood has enough surprises, I put together a quick welcome packet to let you know what you can expect during our time together. Please glance it over and reach out if you have any further questions or needs!

Ready?! THIS IS GOING TO BE FUN.

## TABLE OF CONTENT

1. The need to know
2. What to expect
3. Setup for success
4. The standard small print

# Mental prep.

## ATTENDANCE

Getting out of the house isn't easy, BUT it is always worth it. I'll start and end groups as scheduled, but DO NOT STRESS if you're running late. If you ever have to miss a group, please email me so I can plan accordingly.

## WHAT TO BRING

- A blanket or pad to lay your little one on.
- Socks! The room is a shoe-free environment.
- Layers? Postpartum hormones are no joke. The room is kept cool, but your personal temp may fluctuate.
- Your little + whatever else you feel they might need (they aren't known for traveling light).

(Side Note: You are always welcome to join without your little one if needed or desired.)

## BASIC NEEDS

Please nurse/bottle feed as needed. Additional food and drinks are welcomed but not provided or permitted on the carpeted areas.

Please change your little's diaper as needed. Use a pad or blanket to keep the carpet clean. There is a changing table in the bathroom for blowouts or personal preference.

## A ROOM FULL OF BABIES

If you're worried about your little one having a meltdown, you're not alone. This is a common concern, but I promise it'll work out! We'll talk further about this when we meet, BUT rest assured, I guarantee this will not be an issue!

## GROUP STRUCTURE

Each series is run as a "closed group." Meaning, you start and end with the same people + no additional visitors are allowed. This is done to foster connections & comfort in the group.

Following the personality and needs of your unique cohort, each week I'll facilitate a discussion related to motherhood. Some weeks we'll have a chance to check in with every mama, while other weeks a collaborative conversation may organically unfold.

## WELLNESS VS. THERAPY

Desiring to keep this group affordable and open to all, this is not a therapeutic/treatment group. To maintain that boundary, I will present open-ended questions but will not ask follow-up questions or prob deeper than what you choose to share. Moreover, everything I share or say is generalized, psycho-educational information. Please seek clarification, apply, ponder, or reject it as you see fit!

# How it works.

Left on autopilot, the natural struggles of this stage + modern-day factors and demands are often internalized as personal flaws or high-stake failures. These experiences can overshadow the incomparable joy motherhood offers and becomes a catalyst for harmful coping strategies + preventable personal and familial issues. However, with the right insight and tools, you can take back control and intentionally protect (or work towards) the positive postnatal + motherhood experience you desire and deserve. That's why San Diego Mommy and Me was created and this is how it works:

## GETTING OFF AUTOPILOT

The greatest gift I can give you is the opportunity to honor and normalize your experience by holding space for and sitting in the behind-the-scenes journey of other moms.

Each week I'll foster this experience by facilitating an open and collaborative discussion around the overarching themes of motherhood.

## TAKING BACK CONTROL

Throughout each discussion I sprinkle in practical + proven tips, tools, and tricks geared towards normalizing your experience, empowering you in your role, and helping you intentionally respond (verse automatically react) to the demands of this transition and gig.

Weekly follow-up emails provide a deep dive into discussion topics + resources.

## CONNECTION & SUPPORT

When it comes to the never-ending ups, downs, & in-betweens of motherhood, the comradery of other moms will become your lifeline.

I'll help you establish connections founded in nonjudgmental support and acceptance. You'll then nourish these friendships each week through our honest + inclusive discussions.

## THE RESULTS

Throughout our time together, you'll witness and genuinely begin to find comfort in the reality that there is no "right" way to mom. Your sense of competency will grow as you begin to successfully adapt to changes and challenges of this transition + role, and (re)gain a more stable sense of health and wellbeing for both you and your baby. Moreover, you'll experience increased joy, self-confidence, and an enhanced capacity to thrive in your newly integrated role and identity as a 'woman and mother'.

## BONUS STUFF

Virtual sleep Q &A with a Pediatric Sleep Consultant and a visit from a professional photographer at your final group to snag some individual "mommy and me" and group keepsake pictures.

# The group creed.

## OUR VIBE

San Diego Mommy and Me is a non-denominational group that is open to ALL "moms" regardless of their religion/race/culture/sexual orientation/political ideology/gender identity/etc. Likewise, whether you breast or bottle feed, work or stay home, choose organic or Kraft Mac n' Cheese, and so on... you belong here.

## YOUR ROLE IN PROTECTING THE VIBE

To ensure a positive, productive, and empowering experience, we all must commit to:

- A safe environment in which all feel respected + valued
- Open and honest engagement (per your comfort level)
- Information, advice, and opinions free from judgment or criticism.

## COMMUNICATION

I'll use the email you registered with to provide weekly review emails + any other important group updates. Please save my contact information, so I don't get sent to SPAM :) If you have any non-emergency needs, questions, or concerns, please reach out! It may take 2-3 business days for a response (emails aren't my strong suit), BUT I'm here for whatever you may need and committed to helping you create a positive postnatal experience!

## MAKE THE MOST OF IT

Whether you're looking for personal growth, support, friendship, or simply a reason to get out of the house, you'll get the most out of your group experience by doing the following:

**Get curious** - As we cover the complexities of the motherhood experience, I encourage you to look inward and ask yourself: Does 'X' resonate with me? How is my experience similar or different than what is being shared or discussed? What have I found helpful in resolving or adapting to 'X'? What about 'X' do I continue to struggle with or stress about?

**Be transparent** - Push yourself to share what is on your heart and mind. Interject words of support, empathy, and advice when you resonate with something that has been shared. Help others put words to their experience by being willing to share your inner world, ask questions, and bring in new or different perspectives.

**Read the emails** - Take a moment to skim each week's review emails. When a topic speaks to you, stay curious by clicking on the links + resources and taking a deeper dive into the subject.

**Don't mom alone** - Making new friends is hard. Our group format addresses many personal and societal obstacles, but there is still plenty you can do to best take advantage of your time together; such as, being open and supportive in group discussions, being active on the group app, and initiating additional meetups + before/after group walks and/or lunches.

# Policy cliff notes.

## **Please review the full Group Policy and Procedures HERE**

### **NO SICK POLICY**

To best protect our little-littles, I follow a “no sick” policy. Please avoid coming to group if you or your little experience any of these symptoms within 48 hours of your group day/time: diarrhea, vomiting, mysterious rash, fever, runny nose (green), new cough, red-watery-goopy eyes, etc. **Please review the entire [Health Policy HERE](#).**

Should I unexpectedly be unable to conduct a group, I will extend your group series by a week to make up for the missed day. If I am unable to extend the group or I am required to miss more than one week, you will receive a refund for any canceled classes.

### **MOMMY AND ME CURRICULUM**

This material was collected, organized, and created by me, Renata Cameron. All information is up-to-date, empirically supported, and widely accepted information from the fields of Psychology and Child Development, please do not share, sell, or copy my without permission.

### **SENSITIVE ISSUE WITHIN GROUP**

To protect your experience, know I will privately speak with anyone who engages in a manner that hinders group dynamics or an individual's personal experience. In doing so we will seek out a mutually agreed-upon solution.

If I am ever significantly concerned about a group member's emotional/physical well-being or safety, I will initiate a private discussion via email. Likewise, if you ever have concerns and would like to speak privately, please contact me anytime.

### **MANDATED REPORTER**

California Law mandates that I report actual or suspected child/spousal abuse and/or neglect to the appropriate authorities. I am also mandated to report any life threatening concerns about potentially harming yourself or another person. Please feel free to ask me for more clarification at any time.

### **LIABILITY + SAFETY**

As a wellness group, this group is not a substitute for individualized medical or psychological advice. Everything said in the group, along with the resources and articles provided, are for informational purposes only. Please seek individualized support if you have any questions regarding the medical or psychological well-being of you or your little. Likewise, at all times during group, you are responsible for your + your little's safety.

### **PHOTO RELEASE**

Please be mindful of others' personal preferences when taking and sharing pictures online. Upon request, will do our best to protect you and/or your baby's identity. That said, legally speaking, in registering for SDMM you authorized your image to be used for personal or marketing purposes (website, social media, etc).

### **PRIVATE INFORMATION**

You will all receive a contact sheet with the names and e-mail addresses of your fellow group members. Please do not share or use this info outside of it's intended purpose. I will NEVER sell or give away anyone's personal information to outside solicitors or groups.

See You Soon!

♥-Renata

✉ [renata@sdmommyandme.com](mailto:renata@sdmommyandme.com)

📷 [@mommyandme.therapist](https://www.instagram.com/mommyandme.therapist)

🔗 [sdmommyandme.com](http://sdmommyandme.com)

