



Step by Step

Thank you!

PND Wellington would like to thank the funders and supporters who help us to help Wellington Families!

Funders Include- First Sovereign Trust, NZ Lottories, Pelorus Trust, TG Macarthy Trust, COGS, Pub charities.

We feel proud to be working with such great community supporters for the wellbeing of Wellington families!

Online Support for Mums Facebook group

Many of our mums appreciate being able to vent or reach out any time of day or night; others are comforted that what they are feeling is more common than they first thought and it does get better.

If you would like to join this group, contact Antoinette by phoning 472 3135 or email pnd.wellington@gmail.com,

useful numbers

Plunketline 24 hrs 0800 933 922
Parent help 24 hrs 04 499 9994
Healthline 24 hrs 0800 611 116
Samaritans 24 hrs 04 473 9739
Lifeline 24 hrs 0800 543 354
Depression helpline 0800 111 757

If you have an urgent need, are worried about yourself or someone else call:
Te Haika 0800 745 477

PND Wellington - 04 472 3135

Summer Edition

Visit our website pnd.org.nz



Registrations open soon!

Limited spaces

Email to book your spot
pnd.wellington@gmail.com

PND counselling Service

PND Wellington can offer low cost counselling sessions with trainee and fully qualified PND counsellors. Our counsellors have life experience, their own children and an understanding of parenting issues, and an interest in PND. They work within a framework outlined by PND Wellington.

You can view the information for each counsellor on our website pnd.org.nz

To enquire or book a session please email pnd.wellington@gmail.com.

"I am very grateful that this service exists and can be provided, thank you very much".

Top Mum quotes

Emma Heaney-Yeatts (BA Hons, BCouns., MNZAC)

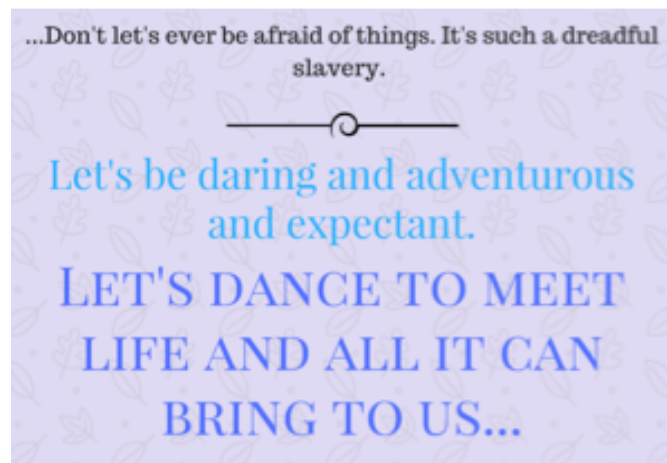
Counselling Service Director, Post and Antenatal Distress Wellington Support Inc.

I like quotes

I know that quotes can be really over-done, especially on social media but it still doesn't stop me from noticing, appreciating, and feeling inspired by many of them. Hence this article which compiles my top 10 quotes for top mums. Hopefully these give you a bit of a reminder that you are awesome just because you're you, and precisely because you are imperfect. This is something to remember as we go into what can be the most joyful and relaxing time of the year (with some stress thrown in there too for good measure).

Imperfection is perfection, imperfection gives us a drive to learn, and learning is living and growing. No doubt these are values you'd also like your children to have as they grow too. Here goes:

1. Lucy Maud Montgomery, Author of Anne of Green Gable



I like this quote by Anne Shirley because a) Anne (Anne of Green Gables) is fiery, fun, and feminist. These are some of the many things, as Mums, we may suppress because of our own, and societal expectations and pressures. Be a bit wild I say!

2. Nina George, Author of The Little Breton Cafe



I like this one because, although it's a little depressing rather than uplifting, it speaks a lot of truth. It also has a lot of power because self-blame, or even fear of blaming yourself, is so constricting. It really holds us back from what we really want in life. I also like the yummy picture (lemon meringue cheesecake). Cherish yourself!

3. Frederick Backman, Author of My Grandmother Sends her Regards and Apologises



I like this one because it's funny - and real. This was quoted by the grandmother in the book who had always been a strong character, always standing up for herself and never taking any nonsense from anyone else. She reflects on her life and realises there's no sense in trying not to be imperfect, but

instead, accept that we are all fallible and that's ok. I think most Mums could take a leaf out of this book.

4. Sai Baba of Shirdi, Indian Spiritual Leader

*Life is a song - sing it.
Life is a game - play it.
Life is a challenge - meet it.
Life is a dream - realise it.
Life is a sacrifice - offer it.
Life is love - enjoy it.*

5. Unknown

**Control is fear
Freedom is Love**

I saw this quote in relation to dream interpretation, but the author's name escapes me. I like this one because it highlights that the pursuing of control really does not serve us well, often it's this relentless pursuing that actually cause the problems for us. Whereas if we actually stopped to think about what we are afraid of (not having complete control -> uncomfortable -> panic -> shame) then this open us up to new behaviours, possibilities, feelings - love.

6. Chief Dan George, Native American Indian Author and Actor



This quote was given to me at one of my antenatal classes. I love it each time I read it.

7. Frederick Backman, Author



Frederick Backman again, same book (it's great by the way). I like this quote because it's true. Many therapies hinge upon this idea too - that we crave connection, and if we don't feel it, we misbehave - which usually in turn gets an equal and opposite reaction - triggering us to behave even worse. We all have our wounds, and our triggers, the key is bringing those to our consciousness, allowing feelings of pain to come and go, so we can allow pleasure.

8. Lucy Maud Montgomery, Author



Anne Shirley again, and in a similar theme from Backman's quote above - laugh at our own boo boos, joke about our troubles - but if we notice we continue to have the same troubles, work on

them. Likewise if we notice a pattern of boo boos perhaps we can learn from them, and we could

try something new and better aligned with what we want in life.

9. John Lennon, Musician

Everything will be ok in the end, If it's not ok, it's not the end.

This one is courtesy of PND Wellington Executive Director Antoinette Ben. Antoinette likes it because it's a reminder that life is a journey of growth. There are ups and downs, so there is always some good just around the corner.

10. Me! Counsellor, Mum



As Mums, we are pretty super human beings. In fact, any of us humans are pretty super. The thing to remember is that we're not super-human! Yes, Mums can do anything, but we can't do everything. Remember the golden word - delegate. The next best golden word is discard i.e. discard

the folding the washing job off today's to-do list - it can wait until the weekend (or the weekend after). Despite feeling uncomfortable with jobs not being done, you will be able to handle it!

In closing

This time of year possibly isn't the best time to start on a personal development journey but in the new year if you think you could do with a hand to feel more accepting of yourself and others, to feel less guilty about looking after yourself, to experience more joy, to be more brave, and to feel more hopeful about life and being a Mum (or Dad) - just get in touch with PND Wellington, or another support service near you. As a bonus quote, I leave you with this as you go into the holiday season:

To fill your spirit, know first that it longs be fed, then consciously seek those persons, experiences, and practices at will genuinely nourish it.

Daphne Rose Kingma 'A garland of love'.

Happy holidays :)

What next?

I'm Emma Heaney-Yeatts, the Lead Counsellor at PND Wellington. I have two young boys and my own experience with postnatal distress. I'm a qualified counsellor and full member of the New Zealand Association of Counsellors.

If you want impartial, confidential and professional support while you negotiate your parenting journey then PND Wellington has Counsellors to help. Couples counselling (where it relates to PND) is also available. Our fees range from free to low-cost depending on the level of experience of the Counsellor. On our website you can access a description of the Counsellors we have, their locations and fees - so you can find a counsellor that fits. See www.pnd.org.nz under 'Get help', 'Low cost counselling'.

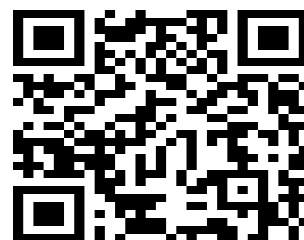
PND Wellington produces it's Purple Book, which contains more information about PND and the signs, symptoms and contributing factors. Contact us below if you want copies.

Phone: 04 4723135 (just leave a message and we will call you back).
Email: pnd.wellington@gmail.com
or
emma.pnd.wellington@gmail.com
Facebook - search PND Wellington

PO Box 9362 Marion Square, Wellington 6141 ☎ 04 472 3135 ✉ [email pnd.wellington@gmail.com](mailto:pnd.wellington@gmail.com)

Support and ask to join (secret group).

The content in this article is not intended to replace any medical advice. If you are feeling unsafe then seek emergency help immediately.



**If you would like to donate
please go to**
<https://givealittle.co.nz/org/pnd-wellington>

PO Box 9362 Marion Square, Wellington 6141

☎ 04 472 3135 ✉ [email pnd.wellington@gmail.com](mailto:pnd.wellington@gmail.com)

🌐 www.pnd.org.nz

