



**HEALTHY@HARRIS**  
Caring for ourselves so we can care for others

# Healthy Living: Pregnancy & Beyond Class 4: Working Moms

Taught by the Harris Health Employee  
Wellness Team

**HARRISHEALTH SYSTEM**

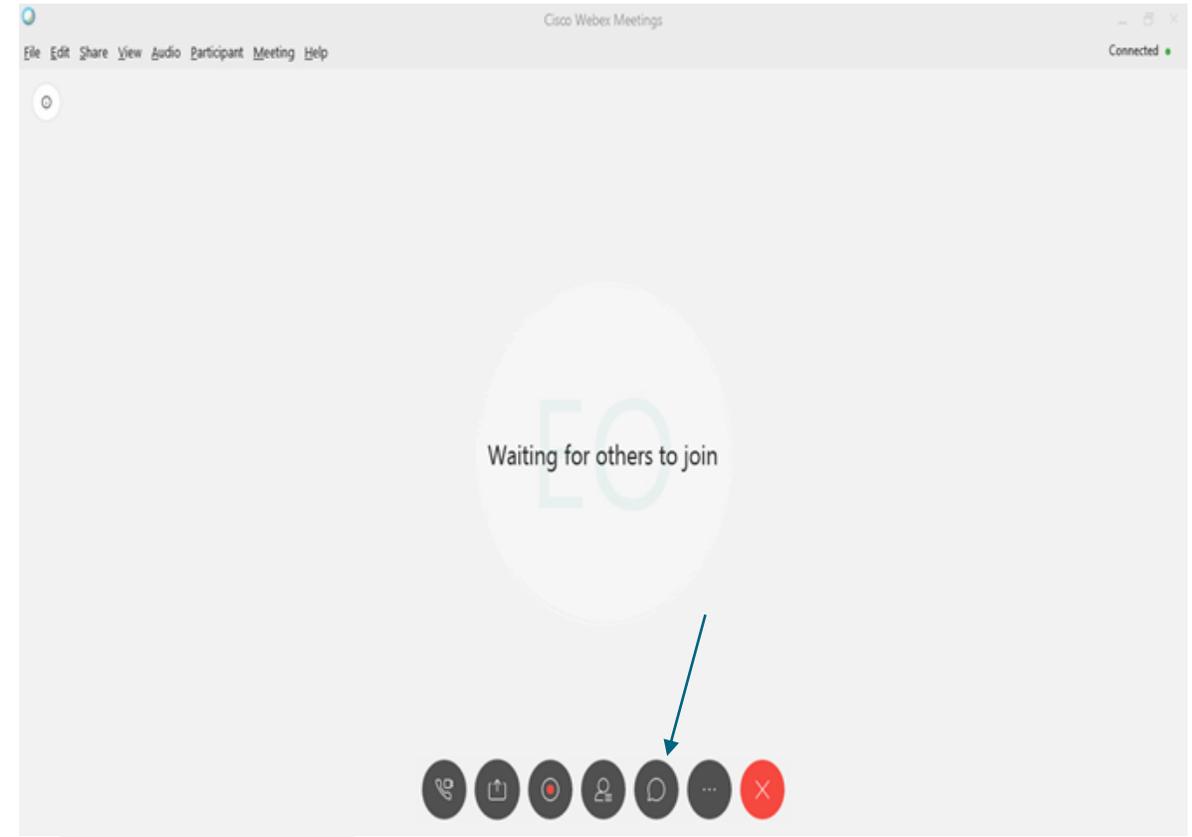
# Healthy Living: Pregnancy & Beyond Class Series

- Class 1 – Preparing for Pregnancy
- Class 2 – Healthy Eating, Exercise & Stress Management
- Class 3 – Labor, Birth & Caring for Your Baby
- Class 4 – Working Moms

# Announcements & Reminders

**Questions** – Type questions, thoughts, examples, in the chat box, the more interaction the better

**Premium Points** - You can only receive credit for one Wellness Class and one Wellness Workshop or Healthy Knowledge Seminar per day. You will not receive credit for classes/workshops you have already completed.



# Class Outline: Working Moms

- Class 3 Review
- What is a Mother?
- Being a Mother in the Workplace
- Impact on Mental Health & Other Challenges
- Letting Go of the Guilt
- Quiz
- Resources

# Review of Class 3: Labor, Birth & Caring for Your Baby



## A Mother

When God set the world in place,  
When He hung the stars up in space,  
When He made the land and the sea ~  
Then, He made you and me.

He sat back and saw all that was good,  
He saw things to be as they should.  
Just one more blessing He had in store.  
He created a mother. But, whatever for?

He knew a mother would have a special place  
To shine His reflection on her child's face.  
A mother will walk the extra mile,  
Just to see her children smile.

She'll work her fingers to the bone  
To make a house into a home.  
A mother is there to teach and guide.  
A mother will stay right by your side.

She'll be there through your pain and strife.  
She'll stay constant in your life.  
A mother will lend a helping hand  
Until you have the strength to stand.

She'll pick you up when you are down.  
When you need a friend, she'll stick around.  
A mother is one who listens well,  
Will keep her word; will never tell.

A mother never pokes or pries,  
But stands, quietly, by your side;  
Giving you the strength you need,  
Encouraging you to succeed.

A mother is one who can be strong  
When you need someone to lean on.  
You're more than a mother to me;  
A reflection of God, in your face, I see ...

A love that knows no boundaries.  
I'm glad that you chose to be  
All this, and more, to me.

You share a love that knows no end.  
You're more than my mother.  
You're my friend.

Kari Keshmiry

# Being a Mother in the Workplace

At Harris Health System:



Policy 6.43 Mother Friendly Workplace Policy



# Impact on Mental Health and other Challenges

“We expect women to work like they don’t have children, and raise children as if they don’t work.” – Amy Westervelt

# Impact on Mental Health and other Challenges



- Gender stereotypes
- Women as primary caregivers
- Workplace incivility towards mothers
- Level of competence and motivation questioned by colleagues

# Impact on Mental Health and other Challenges

<https://www.youtube.com/watch?v=ch-ObX4GS0k>

# Impact on Mental Health and other Challenges

## 5 Ways to Let Go of the Guilt

1. Ask for help!
2. Unfollow people who bring you down or promote negativity
3. Stop judging yourself
4. Stay organized
5. Take deep breaths

# Quiz

# Resources

- **Cigna Healthy Pregnancies, Healthy Babies™ Program**  
Call 1-800-615-2906 to enroll
- **Lactation Rooms**  
Contact Employee Wellness by phone at 346-426-1597 or by email at [employeewellness@harrishealth.org](mailto:employeewellness@harrishealth.org) for room locations and access code.
- **Leave of Absence**  
If FMLA Eligible: Contact Benefits at 1-877-462-3652  
If not FMLA eligible or unsure: Contact Employee Services at 713-566-6991
- **Cigna Short Term Disability**  
Call 1-800-362-4462 (English) or 1-866-562-8421 (Spanish)
- **Kelsey-Seybold.com/Baby**
- **Kelsey-Seybold.com/MyPregnancy**
- **EAP**  
Company Code: hhs  
Phone: 1-800-638-3327  
Website: [www.feieap.com](http://www.feieap.com)
- **Prenatal Exercises:**
  - YouTube
  - FitBit
- **Nutrition and Sleep Resources:**
  - [Whattoexpect.com](http://Whattoexpect.com)
  - [ACOG.com](http://ACOG.com)
- **Health Coaching**  
Telephonic: 855-246-1873  
Onsite: Contact Latecia Murphy  
Office: 713-873-6407  
Email: [Latecia.Murphy@harrishealth.org](mailto:Latecia.Murphy@harrishealth.org)
- **Healthy@Harris Employee Wellness Program**  
Phone: 346-426-1597  
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Contact Us!

# HEALTHY@HARRIS

Caring for ourselves so we can care for others

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#1 in Texas



#6 in America

