

# The Journey Recovery Project

Advice and support for  
women who are pregnant  
and/or parenting



The Journey Recovery Project is a free, safe web resource for pregnant and parenting women who have questions or concerns about substance use.

The Journey Recovery Project focuses on the stories of women with lived experience, offering information, hope, encouragement, and resources for every step of their perinatal and recovery journey.

With videos, worksheets, and a comprehensive resource list, the Journey Recovery Project seeks to empower and inform women about substance use, pregnancy, and parenting.

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**A NOTE FOR WOMEN WHO ARE NOT CURRENTLY IN RECOVERY:**

*It is hard to make changes in our lives. We, women and mothers in recovery, are here to tell you: don't lose hope! A different life is possible for you. What is one small change you can make in your life today? Check out the Journey Recovery Project for support and ideas. We're here to help you along your journey.*

*If you need help finding treatment, visit the Massachusetts Substance Use Helpline at [helplinema.org](http://helplinema.org) or call 800-327-5050.*

# 10

## USEFUL TIPS AS YOU START ON YOUR JOURNEY

Whatever you have going on and wherever you are right now, the Journey Recovery Project is here to empower you through pregnancy and recovery. Here are 10 useful tips as you begin your journey. This is for you, and it's also for your child.



1

Pregnancy can be an exciting, scary, happy time. You may have big feelings, or not know how you feel at all. Putting your recovery first will make everything else possible.

2

Any little change you can make, like smoking fewer cigarettes, drinking water, taking prenatal vitamins, or getting extra sleep, can really pay off.

***“It’s not always pretty, but it is always real, and there is always support. It’s okay to be scared. It’s okay to not know. Wherever you are, just give yourself a chance.”***

**– Julie**



3

Getting things in place before your delivery will help you feel more confident that you can provide a stable and safe home for your new baby.

4

You are the most important person in your new baby's world. Stay with your baby as much as you can; and take care of your health and your recovery.

## Safe Sleep Rules



*On their back, always*



*In their own crib,  
with nothing else*



*Away from smoking  
of any kind*



5

Parenting is hard work! Make sure you have support, take breaks, and get as much sleep as you can! Make sure your baby sleeps safely too.



6

If you don't have custody of your child right away, that doesn't mean you're not their mom. Don't lose hope. Focus on the effort, not the outcome.



*“ It doesn't matter where you have been. What matters is where you are right now. ”*

– Zobeida



7

Be curious about your baby. You are building a relationship, and every time you respond to them, your baby learns that they are loved and safe.

8

You are beginning the brave and brilliant work of motherhood. But remember, you can't take care of a baby unless you are taking good care of yourself.

*“ For any mom that’s stuck, just don’t give up. I didn’t give up and ultimately it worked out and everything’s ok because I hung on. ”*

– Meghann



9

One pitfall among mothers in recovery is guilt or fear that you're not good enough. You DO have what it takes. You and your child are learning and growing together.



10

Every parent and child pair is different. No one can tell you exactly how to parent. Stay open-minded, willing, and patient with yourself, your children, and your process.

## NOTES

### **A NOTE FOR FAMILY AND FRIENDS**

*It can take years for deep relationships to be sorted out by the recovery process. Take care of yourself, and make sure you have safe places to bring your feelings of anger, guilt, or fear.*

*Whether or not you're in a relationship with the mother of the child, you can have an important role to play in parenting. Stay honest and flexible, and remember that a family can look any way, as long as there is love and respect.*



## WHAT YOU CAN FIND ON THE FULL SITE

This website has resources for you wherever you are on your recovery or parenting journey.

- **Tip Sheets and Journey Resources:** Planning for a new baby can be overwhelming. Download the tip sheets to learn what to expect and what questions to ask to help you and your baby have a healthy start.
- **Meet your guides:** Get advice and encouragement from women with lived experiences just like you. Watch their stories as they help guide you along your parenting journey.
- **Resources:** Get connected with health, pregnancy, parenting, and recovery resources by region or category. Empower yourself with the tools to get the support you need.

A photograph of two women sitting at a table, engaged in conversation. The woman on the left is gesturing with her hands while speaking. The woman on the right is listening attentively. A laptop is open on the table in front of them. The image is overlaid with a semi-transparent blue filter.

[journeyrecoveryproject.com](http://journeyrecoveryproject.com)

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