

LTTA Module scenario outline

Parts of the Module	Content to be pasted to the webpage	Comments
Module title and subtitle	Cultural Influences on Postpartum Experiences	Online text
Overview	<p>This seminar, "Cultural Influences on Postpartum Experiences," explores how diverse cultural traditions shape postpartum practices and recovery, fostering a deeper understanding of their significance. Through a combination of mini-lectures, personal stories, and interactive discussions, participants will learn about global postpartum practices, including Asian confinement traditions, Western emphasis on independence, and African community-based care. Practical strategies for creating supportive postpartum environments, such as planning, nutrition, rest, and leveraging resources, will be highlighted. The seminar emphasizes cultural sensitivity and offers actionable insights for integrating helpful practices into individual postpartum journeys, concluding with resources for further learning and support.</p>	Online text
Module objectives	<p>The seminar is designed to provide a comprehensive understanding of how cultural traditions and values shape postpartum practices and recovery. By the end of the seminar, you will be able to:</p> <ol style="list-style-type: none"> 1. Recognize the diversity of postpartum practices across cultures and understand their significance in supporting new mothers. 2. Analyze the role of cultural norms and family dynamics in shaping postpartum experiences, recovery, and bonding with the baby. 3. Reflect on personal postpartum experiences and explore how cultural traditions align or contrast with individual needs. 4. Adapt helpful practices from other cultures to create supportive postpartum environments that address physical, emotional, and social needs. 5. Promote cultural sensitivity in postpartum care and identify actionable strategies for healthcare providers and family members to respect diverse traditions. 	Online text

<p>Module content Part 1</p>	<p>Online text:</p> <p>Welcome to the seminar: Cultural Influences on Postpartum Experiences</p> <p>Video 1</p> <p>Video script</p> <p>Introduction</p> <p><i>"Good morning/afternoon everyone. It's truly a pleasure to welcome you all here today. Whether you are a first-time mother or have been through this journey before, your presence here speaks volumes about your commitment to understanding and nurturing yourself during this transformative time."</i></p> <p><i>"As we begin, I want to acknowledge the beauty and diversity of our experiences as mothers, shaped by the cultures and traditions we come from. Each of you brings a unique story, and today, we aim to celebrate that diversity while learning from one another."</i></p> <p><i>"Motherhood can feel isolating at times, but it's important to remember that you're not alone. This seminar is not only about sharing knowledge but also about building a sense of community where we can support and inspire each other."</i></p> <p><i>"Feel free to participate as much or as little as you feel comfortable. Whether you choose to share your story, ask questions, or simply listen, you are contributing to this space in your own valuable way."</i></p> <p>Video 2</p> <p>Why this topic matters</p> <p>Video script</p> <p><i>"The postpartum period is a time of great change, not just for mothers but also for families and communities. How a culture approaches this phase can greatly influence a mother's recovery,</i></p>	<p>3 x video created with HeyGen</p>
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emotional well-being, and her transition into her new role."

"For example, some cultures emphasize rest and recovery through structured practices like confinement periods, while others prioritize integrating the mother back into daily life as quickly as possible. Both approaches have their merits and challenges."

"Today, our goal is threefold:

Firstly, to explore how different cultural practices shape the postpartum experience.

Secondly, to hear firsthand accounts of how these traditions work in real life.

Thirdly, to discover practical insights that we can adapt to our own journeys."

"Ultimately, I hope this session will empower you with knowledge and ideas to make your postpartum journey more fulfilling and supported."

"As we discuss, you may hear about practices that seem very different from what you know. I encourage you to keep an open mind and reflect on how these diverse approaches might offer inspiration or new perspectives."

Video 3

Outline of the agenda

Video script

"Here's what we'll cover today:

First, I'll give a short presentation to provide some context on cultural influences in the postpartum period.

Next, we'll hear personal stories from a few mothers who've generously agreed to share their experiences.

	<p><i>After that, we'll break for a reflective period, giving you the chance to reflect on what you've heard and connect with others.</i></p> <p><i>Finally, we'll come back together to discuss practical tips and insights before wrapping up with questions and reflections."</i></p> <p><i>"This is your space. I encourage you to participate actively, whether by sharing your thoughts or asking questions. If you prefer to simply listen, that's completely okay too. What matters most is that you take something meaningful from this session."</i></p>	
<p>Module content Part 2</p>	<p>Mini lecture: the role of culture in postpartum experiences</p> <p>Video 1</p> <p>Postpartum period and its significance</p> <p>Video script:</p> <p><i>"Let's start by defining what we mean by the postpartum period. The postpartum period, often referred to as the 'fourth trimester,' begins immediately after childbirth and typically lasts for six to eight weeks. During this time, the mother undergoes significant physical recovery, such as healing from labor and delivery, as well as emotional adjustments, including adapting to her new role as a caregiver."</i></p> <p><i>"It is also a critical period for bonding with the baby and establishing breastfeeding. The hormonal shifts that occur, combined with sleep deprivation, can make this phase particularly challenging but also incredibly rewarding."</i></p> <p><i>"The significance of postpartum care cannot be overstated. Proper support during this time not only ensures the mother's recovery but also sets the foundation for her long-term physical and emotional health. Neglecting postpartum needs can lead to complications such as postpartum depression, anxiety, or physical exhaustion,</i></p>	<p>4 x HeyGen videos</p>

affecting both the mother and the baby's well-being."

Video 2

Cultural values, norms, and traditions affecting postpartum experiences

Video script:

"Now let's explore how cultural values and traditions shape the postpartum experience. Across the world, cultures have developed unique practices to support mothers during this critical time. These practices are deeply rooted in cultural beliefs about recovery, health, and the role of the mother."

"In many Asian cultures, postpartum confinement is a well-known tradition. For example, in China, this practice is called 'zuo yuezi,' which means 'sitting the month.' New mothers are encouraged to stay indoors for 30 to 40 days. During this time, they focus on rest and recovery, avoiding activities like bathing or housework. Special warming foods, such as soups and herbal teas, are consumed to restore balance in the body."

"While this practice provides much-needed rest and support, some mothers may find it isolating, particularly in today's interconnected world."

"Postpartum diets also vary widely by culture. In Hispanic cultures, for instance, mothers often consume broths, or 'caldos,' that are believed to restore strength and balance after childbirth. Similarly, African cultures emphasize nutrient-dense foods, such as porridges or fermented drinks, to support lactation and recovery."

"In contrast, Western cultures tend to lack a defined postpartum diet, with mothers often relying on convenience foods or their personal preferences."

"Support systems differ significantly across cultures. In African and Middle Eastern communities, there's a strong emphasis on extended family support. Relatives often take over household responsibilities, allowing the mother to focus entirely on her recovery and bonding with the baby. In Western cultures, however, the focus is more on

the nuclear family, which may mean mothers rely on professional services or handle the postpartum period largely on their own."

"Each of these practices reflects cultural beliefs about what mothers need most during this time—be it rest, nourishment, or social connection."

Video 3

Cultural perceptions of motherhood and postpartum recovery globally

Video script:

"Now let's examine how perceptions of motherhood and postpartum recovery differ across the world. These perceptions influence how societies approach postpartum care and what they prioritize for mothers during this time."

"In many Asian cultures, motherhood is seen as a vulnerable state immediately after childbirth. This vulnerability is met with structured support, such as postpartum confinement practices like zuo yuezi. These practices emphasize rest, warmth, and recovery, often with the active involvement of extended family members."

"In contrast, Western cultures often prioritize independence and a quick return to normalcy. Mothers are encouraged to 'bounce back' physically and emotionally soon after childbirth. While this approach promotes self-reliance, it can also lead to feelings of isolation and pressure to meet societal expectations."

"In African cultures, there is a strong emphasis on community-based child-rearing practices. Motherhood is seen as a collective responsibility, with extended family and even neighbors playing active roles. Ceremonial practices, such as baby-naming ceremonies, are common and serve to integrate the baby into the community while celebrating the mother's role."

"These differing perceptions show that postpartum care is not just about physical recovery—it is also

	<p><i>about the cultural values placed on motherhood and family."</i></p> <p>Video 4</p> <p>How globalization and migration influence postpartum</p> <p>Video script:</p> <p><i>"Finally, let's discuss how globalization and migration have influenced postpartum experiences."</i></p> <p><i>"As people migrate and cultures mix, postpartum traditions often evolve. For example, an Asian mother living in a Western country might still observe elements of zuo yuezi, such as eating specific foods, but may rely on professional postpartum services instead of family support."</i></p> <p><i>"Migration also brings challenges. Many migrant mothers lack access to traditional foods or family networks, which are critical components of postpartum care in their cultures. Additionally, healthcare providers in the host country may not always understand or accommodate their cultural needs."</i></p> <p><i>"On the other hand, globalization has made it easier for mothers to learn about postpartum practices from other cultures. Social media, for instance, has popularized concepts like meal prepping or postpartum doula services, which draw inspiration from traditional practices."</i></p> <p><i>"Healthcare providers play a crucial role in bridging these cultural gaps. By understanding and respecting diverse postpartum traditions, they can provide more effective and inclusive care for mothers from different cultural backgrounds."</i></p> <p><i>"As we've seen, culture deeply influences the postpartum experience, from rest and diet to support systems and societal expectations. Now, let's hear from mothers who have lived these traditions and blended them with their unique experiences."</i></p>	
Module content Part 3	Online text:	2 interviews.

	<p>Interview with a Chinese mother reflecting on her postpartum experiences</p> <p>Video 1</p> <p>Video script:</p> <p>Introduction</p> <p>Interviewer: <i>"Thank you for joining us today and for being willing to share your postpartum experience. Could you start by telling us a little about yourself?"</i></p> <p>Mother: <i>"Of course. My name is Mei, and I'm 18 years old. I have a baby girl who is 14 weeks old now. I'm a single mother, but I live with my extended family—my parents, grandparents, and an aunt. They've been a huge part of my postpartum journey."</i></p> <p>Video 2</p> <p>Question 1: What practices of your family and friends supported you during the postpartum period?</p> <p>Video script:</p> <p>Interviewer: <i>"Let's start with the supportive practices. What did your family and close friends do to help you during the postpartum period?"</i></p> <p>Mother: <i>"In my family, the postpartum period is very important. We follow a lot of traditional practices, especially zuo yuezi, or 'sitting the month.' For the first month after I gave birth, I wasn't allowed to leave the house. My family did everything for me—cooking, cleaning, and even taking care of my baby at night so I could rest."</i></p> <p><i>"They also prepared special foods for me, like soups with ginger and chicken, and herbal teas to help me regain my strength. My grandmother made sure I stayed warm all the time, even though it was summer. They said it was important to avoid cold</i></p>	<p>10 x HeyGen Videos (5 videos per each interview)</p>
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foods and drinks so my body could recover properly."

"Another thing they did was give me a lot of emotional support. My mom and aunt would sit with me and talk about their own experiences with childbirth, which made me feel less alone. My grandparents prayed for my baby's health and gave me blessings, which was really comforting."

Video 3

Question 2: Were there any practices you chose to reject? Why?

Video script:

Interviewer:

"That sounds like a lot of care and support. Were there any practices that you decided not to follow? If so, what were your reasons?"

Mother:

"Yes, there were a few things. For example, my family didn't want me to wash my hair for the whole month because they believe it could cause health problems later, like headaches or joint pain. But I couldn't stand it—I felt dirty and uncomfortable. So, I insisted on washing my hair after the first week. My mom wasn't happy about it, but she understood eventually."

"Another thing I didn't fully follow was staying inside all the time. My aunt said I should avoid going out to protect myself from the wind and bad energy, but I started taking short walks in the garden after a couple of weeks. I felt like I needed fresh air to clear my mind and feel like myself again."

Video 4

Question 3: How did family and community expectations affect your recovery and bonding with your baby?

Video script:

Interviewer:

"It sounds like your family has played a big role during this time. How did their expectations and those of your community affect your recovery and bonding with your baby?"

Mother:

"Their expectations were both helpful and challenging. On one hand, having my family around made me feel really supported. They took care of everything so I could focus on resting and feeding my baby. My mom even stayed up with me during the night when I was struggling with breastfeeding, which made me feel less overwhelmed."

"On the other hand, there was a lot of pressure to do things a certain way. For example, my grandmother insisted that I hold my baby all the time because she said it helps with bonding and makes the baby feel secure. But sometimes, I just wanted to rest or put her down in the crib, and I felt guilty for not doing exactly what they expected."

"There's also a lot of talk in my community about being a good mother, especially since I'm young and single. People say things like, 'You have to be strong for your baby,' or 'You're lucky to have your family's support.' While that's true, it sometimes made me feel like I couldn't show how tired or overwhelmed I really was."

Video 5

Wrap-Up

Video script:

Interviewer:

"Thank you so much for sharing your experience, Mei. It's clear that your family's care and traditions have been a big part of your postpartum journey, but also that you've found ways to adapt these practices to suit your own needs. Your story highlights how culture and family can play a powerful role in recovery and bonding. We appreciate your openness and honesty."

Mother:

"Thank you. It feels good to share, and I hope it

helps others who might be going through similar situations."

Online text:

Interview with a Polish mother reflecting on her postpartum experiences

Video 1

Introduction

Video script:

Interviewer:

"Thank you for joining us today and for being willing to share your postpartum experience. Could you start by telling us a little about yourself?"

Mother:

"Of course. My name is Ania, I'm 24 years old, and I have a 7-month-old son named Filip. I've been in a relationship with my husband, Marek, for six years, and we've been married for three. We live with Marek's parents in their home, which has been both a blessing and a challenge. I recently returned to work after finishing my paid maternity leave, even though I wasn't quite ready."

Video 2

Question 1: What practices of your family and work colleagues supported you during the postpartum period?

Online script:

Interviewer:

"Let's start with the support you received. What did your family and work colleagues do to help you during the postpartum period?"

Mother:

"Living with Marek's parents was a huge help, especially during the first few months. My mother-in-law took on most of the household chores—she cooked meals, cleaned, and even did the laundry so I could focus on Filip. She also offered advice, sharing stories about raising her own children,

which made me feel less overwhelmed as a first-time mom."

"My husband was very supportive, too. Even though he works long hours, he always made time to help with nighttime feedings and diaper changes on weekends so I could catch up on sleep. It meant a lot to me."

"At work, my colleagues were understanding when I came back. They gave me space to adjust and didn't expect me to jump back into full productivity right away. One of my coworkers, who's also a mom, shared tips on balancing work and family, which was comforting. Still, it's been tough."

Video 3

Question 2: Were there any practices you chose to reject? Why?

Video script:

Interviewer:

"It sounds like you had some wonderful support. Were there any practices or pieces of advice that you decided not to follow? Why?"

Mother:

"Yes, there were a few. My mother-in-law strongly believes in traditional methods of raising children, and she suggested I feed Filip solid foods earlier than I was comfortable with. She said it would help him sleep better, but I chose to follow my pediatrician's advice and wait until Filip was six months old. It caused a bit of tension, but I felt it was the right decision for him."

"Another thing was the idea that I should 'toughen up' and not show how much I was struggling emotionally after going back to work. In my community, there's this belief that being a good mother means being strong and never complaining. But I couldn't pretend everything was fine—I missed Filip terribly, and it was hard to concentrate at work. I found it healthier to admit that I was struggling and talk about it with my husband and a close friend."

Video 4

Question 3: How did family and community expectations affect your recovery and bonding with your baby?

Video script:

Interviewer:

"Let's talk about family and community expectations. How did these influence your recovery and bonding with Filip?"

Mother:

"The expectations were a mixed bag. On one hand, living with my in-laws gave me a lot of practical support, which made it easier to focus on Filip during my maternity leave. My mother-in-law took over so much that I felt physically well-rested, and I had time to enjoy bonding with Filip, which I'm grateful for."

"But on the other hand, there was a lot of pressure to balance everything perfectly. Some people in our community seem to expect women to be amazing mothers, devoted wives, and hardworking employees all at once. Coming back to work so soon after maternity leave was really hard for me emotionally, but we needed the money. I often felt judged for leaving Filip with my in-laws during the day, even though I didn't have much choice."

"There's also this unspoken expectation that because I have so much help, I shouldn't complain. But even with the support, being away from Filip feels unnatural to me. I feel like I'm missing so much of his early milestones, and that's been one of the hardest parts of this whole experience."

Video 5

Wrap-Up

Video script:

Interviewer:

"Thank you so much for sharing your story, Ania. It's clear that you've had both wonderful support and significant challenges during your postpartum"

	<p><i>journey. Your honesty about the emotional struggles of balancing work and motherhood is something many people will relate to. Thank you for giving us a deeper understanding of how cultural expectations and family dynamics can shape this experience."</i></p> <p>Mother: <i>"Thank you for letting me share. I hope it helps other moms feel less alone, especially those who have to make difficult choices like going back to work before they're ready."</i></p>	
Module content Part 4	<p>Online text:</p> <p>Please reflect on the practices you have listened about.</p> <ul style="list-style-type: none"> • How does your cultural background influence your postpartum experience? • What support systems are available to you, and how could they be improved? • Are there any practices from other cultures you find beneficial or intriguing? 	Online text: Self-reflection questions, discussion forum
Module content Part 5	<p>Mini Lecture: Building a supportive postpartum environment</p> <p>Video 1</p> <p>The importance of physical, emotional, and social support</p> <p>Video script:</p> <p><i>"Postpartum recovery is a time when physical, emotional, and social support are essential for both the mother and her baby. Let's start by looking at each of these areas and why they matter so much."</i></p> <p><i>"After childbirth, a mother's body undergoes significant changes. Healing from delivery, managing sleep deprivation, and breastfeeding require energy and care. Physical support means helping the mother rest, ensuring she has nutritious meals, and assisting with basic tasks like housework or errands. It allows her body to heal and prevents exhaustion from turning into long-term health issues."</i></p> <p><i>"The postpartum period can be an emotional rollercoaster due to hormonal changes, the</i></p>	4 x HeyGen videos

demands of caring for a newborn, and societal pressures. Emotional support involves listening to the mother without judgment, validating her feelings, and being there as a source of encouragement. Mothers who feel emotionally supported are less likely to experience postpartum depression or anxiety."

"Human beings are social creatures, and new mothers benefit immensely from a supportive community. Social support can come from family, friends, or even online communities. These networks help reduce feelings of isolation and provide practical advice and emotional solidarity. A mother who feels connected to others is more likely to thrive during this challenging period."

Video 2

Part 2: Adapting Helpful Practices from Other Cultures

Video script:

"Now that we've discussed why support is crucial, let's look at actionable ways to create a supportive postpartum environment, drawing inspiration from practices around the world."

"In many cultures, postpartum care is planned in advance. For example, in Chinese culture, families often prepare for zuo yuezi months ahead by organizing meals and support. A postpartum plan can include who will help with cooking, cleaning, and caring for older children, as well as how the mother's emotional needs will be addressed."

"I encourage mothers to think about their own postpartum needs and discuss these with their partner, family, or friends before the baby arrives. This reduces stress and ensures a smoother transition into motherhood."

"Nutrition and rest are central to postpartum recovery. As we've seen, many cultures prioritize warm, nutrient-rich foods like soups and stews to replenish the body after childbirth. Mothers can adapt this idea by preparing freezer-friendly meals

before delivery or asking loved ones to contribute meals during the early weeks."

"Rest is equally important. Practices like postpartum confinement emphasize minimizing physical strain to allow the body to heal. Even if confinement isn't practical, mothers can prioritize rest by limiting visitors, taking naps when the baby sleeps, and accepting help with chores."

"In African and Middle Eastern cultures, community support plays a big role in postpartum care. While not everyone has access to an extended family network, there are other ways to build a community. Joining a local parenting group, attending postpartum yoga classes, or participating in online forums can provide invaluable support."

"In addition, many communities have resources like lactation consultants, postpartum doulas, and mental health counselors. Don't hesitate to seek professional help if needed—it's a sign of strength, not weakness."

Video 3

Part 3: The Role of Healthcare Professionals

Video script:

"Healthcare professionals play a critical role in supporting mothers during the postpartum period, especially in culturally diverse settings. Let's discuss how they can contribute to a supportive environment."

"Cultural beliefs and traditions greatly influence how mothers experience postpartum recovery. For example, some mothers may prefer to follow traditional practices like confinement, while others may choose a more modern approach. Healthcare providers must take the time to ask about and understand these preferences."

"A culturally sensitive provider acknowledges and respects these traditions while offering evidence-based advice. For instance, if a mother is avoiding

	<p><i>certain foods due to cultural beliefs, the provider can suggest alternatives that meet her nutritional needs."</i></p> <p><i>"Each mother's postpartum journey is unique. Some may need more emotional support, while others might need help with breastfeeding or physical recovery. Healthcare providers can play a key role in identifying these needs and connecting mothers with appropriate resources."</i></p> <p><i>"Professionals can also advocate for broader support systems, such as extended maternity leave, access to mental health services, and community-based postpartum programs. These policies can make a significant difference in reducing postpartum stress and improving outcomes for both mothers and babies."</i></p> <p>Video 4</p> <p>Conclusion and Transition to Reflection/Q&A</p> <p>Video script:</p> <p><i>"As we've discussed, building a supportive postpartum environment involves addressing physical, emotional, and social needs, drawing inspiration from diverse cultural practices, and working with healthcare professionals who understand and respect these differences."</i></p> <p><i>"Now, let's take some time to reflect on what we've learned and how these ideas might apply to your own postpartum experiences."</i></p>	
Module content Part 6	<p>Online text:</p> <p>Reflection Questions:</p> <ul style="list-style-type: none"> • What cultural postpartum practices resonate most with you and why? • How can you integrate supportive practices into your postpartum recovery? • What steps can healthcare providers take to better respect cultural diversity in postpartum care? 	Online text: Self-reflection questions, discussion forum

<p>Additional resources in English and Partners' languages</p>	<p>Closing Remarks</p> <p>Video 1</p> <p>Building a Supportive Postpartum Environment</p> <p>Video script:</p> <p><i>"As we come to the end of the first part of our seminar, let's take a moment to reflect on what we've covered today."</i></p> <p><i>"First, we explored how cultural practices and traditions shape postpartum experiences, highlighting examples from Asian, Western, and African cultures. We learned that these practices often address essential needs like rest, nutrition, and emotional support."</i></p> <p><i>"Next, we discussed actionable ways to build a supportive postpartum environment. We looked at the importance of creating a postpartum plan, prioritizing rest and nutrition, and leveraging community resources."</i></p> <p><i>"Finally, we examined the critical role healthcare professionals play in fostering culturally sensitive and individualized postpartum care."</i></p> <p><i>"Together, these elements provide a foundation for supporting mothers during the transformative postpartum period."</i></p> <p>Online text:</p> <p>Further Readings and Resources: To continue your learning and explore additional resources, we've compiled a list of articles, books, and support groups that may be helpful:</p> <p>Articles on Global Postpartum Practices:</p> <ul style="list-style-type: none"> • <i>"The Fourth Trimester: A Global Perspective on Postpartum Care"</i> (Journal of Maternal Health, 2022). • <i>"Rest, Nourish, Bond: Postpartum Traditions Around the World"</i> (Motherhood Today Blog, 2023). 	<p>2x HeyGen videos 1x online text</p>
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- *“Cultural Sensitivity in Postpartum Care: Bridging Traditions and Modern Practices”* (Healthcare Quarterly, 2021).

Online Postpartum Support Groups:

- **The Postpartum Support International Network:** Offers virtual support groups and resources for mothers.
- **Mama Tribe Global Community:** An online platform connecting mothers worldwide to share experiences and advice.
- **Parenting After Birth:** A Facebook group focused on providing emotional and practical support during postpartum recovery.

Video 2

Thanking Participants and Encouraging Continued Dialogue

Video script:

"Thank you all for joining today's seminar and for your active participation. Your insights, questions, and reflections have enriched this session and made it a collaborative learning experience."

"Remember, the postpartum period is not just a time of recovery but also a time of growth and transformation. No mother should navigate this journey alone. Whether it's family, friends, or professional resources, don't hesitate to reach out for support."

"I encourage you to take what you've learned today and apply it in ways that resonate with you. And don't stop the conversation—share your thoughts and experiences with others to help build a community of care and understanding."

"Thank you again for your time and engagement. I wish you all the best on your postpartum journey and beyond."

Notes to the developer