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Day 5 LTTA Module Scenario

Module Title: Nurturing Beginnings: Community and Support in the Postpartum Journey

Subtitle: Cross-cultural perspectives on parental leave, community support, and postpartum care

Overview

This module explores the importance of community, external support, and cultural practices in the postpartum period. Drawing on real-life experiences and examples from Sweden, Poland, and Turkey, it highlights how social networks, policies, and cultural traditions shape the well-being of new mothers and families. Participants will reflect on their own cultural context, compare cross-national approaches, and discuss ways to strengthen support for parents during this vulnerable life stage.

Module Objectives

- Explain why community and support networks are essential in the postpartum period.
- Compare cultural and structural differences in parental support across Sweden, Poland, and Turkey.
- Reflect on personal and societal attitudes toward asking for help and building support systems.
- Identify best practices for nurturing community support for parents.
- Contribute to an international discussion on strengthening postpartum care.

Module Content

Part 1 – Video & Reflection

Watch: Katja's story about founding Plume and why community is vital in the postpartum journey.

Reflect (Journal Entry):

- Imagine yourself as a new parent. Which part of Katja's experience resonates most with you — feeling alone, building community, or starting something new?
- What emotions came up for you while watching the video (e.g., empathy, surprise,



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curiosity)?

- In your country, how do new mothers (or parents in general) typically find support?



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Write 150–200 words in your journal space. You don't need to share this yet — this is for your personal reflection.

Part 2 – Reading & Reflection

Read: Excerpts about Swedish postpartum practices (parental leave, father involvement, community activities).

Quick Poll (interactive check-in):

- True or False: In Sweden, fathers are expected to take parental leave.
- Multiple Choice: What is one unique Swedish practice described in the text?
 - a) Grandmothers move in for the first 3 months
 - b) 480 days of paid parental leave shared between parents
 - c) Parents avoid outdoor activities with babies
 - d) Preschool starts at age 3

Reflect (short-answer box):

- How do cultural attitudes toward independence vs. family closeness affect parental support in your country?
- If you could import one Swedish practice into your country, what would it be — and why?

Part 3 – Cross-Cultural Forum Discussion

Discussion Prompt: Postpartum care looks different in every culture. Sweden emphasizes structured leave and shared parental duties; Poland and Turkey often rely on extended family networks. Let's share and compare!

Your Task:

- Write a short post (200–250 words):
 - Describe how support for new parents is organized in your country.
 - Share one strength of your system and one challenge.
 - Suggest one idea inspired by another culture (e.g., from Sweden, Poland, Turkey, or elsewhere).
- Reply to at least two peers:
 - Ask a curious question (e.g., 'How does this work in practice?' / 'Do fathers in your country also join parent meetups?').
 - Share encouragement or a parallel from your own culture.

Part 4 – Reflection & Peer Exchange

Activity: Design Your Own 'Nurturing Beginnings' Idea.



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In 150–200 words, describe your idea:

- Who would it serve?



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- What activities or resources would it provide?
- What small first step would you take to make it real?

Peer Response (Forum):

Read at least one colleague's idea. Reply with one positive comment and one suggestion for improvement or expansion.

Additional Resources

- Links to parental support organizations in Sweden, Poland, and Turkey.
- Multilingual summaries (English, Turkish, Polish, Swedish).
- Suggested readings: WHO recommendations on postpartum care.

Notes to LMS Developer

- Include embedded video (Part 1).
- Upload text excerpts (Part 2).
- Activate forum spaces for Parts 3 and 4.
- Provide downloadable resource list in English + partner languages.