

## **Next to Laughter, Sharing is the Best Medicine**

It is a well known fact that if someone has gone through a traumatic experience, sharing their story is a very effective way of relieving the pressure, lifting the burden, coming to terms with what has happened, regaining strength and learning to see things from a new perspective.

Parenting website Mum Zone [www.mumzone.com.au](http://www.mumzone.com.au) has been helping dozens of mothers share their journeys of pregnancy, childbirth and beyond as a way of healing and helping others.

These incredible women are from all walks of life and every one of their stories details the emotional highs and lows they have experienced. Sharing their stories with fellow mothers has provided an outlet to help come to terms with what has happened to them.

The stories range from mothers who have had premature babies, lost their babies, had IVF treatment, had a water birth, given birth to babies with disabilities, suffered from Post Natal Depression, fallen pregnant when they were told they never would, and a range of other experiences.

“Some of the mothers who have been part of our One Mum’s Story section have since been in touch with us to say how thrilled they are to have shared such a special part of their lives with our readers,” says Emma Newman, Mum Zone Editor/Manager.

“We add a new One Mum’s Story in our newsletter each fortnight and they are always amongst the most popular articles. Our audience is mums – who better can relate so closely to the journeys these amazing women have experienced?”

Some of the mums involved have taken their experiences a step further by setting up websites to help others who have had similar experiences to their own. For example, Julia Toivonen, who shared the story of her prematurely born son Ronan, has set up a support website for parents of premature babies - [www.lilaussieprems.com.au](http://www.lilaussieprems.com.au)

Katherine Moffett gave birth to baby Sienna who has congenital limb defects. Since Sienna’s birth, Katherine has made it her life’s mission to raise money for research, support and awareness of the condition. She has set up the organisation C.H.I.L.D (Children Having Infant Limb Deficiency) including a website – [www.childorg.net.au](http://www.childorg.net.au) Katherine is running a charity auction on 22nd March 2009 to raise money for the cause.

Fiona Dixon and Elizabeth Murphy, who shared the stories of their premature babies Airlie and Tiana (respectively), have both set up online premmie support networks and online stores selling premmie clothing and products – [www.momentbymoment.com.au](http://www.momentbymoment.com.au) and [www.latoriana.com.au](http://www.latoriana.com.au) respectively.

Each and every one of the mums who have shared their journey on the Mum Zone website has a deep and meaningful heartfelt story to tell and by simply taking the time to document their experience they have helped both themselves and others. This is also a wonderful way to pass the story onto the child when they are old enough to understand.

The One Mum’s Story collection is here: [http://www.mumzone.com.au/one\\_mums\\_story.php](http://www.mumzone.com.au/one_mums_story.php)

The Mum Zone website was developed to share ideas and advice between Australian mums. The fortnightly newsletter currently has a readership of 13,000 across Australia. For more information please visit [www.mumzone.com.au](http://www.mumzone.com.au)

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