



Mma wa Nnete resources

Culturally resonant tools for emotional literacy, coping, and pregnancy preparedness

Mma wa Nnete Project - Right to Care, South Africa
CQUIN Tools Lab | November 2025



Why we developed these:

Based on what mothers said during Mma wa Nnete Discovery Phase

Maternal mental health challenges are widespread yet often **unspoken** in South Africa.

Poor emotional wellbeing contributes to **stress, poor adherence to HIV treatment, and risky behaviours.**

Many mothers lack the **language or confidence** to express emotions, particularly around pregnancy & postpartum experiences.

We needed **simple, culturally grounded tools** to support pregnancy readiness, emotional literacy & coping.

CQUIN 9th Annual Meeting

Delivering Differently: Prioritize. Adapt. Sustain



What is the Emotional Wheel?

A tool to help pregnant and postpartum women:



Identify, name, and understand their emotions

01



Link physical sensations to emotions (good & bad)

02



Learn culturally appropriate coping mechanisms

03



Available in English and Sepedi

04



Used by CHWs & Mother Champions in communities
healthcare providers in facilities

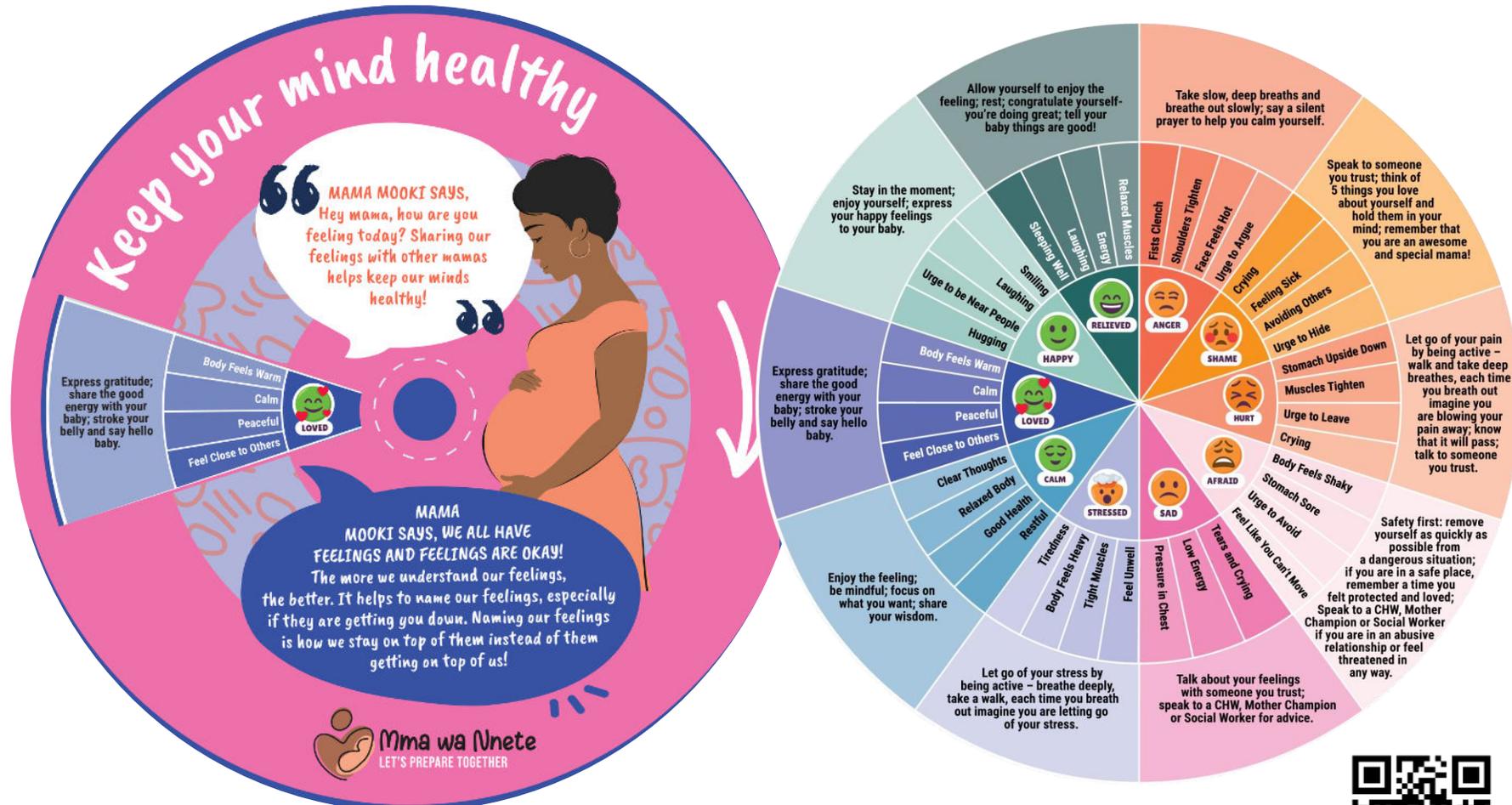
05

By naming what they feel, mothers begin to heal



How do you use it?

Used by CHWs & Mother Champions in the community and healthcare workers in facilities



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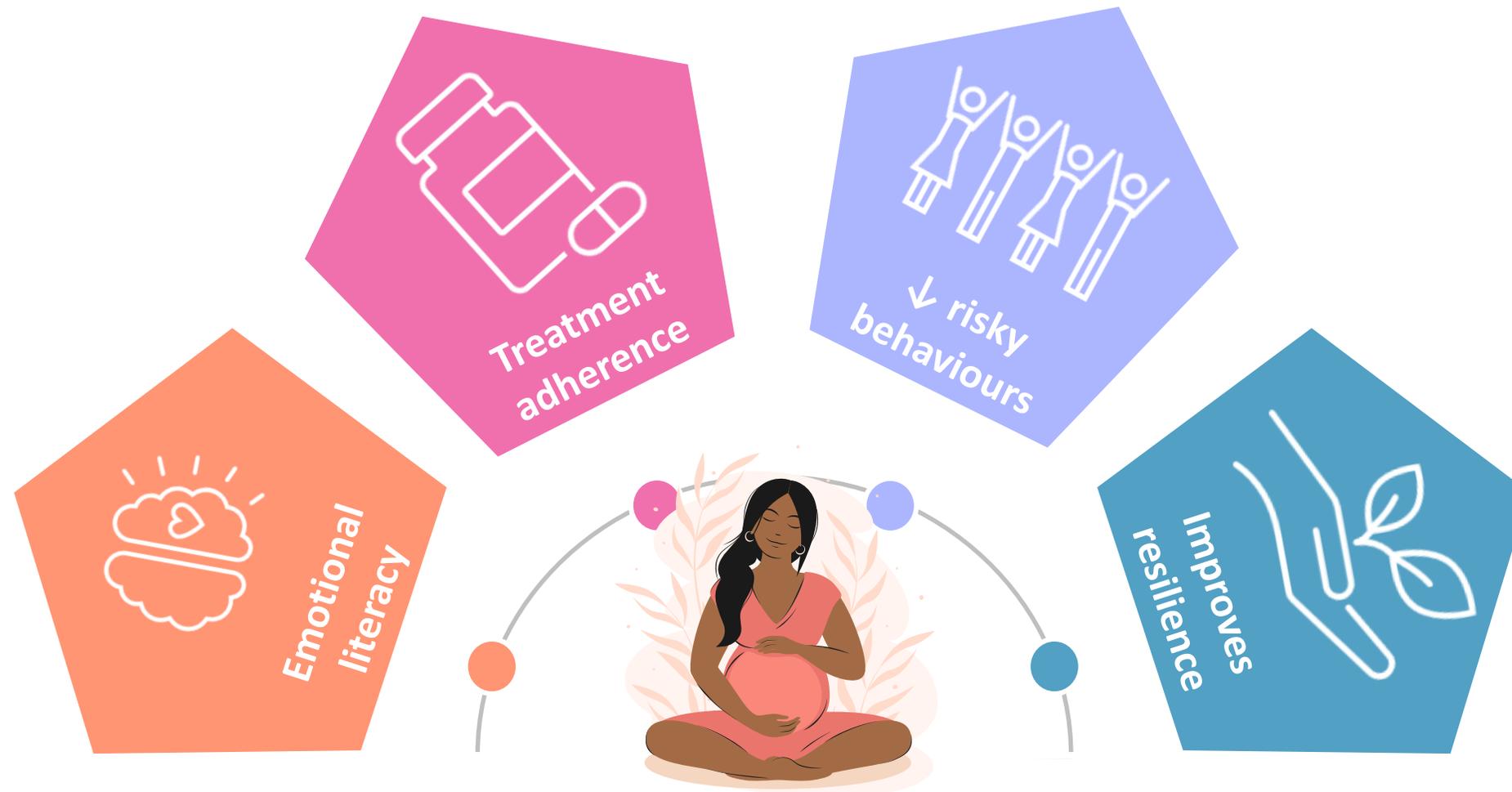


Each healthcare provider has a tool that they use for the mothers they see. The first consultation takes about 5 minutes to explain the emotions to the mother and give her time to understand, but from then on, it is very quick at each follow-up visit.

The tool can also be shared electronically with the mom via a QR code to help her still understand and cope at home.



How it strengthens health outcomes:



What is the MotherFit Brochure?

A tool to help pregnant and postpartum women:



Understand what mothers identified as the most important parts of pregnancy

01



Give practical advise of disclosing pregnancy to mothers

02



Provide mothers with information otherwise considered 'taboo'

03



Available in English and Sepedi

04



Provided to mothers by healthcare providers for them to home. Electronic versions also available

05



How do you use it?

Provided to mothers by healthcare professionals to take home with them



Mma wa Nnete
LET'S PREPARE TOGETHER

Hello!
I'M MAMA MOOKI!

Becoming a mum can be one of the best... and one of the scariest things you can do. Having the support of people in your life that you trust is how you'll do this. These are people that encourage you when you feel stressed and remind you that you're doing your best- and that your best is always enough.

I am one of them and I'm here for you! You are not alone.
This is my advice on what to expect when you're pregnant.
We will walk this journey together!

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How do you know if you're pregnant?



A pregnancy test is the only way to know if you're pregnant. If you suspect you might be pregnant, the sooner you know for sure the better it is for you and your baby's health, and the more options you will have.

If you have any of these signs, get a pregnancy test:

I MISSED MY PERIOD
Missing a period is often the earliest physical sign that you could be pregnant. Remember, in early pregnancy you can still have light bleeding around the time of your period. You might notice other pregnancy signs before you notice you missed your period.

I FEEL SICK
Feeling nauseous, and even vomiting, can happen from about the 2nd week of pregnancy. This usually passes by the 16th week but can go on for longer. It is called 'morning sickness' but can happen at any time of the day or night. Keep drinking sips of clean drinking water, especially if you are vomiting.

MOOD SWINGS
The flood of hormones in your body can make you emotional. You can go from being happy one minute to wanting to cry the next. This is normal. If negative emotions are overwhelming you now, talk to a Mother Champion or Community Health Worker to put you in touch with a Social Worker. Do not suffer alone.

MY BREASTS FEEL TENDER & SORE
Your breasts may grow larger, feel tender and sore because of the increase of hormones in early pregnancy.

I FEEL SO TIRED
In first few weeks of pregnancy you often feel like all you want to do is sleep and rest.

FEEL BLOATED
You can feel bloated and swollen long before your belly starts to grow. This feeling can feel the same as when you are on your period.

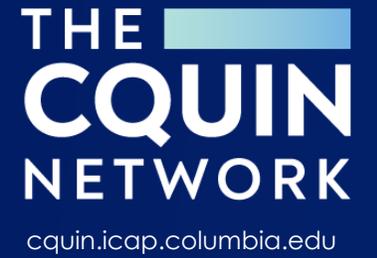
I NEED TO PEE OFTEN
In early pregnancy you may need to pee more often than usual. This will ease off after the first 3 months of pregnancy and return again in the last few months of your pregnancy as your growing baby puts more pressure on your bladder.

MY TASTE HAS CHANGED & I'M SENSITIVE TO SMELLS
Food that you've always enjoyed can change and you might start to dislike smells that didn't bother you before.

MY NOSE BLEEDS EASILY
Pregnancy hormones can make your nose dry and bleed. This is not something to worry about. Use your thumb and forefinger to pinch the soft part of your nose shut to stop the bleeding. If you lie down, keep your head raised instead of lying flat.

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Thank you

