

# Mom, You Did It!

By: Tameka Mitchell

Illustrated by: Barbara Dokic

## About Mom You Did It!

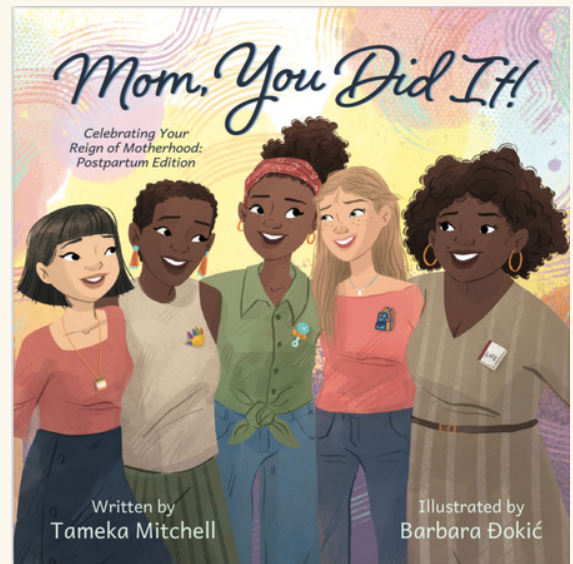
Each person's motherhood journey is beautifully unique. Together, we can build a village of support with family, friends, moms, therapists, or other professionals joining to lift up new moms. This book was created to be the perfect gift for postpartum mothers. It has energizing visuals, empowering messages, and a grand expression of gratitude for moms who are taking on their reign of motherhood. With guidance and affirming words its sure to enforce that every new mom is DYNAMIC and not alone.



## About Tameka Mitchell

Tameka Mitchell is a motivator, entrepreneur, author, slayer of imposter syndrome, and most importantly, a mom. Her love of storytelling and dedication to maternity wellness inspired her to build a legacy of writing books that encourage mothers to be fearless and believe in themselves. As a fierce advocate of mothers living their best lives and pursuing their dreams, her focus is to produce content that is a tribute to people of color with vibrant, simple messages that encourage family and community conversations.

I am a Mom now!



Author: Tameka Mitchell

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Formats:

Board Book: ISBN: 979-8-9865130-4-1

Available at [maternitymotivation.com](https://maternitymotivation.com)

Contact for wholesale discount on bulk orders.



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Maternity  
PUBLISHING, LLC  
Motivation



# Chief Mom Motivator

## Tameka Mitchell

### Who Is Tameka Mitchell?

Tameka Mitchell is a motivator, entrepreneur, author, slayer of imposter syndrome, and most importantly, a MOM. Coined the Chief Mom Motivator, Tameka is a fierce advocate of mothers living their best lives and pursuing their dreams. She hopes to motivate mothers and create stories and visuals that help mothers guide their children to becoming empowered and confident readers. Her focus is to produce content that is a tribute to people of color with vibrant, simple messages that encourage family and community conversations.

As the Chief Mom Motivator, Tameka is particularly passionate about educating and empowering all mothers but with a primary focus on new mothers with newborns/ infants. She specializes in the unique postpartum experience for women of color and their specific challenges.

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### Why?

In 2020, the maternal mortality rate for non-Hispanic Black women was 55.3 deaths per 100,000 live births, 2.9 times the rate for non-Hispanic White women. Rates for non-Hispanic Black women were significantly higher than rates for non-Hispanic White and Hispanic women.(CDC)

It's time to make maternal mental health a part of our daily conversations. Especially in Georgia where Tameka resides, all pregnancy-related deaths attributed to hemorrhage, mental health conditions, cardiomyopathy, cardiovascular and coronary conditions, and preeclampsia and eclampsia were determined by the MMRC to be preventable. For pregnancy-related deaths attributed to embolism, 83% (10) were determined to be preventable, while 17% (2) were determined to be not preventable.. (Georgia Department of Health).

### How?

In her role of Chief Mom Motivator, Tameka strives to be an informed advocate leveraging her personal experiences, current events, interactions with local and national postpartum tasks forces and active engagement in community events/programs to collectively address the maternal mortality rate crisis.

As the CEO of Maternity Motivation Publishing, LLC, Tameka plans to rewrite the narrative on maternal health. Developing conversation starters in the form of books and valuable resources is the first step. In her new book, "Mom, You Did It!", Tameka begins the conversation of postpartum mental health by addressing the many challenges new mom's face and in a voice that speaks directly to them. By addressing their needs, "Mom, You Did It!" gives new mother's permission to be authentic and openly express their feelings.

The second step is where the real change begins. By hosting formal and informal discussions with medical professionals, doulas, activists, lawyers, educators, and women health influencers, Tameka hopes to facilitate greater awareness of the maternal issues faced by women of color. Building this network will have a trickle-down effect to where "Mom, You Did It!" is not just a motivational phrase but an active movement toward mothers living an authentic and joyful life.

Tameka is also the author of her debut children's book, "My Super Mom and Her Sidekick Crew", which celebrates the superpowers of mothers and the various "sidekicks" in our families. When Tameka isn't writing for children and motivating moms, she enjoys spending time with her husband and two beautiful children.

My Super Mom and Her Sidekick Crew  
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