

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.

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% were determined to be preventable, while 17% 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 task 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.

Contact Info

maternitymotivation.you@gmail.com

www.maternitymotivation.com

Facebook:

Maternity Motivation Publishing

Instagram:

@maternitymotivation_publishing

Titles:

Author: Tameka Mitchell

Page Count: 24 pages

Publisher:

Maternity Motivation Publishing, LLC

Publication Date: October 1, 2023

Language: English

Target Audience: Adult

Formats:

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

My Super Mom and Her Sidekick Crew

Publisher:

Maternity Motivation Publishing, LLC

Target Audience: Ages 4-10

Formats:

Hardcover: ISBN: 979-8-9865130-0-3

Paperback: ISBN: 979-8-9865130-1-0

Kindle: ISBN 979-8-9865130-2-7

Both books available at
maternitymotivation.com and
Amazon. Contact for wholesale
discount on bulk orders.

