

COMMUNITY GUIDELINES

WHY WE'RE HERE

Processing Postpartum is a safe, gentle, accessible community for new moms in our first year of motherhood. Together, we offer friendship and emotional support as we navigate the challenges unique to postpartum.

HOW WE ACT



Non-judgmental

We all parent in our own ways, and we accept that what's best for us might not be best for someone else. We can disagree without passing judgment.



Honest

We show up as we are, not pretending to be perfect or to have all the answers. Messy hair, messy homes, and messy hearts are welcome here!



Encouraging

We cheer each other on! Parenting is hard, and it's *not* a competition. We ask for support when we need it, and we build one another up as much as we can.



Respectful

We recognize that all experiences are valid, and we listen as much as we speak. We give and receive different perspectives.



Mature

We speak kindly to one another. We ask questions if we don't understand, or if we want to learn more. We vent without bashing.



Confidential

We hold one another's words and experiences in confidence. We do not screenshot or otherwise capture what's shared.

WHAT'S NOT TOLERATED



Harassment, Bullying, or Condescension

We do not tolerate hate speech, derogatory comments, intimidation, intentionally offensive behavior, or gossip.

We're all doing our best, and none of us is perfect. We never speak to one another in a way that puts another person down or makes them feel less-than for any reason.



Self-Promotion or Affiliate Marketing

We don't sell products or services to members of our community.

If someone specifically asks for a recommendation, we can share non-affiliate links to items we recommend.

If we have something we want to share, we can add it to the #Resources channel.



Political or Ideological Debate

We do not tolerate debate about politics or ideologies.

We are free to share information about ourselves to help provide context for our experiences, but we do not use that information to tell one another what is right or wrong, how we should or should not think or feel, or what we should believe.

MODERATION

Tiffany will moderate discussion and intervene if and when it's necessary. Comments may be deleted if they do not adhere to community guidelines. Community members will receive one warning via direct message and email when their behavior violates community guidelines. Community members whose behavior violates community guidelines a second time will be removed from the group.

REPORTING AN ISSUE

While Tiffany will do her best to regularly moderate discussion, there may be times when she misses a comment that clearly violates community guidelines. Please report any such comments or behavior by sending Tiffany a direct message on Telegram or sending her an email to tiffany@mamaslulla.blog.