

Jane Honikman, M.S.

Parent Support Consultant/ Postpartum Specialist

www.janehonikman.com

Founder of Postpartum Support International
Santa Barbara, California

Jane Honikman, M.S., began her career in maternal mental health in 1977 when she co-founded Postpartum Education for Parents (PEP). In 1981 Jane received a grant from the American Association of University Women to study the Growth and Dynamics of Postpartum Support Groups. She became the Executive Director of the Santa Barbara Birth Resource Center in 1984 and attended her first Marce Society conference. In 1987 founded Postpartum Support International (PSI) in 1987 as a result of hosting the first conference on Women's Mental Health Following Childbirth held in Santa Barbara. She was elected as PSI's first President in 1989 and as Founding Director operated the organization from her home until 2004. Her role is now as an Advisor to the organization. Jane has authored many articles and educational materials on postpartum issues and how to start community support networks including her books Step by Step (2000) and I'm Listening (2002). Her expertise is based upon her struggles as a new mother. She continues to lecture internationally on the role of social support and the emotional health of families. Jane's own family includes her supportive husband of 43 years, 3 adult children, their spouses, and 7 grandchildren (and a cat). She enjoys living a healthy and active lifestyle in Santa Barbara.