

Bio

Sara Binkley-Tow is co-founder and Executive Director of MomsBloom. Her passion to help families developed through her own personal experience. Sara, did not have the physical and emotional support in place after her daughter was born and after her son was born 21 months later. She struggled in her new role as a stay-at-home mom and was discouraged by the competition and judgments that existed with other moms. She struggled with high anxiety, obsessive-compulsive tendencies and intrusive thoughts. Like many new moms, her confidence was low and questioned her abilities as a parent. Only through her further training and education did she self-diagnose herself with postpartum depression. With no history of mental illness in her family, she realized all families were vulnerable to this illness and she did not want another mom suffer like she did...in silence.

Sara eventually found support and solace through a group of women that gave her positive feedback and provided the nonjudgmental physical and emotional support she needed. The women-to-women, mother-to-mother connection was vital to Sara's confidence as a new mom. Sara is also grateful for the time her own mother spent with her after her children were born. Her mom did not live in the area so she traveled to spend a week with her family. She cooked, cleaned, did the laundry, held the baby so she could nap or shower and emotionally supported her. It was the little things that made a difference to a very insecure mom and was part of Sara's inspiration to start MomsBloom.

Sara is a graduate from Ohio University – who went on to earn her master's degree in Family Studies from Michigan State University. She is an infant massage instructor, postpartum doula and Happiest Baby Educator. Sara has spanned the nonprofit world, but has found her passion working with families. Sara is highly regarded in West Michigan as an innovator of parent education, advocate for family issues, professional speaker and leading expert in infant massage. She is a member of the 2011 class of Rising Women Leaders. She is a long-time vegetarian who enjoys camping with her family and peaceful moments, spending time with her mommy (and non-mommy) friends, cooking, reading, and breathing in the great outdoors. She lives on the north side of Grand Rapids, MI with her supportive husband and two children.

"The problem with the world is that we draw our family circle too small." Mother Teresa

"Even Superwoman needs her heroes." Sara Binkley-Tow

"MomsBloom is the extended family for the 21st century!"

"Enlisting the help of a robust support network makes all the difference in how you experience your journey." – Anonymous

"Alone we can do so little; together we can do so much." ~Helen Keller