

WOMEN'S DISABILITY SPORT WEBINAR SERIES

**Balancing Disability, Sport, and
Motherhood – Tips, Tricks, &
Lessons Learned**

Presenters:

Leanne Taylor, 2024 Paralympic Bronze Medalist, Para Triathlon

Ilana Dupont, 2008 Paralympic Bronze Medalist, Wheelchair Racing

February 18th, 2026



**ONTARIO
PARA
NETWORK**



Territorial Acknowledgement

ON Para Network acknowledges that the land and waterways that we live, work, and play on have been, and continue to be, the traditional territory of the Haudenosaunee, Wendat, Anishinaabeg, and Mississaugas of the Credit First Nation. We also honor the stewardship of the many First Nations, Metis, and Inuit that call this land home today.

Purpose of the Series



- Cover a wide range of topics that impact female athletes, with information tailored through the lens of disability
- Topics discussed in the series includes:
 - Coaching Female Wheelchair Sport Athletes – Physiological Considerations for Sport Performance
 - Bladder, Bowel, & Beyond: Women's Health in Para Sport
 - Athlete Panel: Balancing Disability, Sport & Motherhood - Tips, Tricks, & Lessons Learned
 - Mental Health & Sport: Stressors, Performance Impact, and Supports Available
 - Nutrition Needs for Para Athletes
 - Funding Opportunities for Para Sport – Grant & Sponsorship Tips

This initiative is made possible through financial contributions from the Canadian Paralympic Committee, Paralympic Foundation of Canada, and the Government of Canada, and delivery support from Tennis Canada”









Training Through Pregnancy

- Heat safety
- Fit and position safety (boobs)
- Morning sickness
- Trimester differences







Baby Oliver's Arrival

- C-section
- C-section recovery
- Accessibility in the hospital
- Breastfeeding





Returning to Training

- Breastfeeding
- Hydration
- Sleep / recovery
- Nutrition
- Childcare



Returning To Competition

- Traveling without baby
- Travelling with baby
- Competing with baby



Challenges

- Financial
- Childcare
- Balance
- Work?
- Sponsors?



Thank You

- @leataylor8
- leannemtaylor8@gmail.com





Training during pregnancy

- Early pregnancy loss
- Bleeding scare
- Body changes
- Breathing difficulty





Amélia's arrival

August 23, 2014

6lbs 8oz



Adaptive Equipment

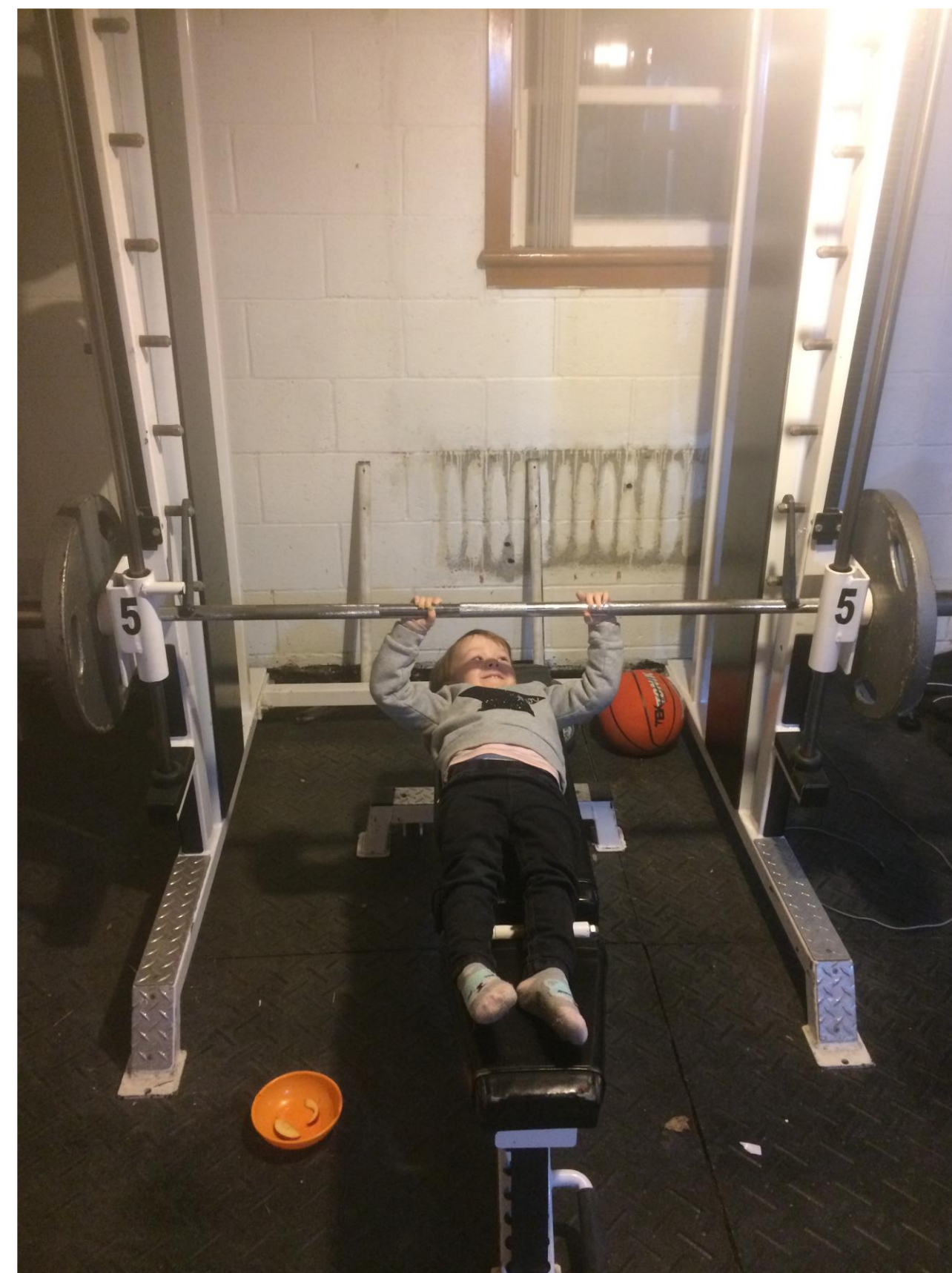


Travelling

- Solo with baby



Training with a little one



















A group of approximately 15 people are posed in two rows. The front row consists of seven individuals seated in wheelchairs, while the back row has eight people standing. They are positioned in front of a wall of green lockers. The text 'HOME OF THE' is visible on the lockers, and a large, stylized white 'D' with a yellow outline is on the right. The word 'Questions?' is written in large white font across the center of the image.

Questions?



Next Session

Mental Performance & Mental Health in Women's Disability Sport

Presenters:

Dr. Sommer Christie & Dr Heather Wheeler

Guest Speaker: Melanie Labelle

March 4th, 2026