

Ophelia Hu Kinney
Scarborough
LD 1964

My name is Ophelia Hu Kinney, and I live in Scarborough with my wife and our newborn daughter.

Today, I happen to finish my three-month parental leave made possible by my employer. We are thrilled to be raising our family here in Maine. The postpartum experience has been perhaps the most challenging thing I've done in my life, and I can scarcely understand how new parents undertake this without paid family leave.

In the first two weeks postpartum, my body was exhausted and my hormones were regulating. I worked around the clock to feed our child and attempt to take care of myself. For many weeks after that, I was still acclimating to life with a newborn.

My postpartum experience included the best of scenarios. Most new parents are less fortunate than I was. If we value families in Maine, then we must not penalize them for growing. Requiring paid family leave is the least our state can do to protect families and give our children a healthy start in life.