

Parenting is Hard Work

April 2010

Parenting *Rules!*

Has She Got The Blues?



Maternal depression can range from a mild case of the “baby blues”, which only lasts a few weeks, to postpartum psychosis, a serious condition that needs medical treatment. Depression can affect **any** woman at anytime during her pregnancy or soon after giving birth.

Women who are experiencing depression need the support of their family, friends, and medical professionals.

Women who suffer from depression are less likely to practice child safety measures, follow routines, or be able to meet the needs of their newborns which can have negative effects on the baby's growth and development. Children with mothers who have severe depression or postpartum psychosis are at a higher risk of physical abuse, neglect and injury.

How do you know if a mom is depressed? Some of the symptoms include:

- ✓ fatigue or inability to sleep
- ✓ frequent crying and hopelessness
- ✓ anxiety or irritability
- ✓ lack of interest in their child or normal interests
- ✓ thoughts of hurting herself or her child

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How can you help a Mom who is experiencing depression?

- Be a friend, let her know you there to help in any way she needs you
- Take care of the baby for her so she can get some rest
- Help her with household chores and errands
- Encourage her to join a support group for new moms
- Suggest she talk with her doctor about treatment if the depression last longer than two weeks
- If you feel the child is a risk of abuse and/or neglect, call child protective services at 1-800-RICHILD

Families First Rhode Island

401.383.9933

www.familiesfirstri.org

Women & Infants Hospital – Postpartum Depression Clinic

401.274.1122, ext 2870

www.carenewengland.org/body.cfm?id=7&action=detail&ref=136

Rhode Island New Moms Connection

401.787.420

www.rinewmoms.com/new-moms-groups.html

ABOUT PARENTING RULES! E-NEWS...



Prevent Child Abuse
Rhode Island



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Please share this information
with the families in your
programs. Thank you!

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