

# How does maternal depression affect baby?

Maternal Depression Group





# Maternal depression and baby

- Breastfeeding may be impacted
- Safe sleep practices may be impacted
- Prenatal depression may result in miscarriage
- Babies may not develop a secure attachment to mom
  - Babies who do not develop a secure attachment may be more likely to have colic, develop slower than babies who are securely attached, have aggression or social-emotional problems, sleep less, etc.



# Family as a system

- Maternal depression can affect not just mom and baby, but the whole family.
- Teens whose mothers suffer from depression may have depression, anxiety, substance abuse, ADHD, or other disorders.
- Maternal depression may also increase the risk of paternal postpartum depression, which can affect the father's ability to develop secure attachment to the baby.

(Regence Newsroom, 2022)



# References

*Depression in pregnant women and mothers: How it affects you and your child.* Caring for kids. (n.d.) Retrieved April 21, 2023, from <https://caringforkids.cps.ca/handouts/behavior>

*Postpartum depression affects the whole family.* Regence Newsroom. (2022, July). Retrieved from <https://news.regence.com/blog/postpartum-depression-affects-the-whole-family>