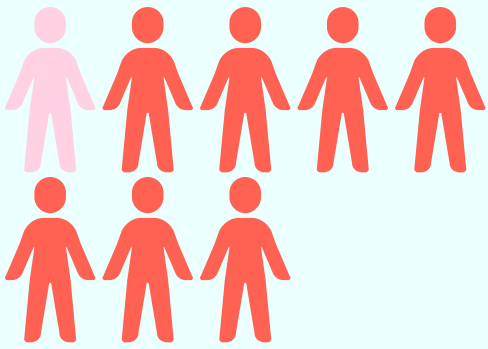


Maternal Depression:

Psychoeducational Material



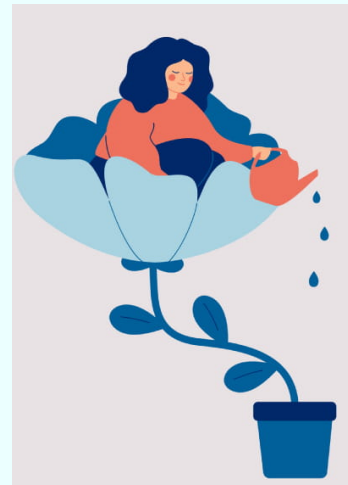
One in 8 mothers experience depressive symptoms (CDC, 2022)

Maternal Depression Symptoms:

- Extended periods of sadness, hopelessness, apathy, and anger
- Low self esteem
- Suicidal ideation/self harm
- Detachment from child
- Difficulty adapting to new role as a mother

Coping Strategies and Skills:

- Social support
- Self care
- Healthy relationship with your baby
- Healthy communication skills
- Problem-solving skills

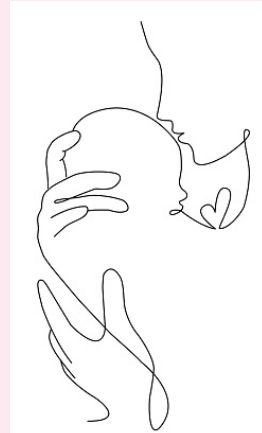


Maternal depression can have adverse effects on infants and children. Children can experience cognitive, behavioral, emotional, and social impairments.



Strategies to improve interactions with your baby:

- Touch (being held etc.)
- The human voice (talking, reading books)
- Eye contact
- Creating a routine with the child



Strategies for good communication:

- Validation
- Present listening
- Honesty

Benefits of good communication:

- Improved mental health
- Stronger relationships
- healthier relationships



5 problem-solving steps:

1. Attitude: keep an open mind during the problem-solving process
2. Define: Curate all facts and details of the problem in order to define the problem.
3. Alternatives: Find alternative solutions and actions in order to overcome an obstacle
4. Predict: Predict both positive and negative outcomes and pick the solution in which goals are met
5. Try out: try out the solution and monitor the effectiveness (Dobson, 2011)

Kipling Method:

1. What is the problem?
2. Why is the problem important?
3. When did the problem arise?
4. How did the problem happen?
5. Where is the problem occurring?
6. Who does the problem affect? (Waters, 2022)

