

Questions To Ask About Postpartum Depression

[#postpartum depression](#) [#PPD symptoms](#) [#maternal mental health](#) [#new mom support](#) [#postnatal mental health](#)

Navigating the complexities of new motherhood can be challenging, and understanding your mental health is crucial. This resource provides a vital list of questions to ask about postpartum depression (PPD), helping individuals identify symptoms, initiate conversations, and seek necessary support for maternal mental health.

We encourage scholars to reference these dissertations responsibly and ethically.

Thank you for stopping by our website.

We are glad to provide the document Postpartum Depression Questions you are looking for.

Free access is available to make it convenient for you.

Each document we share is authentic and reliable.

You can use it without hesitation as we verify all content.

Transparency is one of our main commitments.

Make our website your go-to source for references.

We will continue to bring you more valuable materials.

Thank you for placing your trust in us.

Across digital archives and online libraries, this document is highly demanded.

You are lucky to access it directly from our collection.

Enjoy the full version Postpartum Depression Questions, available at no cost.

What Am I Thinking?

For many women, having a baby delivers all the profound joy they anticipated and brings happiness beyond description. For women who experience depression after the birth of a baby, this joy can seem elusive. Instead, women with postpartum depression (PPD) are often gripped with feelings of deep sadness, confusion, anxiety, and despair, and they are deprived of their anticipated joy in their first precious months with their baby. At some point, the question of having another baby arises. If you ask a woman in the throes of a depression this question, she may say, no. No more children. If you ask a woman who has recovered from postpartum depression if she wants more children, she may say, yes, but I'm scared to go through that again. This book was written to accompany these women on their journey toward a subsequent pregnancy after postpartum depression. What Am I Thinking contains essential information for a woman and her family who plan on having another baby after a previous experience with postpartum depression. As these women know, planning another pregnancy can be a process filled with profound anxiety, indecision, fears, and self-doubt. What if I get depressed again? What if it's worse this next time? What if something terrible happens? What if I'm making a mistake? Filled with self-help strategies, current treatment recommendations, and practical advice, this book offers women the hope, confidence, and support they need to make this journey in spite of their anxiety. With this resource and available knowledge in hand, they are likely to feel more empowered, enabling them to proceed with confidence.

When Baby Brings the Blues

A leading expert on postpartum depression offers new mothers an insightful, medically sound guide to recovery. A full 20 percent of new moms will be affected by PPD--but the good news is that PPD is very responsive to treatment. This guide, written by psychiatrist and internationally acclaimed PPD specialist Ariel Dalfen, leads women out of the maze of depression, offering medical and psychotherapeutic options, practical lifestyle changes, and an impressive array of resources for further support. Complete with a PPD diagnosis questionnaire, a treatment plan checklist, and a table of medications and side effects, this upbeat guide also includes daily affirmations used by Dr. Dalfen's own patients when

recovering from PPD. Dr. Ariel Dalfen (Toronto, ON) is a psychiatrist at Mount Sinai Hospital in Toronto and an acclaimed lecturer and medical researcher in the area of post-partum depression.

Beyond the Blues

A trio of professionals present a groundbreaking, multidisciplinary approach to wellness for the nearly half million women diagnosed with postpartum depression each year.

Beyond the Blues

Post-natal depression is now being recognized as a physiologically based illness, rather than a mental illness. Erika Harvey outlines new developments in this field and offers effective self-help techniques and ways to prevent post-natal depression from recurring.

Conquering Postpartum Depression

A comprehensive authoritative guide to this disorder. It includes solutions to problems ranging from minor adjustment disorders to severe depressions.

Postnatal Depression

This guide has been developed jointly by the American Academy of Pediatrics and the American College of Obstetricians and Gynecologists, and is designed for use by all personnel involved in the care of pregnant women, their fetuses, and their neonates.

Postpartum Depression

'Henshaw (psychiatry, University of Keele, UK) and Elliott (consultant clinical psychologist, St Thomas' Hospital, UK) provide guidance for health care professionals on the controversies surrounding screening for perinatal depression and on good practice in the use of screening tools. International contributors, with backgrounds in psychiatry, psychology, medicine, nursing, midwifery, and social work, discuss the advantages and drawbacks of the available screening methods, and investigate women's perceptions of the usefulness of screening. Ethnic minority experiences and screening programs in developing countries are also considered.' - Book News 'The book considers a variety of issues and identifies agreement in ideas and continuing debates. Whether the reader is concerned with women's views of screening, the role of the midwife, screening in the US, Australia or developing countries, screening of women with serious mental illness, Black Caribbean women's views of screening, health visitor intuition and much more, there is something here for them. Each chapter, often drawing on the author's own work, stands on its own. Tutors, researchers, practitioners and students should be able to use the relevant parts to challenge their thinking, reflect on their practice and ask yet more questions about this significant subject.' - Community Practitioner Screening for perinatal depression is now widely undertaken in the UK and Europe and is attracting increasing attention. This much-needed text provides guidance for health care professionals on the issues and controversies surrounding screening and on good practice in the use of screening tests. An international author team with backgrounds in psychiatry, psychology, medicine and nursing has been brought together to discuss the available screening methods, their advantages and drawbacks. The authors investigate women's perceptions of the accessibility and usefulness of screening and of the roles of professionals (e.g. primary care staff and health visitors), and also look at ethnic minority women's experiences of health services. The role of the UK National Screening Committee is explored, along with the problems faced when implementing screening programmes in developing countries. This comprehensive and practical book will enable mental health professionals, social workers and health visitors to provide sensitive and informed services to women at risk of perinatal depression.

Guidelines for Perinatal Care

A major addition to both maternity and psychology literature, here is a guide to self-help and professional treatment of postpartum depression--one of the most misunderstood and misdiagnosed mental illnesses. The authors debunk the myths surrounding PPD and provide compassionate support and solid advice for women with PPD.

Screening for Perinatal Depression

The journey to motherhood is sometimes clouded with unrealistic expectations and society's unfair judgement of any woman who isn't immediately blissfully happy with her new baby. Giving birth is a major life adjustment and rite of passage for all mothers. This book is for anyone who is struggling or has struggled on that journey, who may be grappling with confusion, anxiety, fear or anger. It offers hope, support and comfort and a clear path out of what may feel like a bewildering or overwhelming situation. Postnatal depression affects around 30 per cent of mothers, but partners, children, extended family, friends and colleagues all feel its ripple effect, and many mothers do not know, or do not wish to acknowledge, that this misunderstood illness can be treated just like any other. Written by a medical doctor, a clinical psychologist and their patient, a writer, each author contributes her own personal experience and expertise in the area of postnatal depression to an open and enlightening discussion of just what this illness is, how to recognise it and ways to achieve recovery of body, mind and spirit. They call on health care professionals and society at large to respond timeously, knowledgeably and with empathy to what is, for many mothers, a medical emergency. Women from different walks of life agreed to share with the authors, and now with the reader, their tough yet transformational experiences of postnatal depression, offering hope and encouragement and revealing the power of healing through openness and the telling of their stories.

Postpartum Depression Screening with the Edinburgh Postnatal Depression Scale and the Postpartum Depression Checklist

For too many families, the postpartum period brings unexpected pain and devastation when depression entered the picture. The anticipated joy and pleasure of parenthood is replaced with feelings of fear, sadness, anger, confusion and resentment. Research has shown that supportive relationships during postpartum depression treatment is associated with a reduction in depressive symptoms. When partners have the right information, they will not only gain a better understanding of the illness and its impact, they will also feel better themselves. Furthermore, we know that this understanding and capacity for support is directly related to his wife's sense of well being and control. In my first book, "This Isn't What I Expected: Overcoming Postpartum Depression" (Bantam, 1994), we included a chapter for husbands, which turned out to be an invaluable resource for the partners of women suffering from PPD. After receiving feedback from the families I treat, I was shown that husbands needed support and information that is distinct from what their wives were seeking. "The Postpartum Husband" offers that information with its handy reference-style format and addresses specific questions that may arise throughout the course of the illness. As the husband feels more in control of the situation and his wife feels understood and cared for, symptoms improve and recovery is augmented.

This Isn't What I Expected

Depression is a widespread condition affecting approximately 7.5 million parents in the U.S. each year and may be putting at least 15 million children at risk for adverse health outcomes. Based on evidentiary studies, major depression in either parent can interfere with parenting quality and increase the risk of children developing mental, behavioral and social problems. Depression in Parents, Parenting, and Children highlights disparities in the prevalence, identification, treatment, and prevention of parental depression among different sociodemographic populations. It also outlines strategies for effective intervention and identifies the need for a more interdisciplinary approach that takes biological, psychological, behavioral, interpersonal, and social contexts into consideration. A major challenge to the effective management of parental depression is developing a treatment and prevention strategy that can be introduced within a two-generation framework, conducive for parents and their children. Thus far, both the federal and state response to the problem has been fragmented, poorly funded, and lacking proper oversight. This study examines options for widespread implementation of best practices as well as strategies that can be effective in diverse service settings for diverse populations of children and their families. The delivery of adequate screening and successful detection and treatment of a depressive illness and prevention of its effects on parenting and the health of children is a formidable challenge to modern health care systems. This study offers seven solid recommendations designed to increase awareness about and remove barriers to care for both the depressed adult and prevention of effects in the child. The report will be of particular interest to federal health officers, mental and behavioral health providers in diverse parts of health care delivery systems, health policy staff, state legislators, and the general public.

Recognising Postnatal Depression

Overcoming Postnatal Depression uses the proven and trusted five areas model of cognitive behavioural therapy (CBT). By bringing together specialists in postnatal depression and with the use of self-help resources, this book addresses all the common challenges faced by women during times of low mood after having had a baby. CBT workbooks—easy to use, practical, photocopy them for use in your own life or job Written by award-winning authors and experts Proven to work—through years of research and practice Step-by-step success—follow the plan, see positive results Advice for friends and family—offers support Invaluable, proven, practical, and easy-to-use workbooks for all CBT practitioners, psychiatrists, GPs, psychologists, neurologists, physiotherapists, occupational therapists, and healthcare workers to use to help the people in their care help themselves. A linked free online support course is located at www.livinglifetothefull.com with additional resources at www.fiveareas.com

Postnatal Depression

Written by a pioneer and continuing advocate for perinatal health, this book remains an enduring reference for any therapist working with pregnant or postpartum women and their families suffering from perinatal mood and anxiety disorders. This Classic Edition includes a new preface by Hilary Waller that reflects on changes in the field since the book's first publication. Using a blend of professional objectivity, evidence-based research, and personal, straight-forward suggestions gathered from years of experience, this book brings the reader into the private world of therapy with the postpartum woman. Based on psychodynamic and cognitive-behavioral theories, and on D.W. Winnicott's 'good-enough mother' and the 'holding environment', the book is written by a therapist who has specialized in the treatment of postpartum depression for over 30 years. Chapters address diagnosis, medication, depression, psychosis, suicidal thoughts, bonding, as well as finding meaning and the power to heal during recovery. Bringing further attention to under recognized illnesses which plague mothers and cloud the childbirth experience, this Classic Edition serves as an accessible companion tool for clinicians and the women they treat.

The Postpartum Husband

Clues which point toward the etiology of postpartum psychiatric illness and its appropriate treatment are spread over four continents and 150 years of history. James Alexander Hamilton and Patricia Neel Harberger decided that it was time to assemble the bits and pieces of information. Postpartum Psychiatric Illness: A Picture Puzzle is an exceptional work that presents a wealth of research and treatment considerations in this neglected field.

Depression in Parents, Parenting, and Children

Identifying Perinatal Depression and Anxiety bring together the very latest research and clinical practice on this topic from around the world in one valuable resource. Examines current screening and management models, particularly those in Australia, England and Wales, Scotland, and the United States Discusses the evidence, accuracy, and limitations of screening methods in the context of challenges, policy issues, and questions that require further research Up to date practical guidance of how to screen, assess, diagnose and manage is provided. Considers the importance of screening processes that involve infants and fathers, additional training for health professionals, pathways to care following screening, and the economics of screening Offers forward-thinking synthesis and analysis of the current state of the field by leading international experts, with the goal of sketching out areas in need of future research

Overcoming Postnatal Depression: A Five Areas Approach

Over 90 percent of new mothers will have scary, intrusive thoughts about their baby and themselves. What if I drop him? What if I snap and hurt my baby? Mothering is so hard—I don't know if I really want to do this anymore. Gosh, I'm so terrible for thinking that! Yet for too many mothers, those thoughts remain secret, hidden away in a place of shame that can quickly grow into anxiety, postpartum depression, and even self-harm. But here's the good news: you CAN feel better! Author Karen Kleiman—coauthor of the seminal book *This Isn't What I Expected* and founder of the acclaimed Postpartum Stress Center—comes to the aid of new mothers everywhere with a groundbreaking new source of hope, compassion, and expert help. *Good Moms Have Scary Thoughts* is packed with world-class guidance, simple exercises, and nearly 50 stigma-busting cartoons from the viral #speakthesecret campaign that help new moms validate their feelings, share their fears, and start feeling better. Lighthearted yet serious, warm yet not sugary, and perfectly portioned for busy moms with full plates, *Good Moms Have*

Scary Thoughts is the go-to resource for moms, partners, and families everywhere who need help with this difficult period.

Therapy and the Postpartum Woman

This comprehensive reference and text synthesizes a vast body of clinically useful knowledge about women's mental health and health care. Coverage includes women's psychobiology across the life span--sex differences in neurobiology and psychopharmacology and psychiatric aspects of the reproductive cycle--as well as gender-related issues in assessment and treatment of frequently encountered psychiatric disorders. Current findings are presented on sex differences in epidemiology, risk factors, presenting symptoms, treatment options and outcomes, and more. Also addressed are mental health consultation to other medical specialties, developmental and sociocultural considerations in service delivery, and research methodology and health policy concerns.

Postpartum Psychiatric Illness

The Little Blue Rocket Ship: A Story About Postpartum Depression is told by a boy who sees changes in his mom after she has a baby. As the boy explores his own feelings and questions, he is reassured by his mom's continued love for him. Blending together fiction storytelling with supportive communication strategies, The Little Blue Rocket Ship encourages open dialogue about postpartum depression between family members. Postpartum depression "affects up to one in seven women" (March of Dimes).

Identifying Perinatal Depression and Anxiety

It's a great blessing when a new mom with postpartum depression (PPD) is fortunate enough to be diagnosed early by a knowledgeable medical practitioner or therapist. But without guidance, it isn't always clear where the boundary between normal baby blues and PPD lies. As with any other illness, the quicker that PPD is identified and treated, the faster the woman will recover. Postpartum Depression For Dummies can help you begin the process of determining what's going on with you and give you a better idea of where you fall so that you can get yourself into proper treatment right away. The book covers all aspects of PPD, from its history and its origins to its effects on women and their families to the wide variety of treatments available—including conventional Western medicine, psychological therapy, alternative medical treatments, and self-care measures. Postpartum Depression For Dummies reveals: Why some doctors may be hush-hush about PPD How to distinguish between pregnancy hormone changes, "baby blues," and PPD The difficulties of getting a proper diagnosis The role and importance of a therapist The benefits of medication for depression Alternative treatments with a successful track record How to find the right balance of psychological, medical, and alternative treatment Ways you can help foster recovery The nutrition you need to care for yourself properly How to help your partner help you Postpartum Depression For Dummies also provides the additional resources you need—web sites, organizations, and further reading—to help avoid the unnecessary suffering caused by undiagnosed and untreated PPD and survive and thrive as a new mom.

Good Moms Have Scary Thoughts

'Emily Oster is the non-judgemental girlfriend holding our hand and guiding us through pregnancy and motherhood. She has done the work to get us the hard facts in a soft, understandable way' Amy Schumer Parenting is full of decisions, nearly all of which can be agonized over. There is an abundance of often-conflicting advice hurled at you from doctors, family, friends, and strangers on the internet. But the benefits of these choices can be overstated, and the trade-offs can be profound. How do you make your own best decision? Armed with the data, Oster finds that the conventional wisdom doesn't always hold up. She debunks myths and offers non-judgemental ways to consider our options in light of the facts. Cribsheet is a thinking parent's guide that empowers us to make better, less fraught decisions - and stay sane in the years before preschool. *Now you can navigate the primary school years with Emily Oster too, in her new book The Family Firm, out now*

Women's Mental Health

"The guideline, commissioned by NICE and developed by the National Collaborating Centre for Mental Health (NCCMH), covers the care and treatment of women with mental health problems during pregnancy and the first postnatal year. This includes depression, anxiety disorders, and severe mental illnesses such as bipolar disorder and schizophrenia." "This guideline encompasses the organisation

of perinatal mental health services, making it the first of its kind to fully integrate the clinical and service aspects of care into a single volume. The book is illustrated by women's experiences of mental health problems, treatment and services."--BOOK JACKET.

The Little Blue Rocket Ship: A Story About Postpartum Depression

The raw, relatable call-to-arms memoir, breaking the silence on postnatal depression - from the bestselling author of *Animals and Adults* 'I am so grateful for this beautiful, honest book. It has helped me immeasurably' Pandora Sykes 'I loved this book' Clover Stroud 'Totally relatable ... had me laughing and crying in equal measures' Christie Watson 'Dazzling' The i An Unmissable Memoir, Stylist A Hot Summer Book, Refinery29 Six months after the birth of her son, Emma Jane Unsworth finds herself in the eye of a storm. Nothing - from pregnancy to birth and beyond - has gone as she expected. A birth plan? It might as well have been a rough draft! Furious and exhausted, her life is the complete opposite of what it used to be. She's swapped all night benders for grazed labia and Whac-a-Moling haemorrhoids. How did she end up here? In this brave, vital account of postnatal depression, Emma tells her story of despair and recovery. She tackles the biggest taboos around motherhood and mental health, from botched stitches and bleeding nipples to anger and shame. How does pregnancy adapt our brains? Is postnatal depression a natural reaction to the trauma of modern motherhood? And are people's attitudes finally changing? After the Storm is a celebration of survival, holding out a hand to women everywhere. 'This book will make new mums feel accompanied, which is the most sacred thing' Jenn Ashworth 'Hilarious, heart-breaking and wise' Leah Hazard, midwife and author 'Truth and power and lots of LOLs too. I loved it' Amy Liptrot 'A brave and compelling part memoir, part manifesto' Marie Claire

Postpartum Depression For Dummies

This work includes 1000 entries covering the spectrum of defining women in the contemporary world.

Cribsheet

This volume offers an overview of the latest research on perinatal adaptation among women who have faced trauma, loss and/or adversity, both in childhood and/or as an adult, and describes the varied trajectories of adaptive and maladaptive coping that follow. The range of outcomes considered span from health-limiting (e.g. mental illness, substance use, unhealthy life style behaviours) to health-promoting (e.g. resilience and posttraumatic growth). These outcomes are examined both in relation to mothers' experience of motherhood and parenting, and with regard to their children's lives. Interpersonal trauma, experienced in childhood and/or adulthood, can have a profound effect on how women experience the transition into motherhood – from pregnancy, to childbirth, and postpartum caregiving. Women across the globe are exposed to high rates of interpersonal violence, and face the physical and emotional consequences of such events. The shift into motherhood is an emotionally evocative period in a woman's life, entailing not only challenges, but also the potential for healing and growth. Individual chapters will present state-of-the-art research, and will also highlight the voices of women who have personally experienced trauma, illustrating the effects on their experiences as mothers. Throughout the book, the consistent emphasis is on clinical implications and on ways that providers can create a context for healing and growth with the help of current evidence-based and promising treatment methods.

Antenatal and Postnatal Mental Health

The first three trimesters (and the fourth—those blurry newborn days) are for the baby, but the Fifth Trimester is when the working mom is born. A funny, tells-it-like-it-is guide for new mothers coping with the demands of returning to the real world after giving birth, *The Fifth Trimester* is packed with honest, funny, and comforting advice from 800 moms, including: •The boss-approved way to ask for flextime (and more money!) •How to know if it's more than “just the baby blues” •How to pump breastmilk on an airplane (or, if you must, in a bathroom) •What military science knows about working through sleep deprivation •Your new sixty-second get-out-of-the-house beauty routine •How to turn your commute into a mini-therapy session •Your daycare tour or nanny interview, totally decoded

Postnatal Illness

Everything you need to know about caring for your new baby, from feeding to sleeping and everything in between - every parent's new best friend. 'Cath Curtin is the newborn baby guru! A calming voice, a gentle hand and a wealth of knowledge during one of the most incredible but terrifying times of your life - new parenthood. To have Cath's support after the birth of my first son was invaluable and I don't know how I would have done it without her!' Rebecca Judd Cathryn Curtin has delivered more than 10,000 babies over the last 40 years, so she understands how the first six weeks of a baby's life are vital for establishing habits that help create a healthy, happy routine for your baby and a loving lifelong bond between you and your child. In this practical and easy-to-use guide, Midwife Cath covers all aspects of a newborn's first weeks, from caring for your baby to coping with the sudden emotional and physical changes of new parenthood. By following her brilliant bath, bottle and bed routine, you'll enjoy a deep sleep for up to five hours in these demanding early weeks while your partner has some precious one-on-one time with your child. These first weeks of a baby's life can be a challenge for any new parent. Midwife Cath's invaluable experience and wisdom will guide you through them as well as help you establish a routine that will ensure a healthier, happier baby and better-rested and more confident parents.

After the Storm

Through the tide of hormones surging within my body, and the little runnels of blood, and the sour tang of my breasts, I lay awake, listening, and thinking of breath and of water. I had broken my relationship with sleep. In this stunning collection, Jessica Friedmann navigates her journey through postpartum depression after the birth of her son. Drawing on critical theory, popular culture, and personal experience, her wide-ranging essays touch on class, race, gender, and sexuality, as well as motherhood, creativity, and mental illness. Occasionally confronting, but always powerfully moving and beautifully observed, *Things That Helped* charts Jessica's return into the world: a slow and complex process of reassembling what depression fractured, and sometimes broke. PRAISE FOR JESSICA FRIEDMANN '[A]n extraordinary account of extreme postnatal depression, as seen from the eye of the storm.' The Guardian 'To read these essays is to observe a keen intelligence at work both coolly analysing the social forces and gender expectations that inform our understanding of this condition, while grappling with powerful feelings that bewilder and appal her.' The Saturday Age

Encyclopedia of Women in Today's World

Corresponding to the chapters in the 13th edition of Lowdermilk's market-leading *Maternity and Women's Health Care*, this study guide offers a complete review of content and a wide range of activities to help you understand key nursing concepts and apply your knowledge. It includes clinical judgment exercises and cases for the Next Generation NCLEX®, multiple-choice and matching questions, and more. Answers are included in the back of the book. Chapter review activities reinforce your knowledge of textbook content with fill-in-the-blank, matching, multiple-choice, and short-answer questions. Perforated pages make it easy to use study guide activities as assignments to be handed in and graded. Answer key at the end of the study guide allows you to assess your comprehension of key content. NEW! Clinical judgment sections and case studies for the Next Generation NCLEX® help you prepare for the licensure exam and clinical practice.

Motherhood in the Face of Trauma

The latest scientific research on home birth, breastfeeding, sleep training, vaccines, and other key topics—to help parents make their own best-informed decisions. In the era of questionable Internet "facts" and parental oversharing, it's more important than ever to find credible information on everything from prenatal vitamins to screen time. The good news is that parents and parents-to-be no longer need to rely on an opinionated mother-in-law about whether it's OK to eat sushi in your third trimester, an old college roommate for sleep-training "rules," or an online parenting group about how long you should breastfeed (there's a vehement group for every opinion). Credible scientific studies are out there – and they're "bottom-lined" in this book. The ultimate resource for today's science-minded generation, *The Informed Parent* was written for readers who prefer facts to "friendly advice," and who prefer to make up their own minds, based on the latest findings as well as their own personal preferences. Science writers and parents themselves, authors Tara Haelle and Emily Willingham have sifted through thousands of research studies on dozens of essential topics, and distill them in this essential and engaging book. Topics include: Home birth * Labor induction * Vaginal birth vs. Cesarean birth * Circumcision * Postpartum depression * Breastfeeding * Vaccines * Sleep training

* Pacifiers * SIDS * Bed-sharing * Potty training * Childhood obesity * Food sensitivities and allergies
* BPA and plastics * GMOs vs. organic foods * The hygiene hypothesis * Spanking * Daycare vs.
other childcare options Full reference information for all citations in the book is available online at
<http://theinformedparentbook.com/book-references/>

The Fifth Trimester

In this compelling memoir, Brooke Shields talks candidly about her experience with postpartum depression after the birth of her daughter, and provides millions of women with an inspiring example of recovery. When Brooke Shields welcomed her newborn daughter, Rowan Francis, into the world, something unexpected followed--a crippling depression. Now, for the first time ever, in *Down Came the Rain*, Brooke talks about the trials, tribulations, and finally the triumphs that occurred before, during, and after the birth of her daughter.

Diagnostic and Statistical Manual of Mental Disorders (DSM-5)

The prospect of parenthood represents a milestone in anyone's life course and is often a period of stress and challenge. There are a number of significant mental health problems that can occur during the perinatal period, the consequences of which can be both enduring and, occasionally, life threatening. However, irrespective of the specifics of the clinical manifestation of a disturbance, the distress and misery that accompanies it has significant ramifications for the mother or mother-to-be and her partner and family. This book is arranged in themed parts that represent key aspects of facili.

The First Six Weeks

The main aim of this practical Handbook is to strengthen counselling and communication skills of skilled attendants (SAs) and other health providers, helping them to effectively discuss with women, families and communities the key issues surrounding pregnancy, childbirth, postpartum, postnatal and post-abortion care. Counselling for Maternal and Newborn Health Care is divided into three main sections. Part 1 is an introduction which describes the aims and objectives and the general layout of the Handbook. Part 2 describes the counselling process and outlines the six key steps to effective counselling. It explores the counselling context and factors that influence this context including the socio-economic, gender, and cultural environment. A series of guiding principles is introduced and specific counselling skills are outlined. Part 3 focuses on different maternal and newborn health topics, including general care in the home during pregnancy; birth and emergency planning; danger signs in pregnancy; post-abortion care; support during labor; postnatal care of the mother and newborn; family planning counselling; breastfeeding; women with HIV/AIDS; death and bereavement; women and violence; linking with the community. Each Session contains specific aims and objectives, clearly outlining the skills that will be developed and corresponding learning outcomes. Practical activities have been designed to encourage reflection, provoke discussions, build skills and ensure the local relevance of information. There is a review at the end of each session to ensure the SAs have understood the key points before they progress to subsequent sessions.

Things That Helped

Published on Behalf of the World Health Organization

Study Guide for Maternity & Women's Health Care E-Book

The Informed Parent