

Perinatal Depression For GA22

Who

WIC Participants

Why

WIC

Time

5-10 minutes

Setup

Chairs in clusters of 2 or 3. White board and pens

Objectives

By the end of this session, participants will:

Identify the importance of “attachment” to infants and children.

Identify some of the problems caused by depression in mothers, dads and other caretakers.

Identify 2 resources for Perinatal Depression

**Lesson
Overview**

- 1. Introduction—Is it normal to be depressed or anxious?**
- 2. Symptoms of Perinatal depression, Postpartum Blues, and Postpartum psychosis.**
- 3. Movie clip “Still Face.”**
- 4. Resources: PHQ4 screening tool. Where to go for help for perinatal depression. How to help or prevent perinatal depression**

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Introduction

Good morning (afternoon). Welcome to the WIC class. My name is _____ . When people go through major changes in life, like pregnancy and giving birth, it is not uncommon to feel anxious, worried, overwhelmed or down. Today we are going to talk about feelings you may experience in pregnancy or as a mom. We are going to use the term “**Perinatal Depression and anxiety**” to describe these feelings. What is Perinatal Depression?

2. Definition of Perinatal depression

“**Perinatal depression and anxiety**” are terms used to describe a wide range of mood problems and feelings that may trouble a woman during pregnancy and after birth.

Does anyone know of anyone that has had “the blues” or down during their pregnancy or after having their baby? Talk with your partner about your own experience or someone you knew.

What were their symptoms?
Discuss and write down

For Discussion:

Symptoms of perinatal depression

Symptoms of Perinatal Depression: Feelings like...

- Gloomy most of the time, unable to laugh
- Withdrawal from friends and family
- Foggy
- Overwhelmed
- Crying
- Tired
- Not wanting to get dressed or take care of yourself
- Restless, angry or irritable
- Low self esteem
- Worthless or guilty
- Overly worried or not concerned at all about the baby

**How
Depression
Affects
infants and
children**

Watch the video clip “Still Face.”

Discuss how depression could affect infants and children. When a caretaker is depressed or anxious, it may affect their ability to bond and form an attachment with the baby or child. This can negatively affect infants and children.

Infancy and early childhood are times of critical growth of neural pathways essential development of emotions and emotion regulation. Children that live with depressed caretakers can be more aggressive and have more problems in school. They may lack motivation and find it hard to deal with stress and new situations.

**Prevent or help
depression**

Take the test for Depression. How did you do?

If you have a score over 5, talk to your doctor. If your score is between 2-6, talk to friends and family and doctor if you feel you need to.

If you or anyone you know is feeling down, stressed or anxious, there is hope. With help, you can feel better and get better. Call one of the numbers on the resource list. You do not have to suffer anymore. The whole family will benefit.

What are some ways to prevent depression or help it? Ask group.

Join a church or other community group.

Get support Online

Call the crisis hotline

Sleep as much as you can

Eat healthy food, avoid junk food

Avoid alcohol and drugs

Get physical activity every day.

Talk with friends and family every day.

