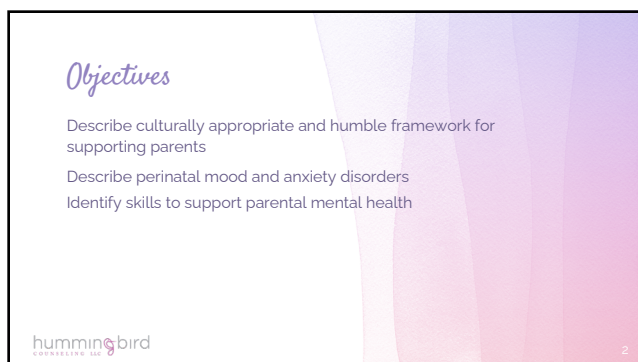
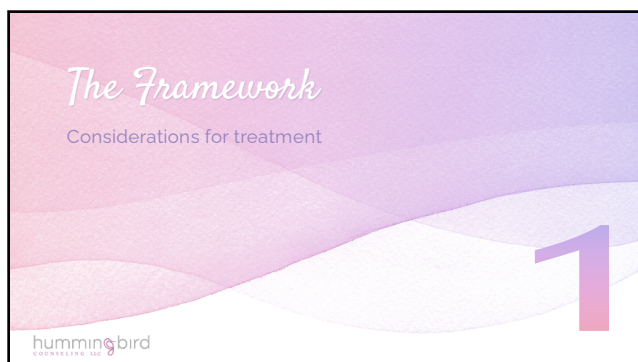


1



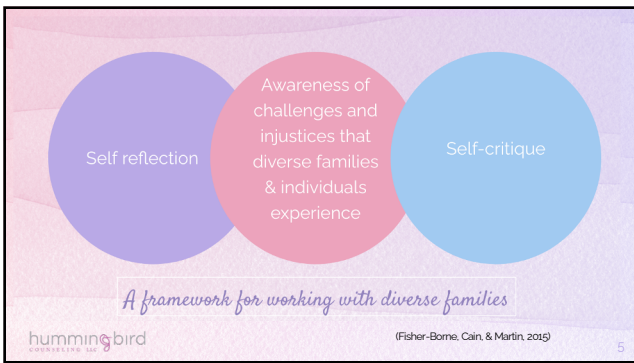
2



3



4



5



6

“I started to experience a sick sensation in my stomach, it was as if a vise were tightening around my chest. Instead of the nervous anxiety that often accompanies panic, a feeling of devastation overcame me. I hardly moved. Sitting on my bed, I let out a deep, slow, guttural wail. I wasn't simply emotional or weepy, like I had been told I might be. This was something quite different. This was sadness of a shockingly different magnitude. It felt as if it would never go away.”

Down Came The Rain: My Journey Through Postpartum Depression By Brooke Shields, 2005

7

Prevalence

Most common complication of childbirth

Perinatal mental health encompasses the period between pregnancy and up to two years after the baby

Affecting approximately 1:5 birthing individuals and 1:10 fathers

For women of color the rates are as high as 1:3


hummingbird
COUNSELLING LLC

8

More than PPD

PPD is often used as an umbrella term covering all perinatal mental health complications

Depression	OCD
Anxiety	PTSD
Bipolar	Psychosis
Panic	




hummingbird
COUNSELLING LLC

9

Symptoms

- "Feelings of anger or irritability
- Lack of interest in the baby
- Appetite and sleep disturbance
- Crying and sadness
- Feelings of guilt, shame or hopelessness
- Loss of interest, joy or pleasure"



hummingbird
POSTPARTUM SUPPORT

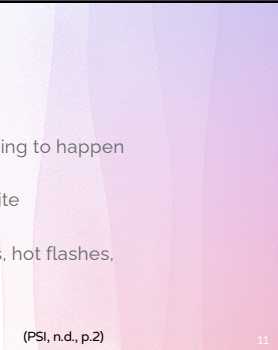
(PSI, n.d., p.2)

10

10

Symptoms

- "Constant worry
- Feeling that something bad is going to happen
- Racing thoughts
- Disturbances of sleep and appetite
- Inability to sit still
- Physical symptoms like dizziness, hot flashes, and nausea"



hummingbird
POSTPARTUM SUPPORT


(PSI, n.d., p.2)

11

11

What Does PPD Feel Like?

- I am losing my mind
- I am out of control
- I am a bad mother
- I will never be myself again
- I should have never had this baby
- I am all alone
- I am scared
- My relationship can't survive this
- My baby is better off without me



hummingbird
POSTPARTUM SUPPORT

12

12

Risk Factors

Prior history of mental health complications	Discrimination Racism	Low socioeconomic status
PMDD	Limited access to services	Unemployment
Physical conditions	Transportation	Underemployment
Fertility complications	Insurance & affordable care	Intimate partner violence
Moves	Migratory status	Quality of relationships
Inadequate housing		Lack of support
Childcare		Loss/grief

hummingbird CONSULTING LLC 13

13

Other Considerations

- Perfectionism
- Breast/chest feeding
- Pregnancy
- Birth



hummingbird CONSULTING LLC

14

Prevention

Impacts the social, emotional, and physical development of young children	Affects parental sensitivity	Limits the joy and pleasure in the parent-child relationship
Limits co-regulation	Is linked with unrealistic expectations of children	Increases parental stress

hummingbird CONSULTING LLC (Nijssens, Bleys, Casalin, Vliegen, & Luyten, 2018) 15

15

Potential Consequences of No Treatment

<p>Infant observations</p> <ul style="list-style-type: none"> Engagement with toys ↑negative affect ↓positive affect Depressive & withdrawn behaviors 	<p>Observations at 1 year</p> <ul style="list-style-type: none"> Avoidant attachment Slowed development <p>PPD at 3 months old</p> <p>Bx problems at 3 & 8 years</p>
---	--

(Kirk, Muehlhan, Luyten, Romer, & Ramsauer, 2018)

16

16

Action Steps


Supporting Parental Mental Health




17

hummingbird

Balancing Roles



In 2018, ACOG switched their screening standards as follows "postpartum care should be an ongoing process, rather than a single encounter and that all women have contact with their ob-gyns or other obstetric care providers within the first three weeks postpartum"

18

18

Sensitive, Compassionate, & Attuned Care

Reminder 1: Parents often worry whether they are doing their very best to support their children



Reminder 2: Caregivers might worry that they will be judged or that they might lose their children




19

First Steps

- Include parental screening in the intake paperwork
- Screen whenever a new baby comes into the family
- Screen at parent meetings & check-ins
- Psychoeducate on risk factors
 - Normalize the reality
- Educate on symptoms
- Instill hope

20

Screening

- [Edinburgh Postnatal Depression Scale \(EPDS\)](#)
- [Generalized Anxiety Disorder 7-item \(GAD7\)](#)
- [Patient Health Questionnaire-9 \(PHQ9\)](#)

21

21

Other Ways to Support

- Create self-care and wellness plan
- Recommend peer support or a new parent support group.
- Recommend for therapy if parent indicates
- Continue conversation and follow up on self care and wellness



22

22

Child Interventions

- Consider interventions that strengthen the attachment relationship
- Encourage simple games
- Unstructured time
- Reasonable expectations
- Teach simple attunement skills
- Give one task at a time



23

23

Validate the Realities

- Parenting is hard
- Taking care of young children sucks sometimes
- Feeling defeated at times is part of parenthood
- Parents can love their children dearly and still wish they could get a break




24

24

Teach Skills to Regulate

- Educate on the intersection of infant & perinatal mental health
 - Young children & parents are uniquely interconnected
 - Co-regulation
 - Attachment
 - Mutual engagement
 - To regulate affect, attention, & behavior
 - Taking 30-minutes a day



hummingbird CONSULTING LLC 25


25

Skills that Support Attachment

- Secure attachment develops when the primary caregiver is consistent and sensitive to their child's needs
- Relationships require a mix of joy and nurturing
- All that's needed is good enough
 - Responding & attuning to needs more times than not
 - Taking a break when needed
 - Recognizing parental internal states

hummingbird CONSULTING LLC 26

26



hummingbird CONSULTING LLC 27

27

One Last Thing

Support your own needs along the way

As we cannot give what we don't have, what are we doing for ourselves?

- Identify our needs
- 30-minute break
- Join a support group



hummingbird
COUNSELING, LLC

28

Resources

- [DC: 0-5@](#)
- [FirstPlay@ Therapy](#)
- [Fussy Baby Network@](#)
- [Postpartum Support International](#)
- [Perinatal Support Washington](#)
- [Postpartum Stress Center](#)
- [Seleni Institute](#)
- [Washington Association for Infant Mental Health](#)
- [Zero to Three](#)

29

29

Thanks!



Any questions?

You can find me at:

- @MeyleenVelasquez  
- Meyleen@hummingbirdcounseling.com
- hummingbirdcounseling.com

hummingbird
COUNSELING, LLC

30

30

References

Krink, S., Muehlhan, C., Luyten, P., Romer, G., & Ramsauer, B. (2018). Parental reflective functioning affects sensitivity to distress in mothers with postpartum depression. *Journal Of Child & Family Studies*, 27(5), 1671-1681. doi: 10.1007/s10826-017-1000-5

Fisher-Borne, M., Cain, J. M., & Martin, S. L. (2015). From mastery to accountability: Cultural humility as an alternative to cultural competence. *Social Work Education*, 34(2),165-181. doi: 0.1080/02615479.2014.977244

Nijssens, L., Bleyys, D., Casalin, S., Vliegen, N., & Luyten, P. (2018). Parental attachment dimensions and parenting stress: The mediating role of parental reflective functioning. *Journal of Child & Family Studies*,27(6), 2025-2036. Doi: 10.1007/s10826-018-1029-0

Postpartum Support International. (n.d.). Anxiety during pregnancy & postpartum. Retrieved from <https://www.postpartum.net/learn-more/anxiety-during-pregnancy-postpartum/>

31

31

Credits

Special thanks to all the people who made and released these awesome resources for free:

- Presentation template by [SlidesCarnival](#)
- Photographs by [Unsplash](#)

32

32
