**Title: Banish Baby Blues**

**Leader: Nima Tamang**

**Date and Location: Monday, December 3rd, 2016 at D&M Room 416**

**Topic Overview:** Staying mentally healthy is a challenge for parents and/or caregivers of infants. Sleep is often interrupted, work schedules are challenged and relationships are sometimes strained. In some cases postpartum depression may emerge. This workshop will provide information on staying mentally healthy in this life stage and about recognizing warning signs and symptoms for PPD which requires mental health counseling and care.

***Workshop Goal***: To improve the quality life for parents of infants through information about mental health practices.

**National Health Education Standards:** being addressed by this workshop (grade levels 9-12)

**Standard 1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

**Standard 4:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

**Standard 7:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

**Learning Objectives (NHES and assessment)**

LO 1: Identify 3 challenges of parenting an infant. (NHES 1)

LO 2: List at least 3-6 risk factors of Postpartum Depression (NHES 1, 7)

LO 3: Describe at least two daily activities to practice that may improve mood in self (active listening) (NHES 1 & 4)

**Materials and Preparation:**

* A class to deliver messages about the postpartum depression
* Practice mindfulness
* Plans to improve sleep, exercise and meals
* Calendar/Fitbit

**Key concepts and Terminology-** By reading this lesson plan, instructors will be able to deliver all the necessary information about Postpartum Depression. Instructors will be able to give counseling about the major mood shifts and about the mental health to all the parents. They will be able to teach parents with all the causes, symptoms and treatments. According to KidsHealth, up to 80% of women experience something called the “baby blues”, feelings of sadness and emotional surges that begin in the first days after childbirth.

* **What is Postpartum Depression?**

Postpartum Depression is a mood disorder for women that occurs after the birth of a baby. Mothers with this depression usually experience stress, feelings of extreme sadness, exhaustion and anxiety that makes their daily lives harder.

* **What are the signs and symptoms of Postpartum Depression?** 
  + · Feeling sad and hopelessness
  + · Babies crying more often
  + · Feeling restless and uncomfortable caring babies
  + · Lack of sleep
  + · Having trouble concentrating and remembering details
  + · Nutrition or not eating on time
* **What causes the Postpartum Depression?**

After childbirth, the levels of hormones (estrogen and progesterone) drops. This leads may lead to chemical changes in her brain and may trigger her moods. Not being able to get enough sleep lead to physical discomfort and exhaustion, which will cause tensions and contribute to the symptoms of Postpartum Depression.

* **What are the treatments?**

Counseling/Talking with Therapist- going to the Therapist and recognizing all the negative factors could help.

Medication- Antidepressant medications acting on the brain areas involved in a mood regulation.

* **How do we measure Postpartum Depression? See appendix**

**Teaching steps:**

Activity 1: Create groups of 3 according to the number of participants. Ask them to brainstorm about the challenges of having an infant (2-3 minutes). Create a group list of challenge on a large piece of paper. Post on board. Have the group identify the three key challenges. (LO 1)

Activity 2: Distribute and administer the PPD Screening survey. Allow 10 minutes to complete the assessment privately. Note top three areas of concern. Discuss signs and symptoms of PPD as a presentation. (LO 2,)

Activity 3: Active listening activity. Participants take turns sharing personal challenges and concerns with each other, then responding with active listening technique. (LO 3)

Activity 4: Write a “Thank You” letter to their baby for being born and have them explain how they feel today and how much they love their baby. Put in the envelop, shield it and give it when your baby turns 18. (LO 3)

**Assessment Measures:**

AM 1: Records of brainstorms

AM 2: Scoring of the questionnaire

AM 3: Photos of thank you letters

**Annotated Bibliography**

National Institute for Mental Health (n.d.). Postpartum Depression Facts. *U.S National Library of Medicine.* Web. 18 Nov. 2016. Retrieved from <https://www.nimh.nih.gov/health/publications/postpartum-depression-facts/index.shtml>

This US government resource covers both causes and symptoms of postpartum depression in young adults and sequence of information that map the preventions for this problems. This

information will significantly strengthen the learner’s education about the postpartum

depression and will be able to demonstrate the ability to practice health enhancing

behaviors.

Boyd, K., & Cheney, B. (2013, July) Postpartum Counseling Checklist: Assessment and

Screening. *Postpartum Counseling: Postpartum Counseling Checklist*. Retrieved from

<https://www.arhp.org/uploadDocs/QRGpostpartum.pdf>

The authors elaborated on not only the postpartum depression but also the questions that

people have about this problem. In this article, the authors have also clarified the

different symptoms and treatments that are used for women with postpartum depression.

This articles clearly tells that why it is so important for us to about postpartum

depression. I found it useful to my project because it shows a more vivid idea of how

postpartum affects women.

National Health Education Standards. (2016,) C*enters for Disease Control and*

*Prevention.* 18 Aug. 2016. Web. 18 Nov. 2016. Retrieved from <http://www.cdc.gov/healthyschools/sher/standards/index.htm>

I found this source useful for my project because it contains all the necessary standards that are needed to teach young parents about Postpartum Depression. These standards are very specific, measurable and time attainable.

Cox, J.L., Holden, J.M. & Sagovsky, R. (2002, November 3). Edinburgh Postnatal Depression Scale1 (EPDS). *Sadag.org* Retrieved from <http://www.sadag.org/images/brochures/edinburghscale.pdf>

**Appendix**

**EDINBURG POSTNATAL DEPRESSION SCALE (EPDS)**

**J.L.Cox, J.M. Holden, R. Sagovsky**

**Department of Psychiatry, University of Edinburgh**

As you have recently had a baby, we would like to know how you are feeling. Please UNDERLINE which comes closest to how you have felt IN THE PAST 7 DAYS, not just how you feel today.

Here is an example, already completed.

I have felt happy:

Yes, all the time.

Yes, most of the time.

No, not very often.

No, not at all.

This would mean, “I have felt happy most of the time” during the past week. Please complete the other questions in the same way.

In the Past 7 Days:

1. I have been able to laugh and see the funny side of things as much as I always could.

0 – As much as I always could

1 – Not quite so much now.

2 – Definitely not so much now

3 – Not at all

2. I have looked forward with enjoyment to things.

0 – As much as I ever did

1 – Rather less than I used to

2 – Definitely less than I used to

3– Hardly at all

3. I have blamed myself unnecessarily when things went wrong.

3 – Yes, most of the time.

2 – Yes, some of the time

1 – Not very often

0 – No, never

4. I have been anxious or worried for no good reasons.

0 – No, not at all.

1 - Hardly, ever

2 – Yes, sometimes

3 - Yes, very often

5. I have felt scared or panicky for no very good reason.

3– Yes, quite a lot

2 – Yes, sometimes

1 – No, not much

0 – No, not at all

6. Things have been getting on top of me.

3– Yes, most of the time I haven’t been able to cope at all

2 - Yes, sometimes I haven’t been coping as well as usual

1 – No, most of the time I have coped quite will

0 – No, I have been coping as well as ever

7. I have been so unhappy that I have had difficulty sleeping

3– Yes, most of the time

2 – Yes, sometimes

1 – Not very often

0 – No, not at all

8. I have felt sad or miserable

3-Yes, most of the time

2- Yes, quite often

1- Not very often

0- No, not at all

9. I have been so unhappy that I have been crying

3-Yes, most of the time

2- Yes, quite often

1 -Only occasionally

0 – No, not at all

10. The thought of harming myself has occurred to me.

3-Yes, quite often

2-Sometimes

1-Hardly ever

0-Never

**SCORING**

QUESTIONS 1, 2, & 4 (without an \*)

Are scored 0, 1, 2 or 3 with top box scored as 0 and the bottom box scored as 3.

QUESTIONS 3, 5­10 (marked with an \*)

Are reverse scored, with the top box scored as a 3 and the bottom box scored as 0. Maximum score: 30

Possible Depression: 10 or greater

Always look at item 10 (suicidal thoughts)

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