Answer Sheet

Activity 1: Helpful or Hurtful?

Talking to a Mom who may have Postpartum Depression can be a scary and overwhelming thing. You may worry about saying or doing the wrong thing.

(Place a Y next to the phrase or action if you feel would be helpful. Place an N next to the phrase or action if you feel it would not be helpful.)

Y Ask her how she is feeling.

N If she looks good (hair, make-up, dressed nice) it will usually mean she doesn’t have PPD.

Y Encourage her to trust her instincts.

N Tell her it is normal to feel this way after having a baby.

N Share information on how she can better take care of the baby.

N Tell her this may just go away on it’s own.

N Tell her to try and think positively.

N Focus on why they are here today, how WIC will help.

N Encourage her to get out for some time away from the baby.

Y Tell her she is a good Mom and is doing a great job.

N Share your personal experience of having a baby and how challenging it can be in the beginning.

N Tell her if she gets exercise that will help get rid of the depression.

Y Tell her that there are women who get PPD, it is a medical condition and she needs to talk to her physician.

N .Tell her she will be back to herself once she gets some sleep.

Y Offer resources.

Y Involve support people in the conversation.

\_Y\_ Don’t encourage her to join a “Mommies” group.

N Encourage her that this is the happiest time of her life and to enjoy her baby.

\_Y\_ Contact her physician and set-up an appointment.

\_N\_ Encourage her to continue breastfeeding if she wants to stop.