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.)

Ask her how she is feeling.

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

Encourage her to trust her instincts.

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

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

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

Tell her to try and think positively.

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

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

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

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

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

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

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

Offer resources.

Involve support people in the conversation.

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

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

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

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