**Lesson Plan**

**Title: Postpartum Depression (PPD)**

**Date: June 27, 2012**

**Learning Objective:**

1. **Attendees will become knowledgeable about causes and symptoms of PPD.**
2. **Recognize signs that someone may need to be evaluated for possible PPD.**
3. **Be understanding when counseling someone with PPD in the WIC clinic.**

**Plan:**

1. **Use power point to discuss postpartum depression.**
2. **Activity: Have staff complete the “What Not to Say” quiz.**
3. **Review answers using answer sheet on CD.**
4. **Give out and discuss handout, “Depression During and After Pregnancy.”**
5. **Review support resources for your agency.**
6. **Complete evaluation.**