Leadership Training Response 4

The training on postpartum depression discusses the prevalence of this type of depression among mothers. Postpartum is not just among mothers but can be seen among fathers as well. Education of this type of depression is necessary so that suffering mothers know that they are not alone in feeling what they are feeling.

Signs of postpartum depression in adults range from mild to severe examples. Some warning signs include guilt or shame, excessive crying, panic attacks, self-isolation, and sleep issues. These warning signs were discussed in detail in the training and were outlined in the various handouts.

The parental figures that suffer from postpartum can have an affect on the child itself. The impacts that that depression has on the baby are great, and can range from less eye contact, to insecure attachment due to lack of support from the parental figure. A baby can often times feel neglected and like they are not getting the care that they need or deserve to develop properly.

Protective factors for families include education about postpartum depression so that the family is aware of the warning signs and what to watch out for. Another protective factor would be involvement in the child’s life so that the parental figure and the child feel connected. This was addressed in various handouts and was discussed further in the presentation.

My group will use this specific component to check to postpartum in our fragile family. The mother in our family is currently pregnant with her second child. It is important that she is aware of postpartum and educated on the warning signs so that she can self identify if she notices her feelings change.

My group will use component from the protective factors training to help educate our family on the developmental milestones of child development so that the mother has better understanding of how her children develop. We will also incorporate home visiting into our fragile family in order to check that the therapy and behavioral plans that we have in place are working and that the bonds between the family members are being strengthened.