Post Partum and CAN Training Assignment

1. Describe symptoms of post-partum depression for adults

Some of the symptoms for post-partum depression are loss of appetite, insomnia, anxiety, severe mood swings, difficulty bonding with the baby, and thoughts of harming yourself or the baby.

2. Describe how post-partum depression affects children

The impact on children is them being withdrawn from social interaction, change in sleep patterns, appetite and activity level changes, less eye contact, and less vocalization.

3. Describe protective factors for families (adults and children) who are affected by post-partum depression

Some protective factors for mothers would be to write down symptoms you’ve been experiencing and for how long. Write down any medications you’ve been taking, and tell your doctor if you’ve experienced any depression or mental disorder in the past.

4. Describe how your group will use specific components from this training for the programs you design for your Fragile Family

I think my fragile family could use the role-playing handout with all the question for the mom. Our mom is a single mom with an okay job but she’s stressed out and has 2 younger kids to raise basically alone. She may be experiencing some anxiety and stress and should probably be asked some of the questions we were given.

5. Briefly describe how you will use components from the other trainings for the programs you design for your Fragile Family

I think the parent café training would be very helpful for this family. The mom and boyfriend could go together and learn about other struggles. They could also make friends with families who are in the area and have play dates with their children.