**Postpartum Depression**

Symptoms of postpartum depression in adults may at first appear in the form of baby blues, which include mood swings, anxiety, sadness, irritability, and trouble sleeping; however these symptoms are more intense and longer lasting and if untreated this form of depression may last for a year or more.. Postpartum depression may also interfere with the ability to care for the baby as well as the ability to carry out daily tasks. In mothers postpartum baby blues are common, occurring in 50-80% of women adjusting to the new changes in their life. Baby blues typically last up to a few weeks, any symptoms after that a mother should seek treatment for depression. Those who are at higher risk for postpartum depression are previous history of mental illness, low self-esteem, along with those dealing with a number of life stressors. Other adults who may experience postpartum depression are fathers. In the case of paternal postpartum depression, it is usually delayed and may be noticeable if a father is ending to work more or distance himself from the family.

 Postpartum depression affects children in the long term as their primary caregiver in Mom is affected. If the bond or attachment of a mother and her baby is compromised there are lifelong consequences that affect how the child will experience the world and the relationships he or she may have in the future. Also children may mirror their parent’s depressive symptoms and become depressed themselves.

 Protective factors that may help families dealing with postpartum depression would be having access to support and resources. Education for families to prepare them for possible depression is also a protective factor to help everyone work together and prevent ongoing problems.

 Our group will be providing refers for resources on the subject in the case that the mother does experience postpartum depression in her second pregnancy. We will educated her on the possibility during our home visit program and will also be preparing and educating the baby’s father, Junior, and Anna on the matter.

 Our group will incorporate a home visiting program to work with the family as well as make referrals to the family about parenting support groups, such as the Parent Café, and as well as referrals to other resources they might need.