



How do I feel?

like crying a lot

sad

anXious

~~overwhelmed~~

not right

going crAZY

something MIGHT *happen*
to my baby

I'm a *failure* as a mother...



11:32 AM

How do I feel?

like crying a lot
💧💧💧

What does it mean ?

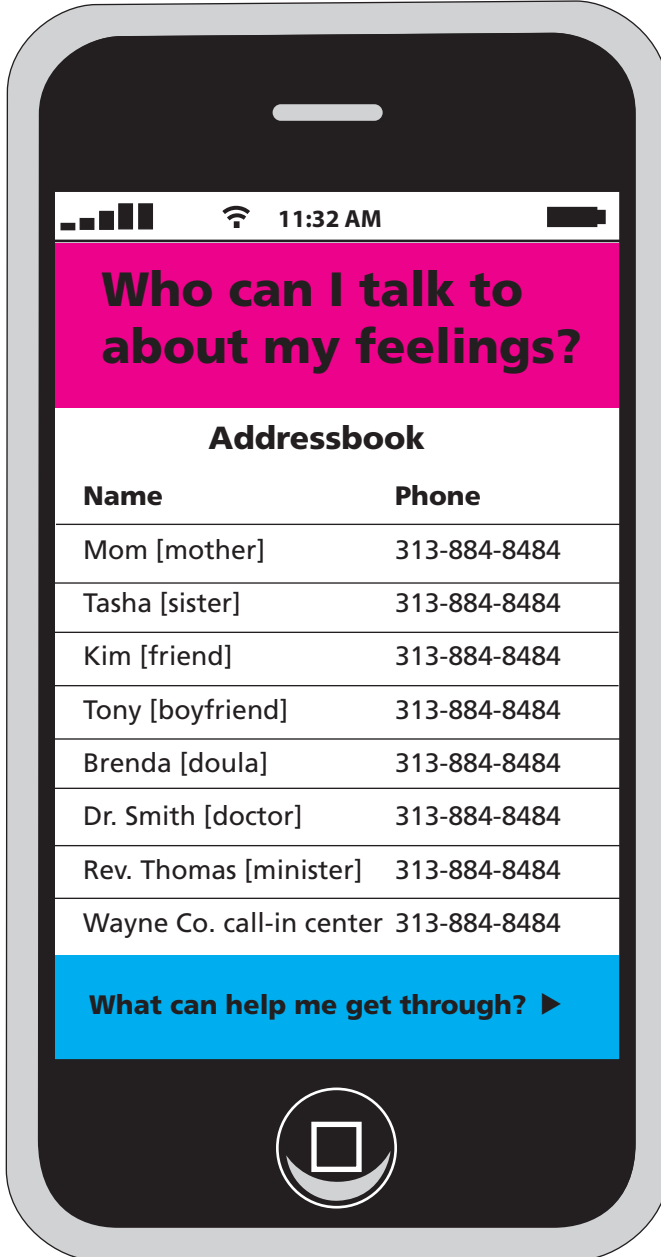
- It's normal after having a baby.
- If you feel this way for more than 2 weeks, it could be serious.

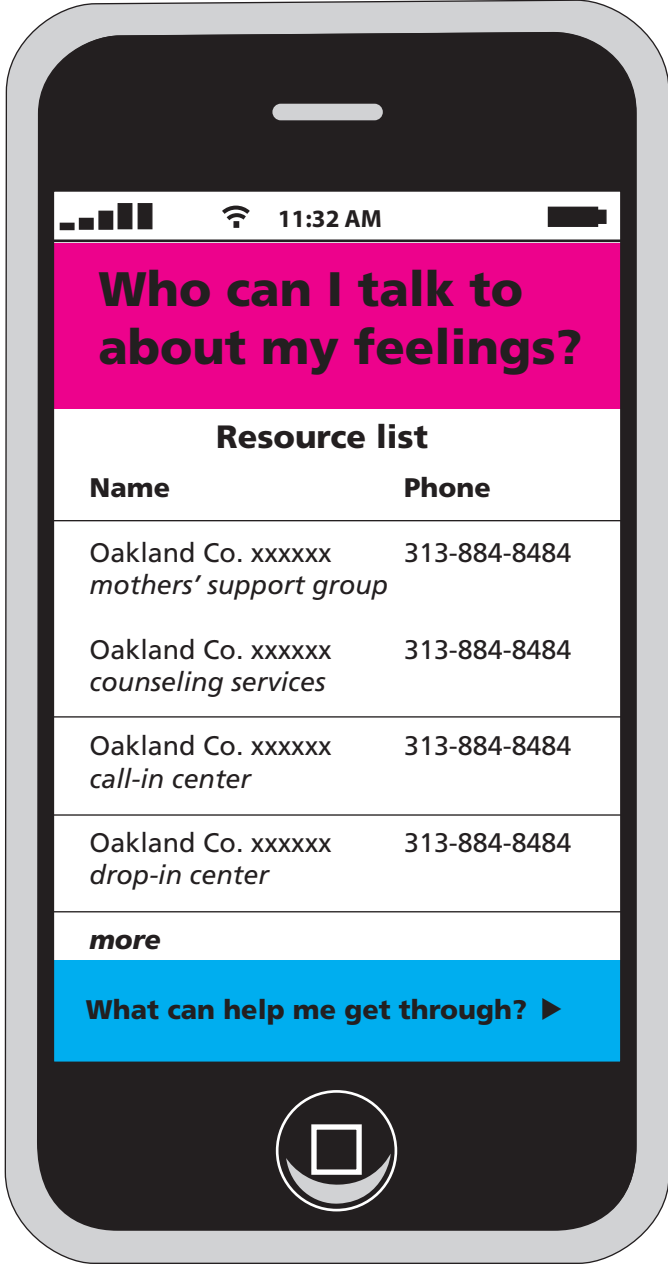
Who can I talk to?

Addressbook ▶
Resource list ▶

What can help me get through? ▶







11:32 AM

Who can I talk to about my feelings?

Resource list

Name	Phone
Oakland Co. xxxxxx <i>mothers' support group</i>	313-884-8484
Oakland Co. xxxxxx <i>counseling services</i>	313-884-8484
Oakland Co. xxxxxx <i>call-in center</i>	313-884-8484
Oakland Co. xxxxxx <i>drop-in center</i>	313-884-8484

more

What can help me get through? ►





What can help me get through?

Bring a meal.

Look after the kids for a while so I can get some rest or do something else.

Take a walk or go out with others.

Grocery shopping.

Do laundry for me & the family.

Drive me to appointments.

Run errands.

Other ideas.



Signal strength icons, Wi-Fi icon, 11:32 AM, Battery icon

What can help me get through?

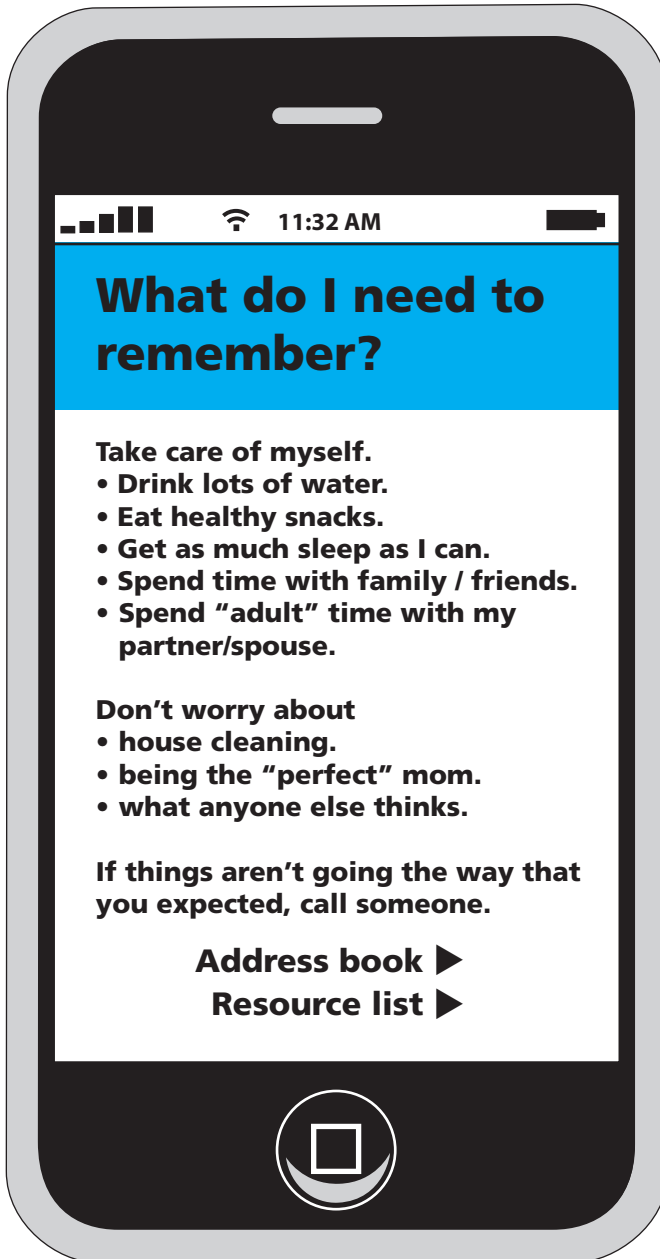
Bring a meal.

Name	Phone
Mom	313-884-8484
Tasha	313-884-8484

◀ back

What do I need to remember?





What do I need to remember?

Take care of myself.

- **Drink lots of water.**
- **Eat healthy snacks.**
- **Get as much sleep as I can.**
- **Spend time with family / friends.**
- **Spend "adult" time with my partner/spouse.**

Don't worry about

- **house cleaning.**
- **being the "perfect" mom.**
- **what anyone else thinks.**

If things aren't going the way that you expected, call someone.

Address book ►

Resource list ►

How do I feel?

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MIGHT *happen*
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I'm a failure as a mother...

What does it mean to feel this way?

like crying a lot

- It's normal after having a baby.
- If you feel this way more for 2 weeks, it could be serious.

sad

- It's normal after having a baby.
- If you feel this way more for 2 weeks, it could be serious.

anxious

- It's common – maybe you're not sure about what you need to do.
- If you are worried a lot, it could be serious.

overwhelmed

- It's common – a baby takes up so much time.
- If you feel like you just can't cope, it could be serious.

not right

- If you don't feel like your usual self and things aren't getting better after a few weeks, it could be serious.

going crazy

- If your thoughts aren't making sense, you can't make decisions, or feel that you're losing control, it could be serious.

something might happen to my baby

- If you feel that you might hurt your baby or are worried about the baby, this is serious.

I'm a failure as a mother

- If you consistently feel like you aren't doing the right thing for your baby, and the feeling lasts for several weeks, this could be serious.

Who can I talk to about my feelings?

List of resources	Phone
Oakland Country xxxx <i>mothers' support group</i>	248-000-0000
Wayne County xxxxxxxx <i>mothers' support group</i>	313-000-0000
Oakland Country xxxx <i>counseling services</i>	248-000-0000
Wayne County xxxxxxxx <i>counseling services</i>	313-000-0000
Oakland Country xxxx <i>call-in center</i>	248-000-0000
Wayne County xxxxxxxx <i>call-in center</i>	313-000-0000
Oakland Country xxxx <i>mothers' support group</i>	248-000-0000
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Wayne County xxxxxxxx <i>counseling services</i>	313-000-0000
Oakland Country xxxx <i>drop-in center</i>	248-000-0000
Wayne County xxxxxxxx <i>drop-in center</i>	313-000-0000
Oakland Country xxxx <i>help line</i>	248-000-0000

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I'm a failure as a mother

- If you consistently feel like you aren't doing the right thing for your baby, and the feeling lasts for several weeks, this could be serious.

Who can I talk to about my feelings?

Name

Phone

family member

family member

friend

friend

doula

doctor / midwife / nurse

minister

mothers' support group

call-in center

What + who can help me get through?

Bring a meal.

name + phone number

Look after the kids for a while so I can get some rest or doing something else.

name + phone number

Take a walk or go out with others.

name + phone number

Go grocery shopping

name + phone number

Drive me to appointments.

name + phone number

Do laundry for me and the family.

name + phone number

Run errands.

name + phone number

Other ideas:

What do I need to remember?

To take care of myself.

- Drink lots of water
- Eat healthy snacks.
- Get as much sleep as I can.
- Spend time with my family and friends.
- Spend “adult” time with my partner/spouse.

Don't worry about

- house cleaning.
- being the “perfect” mom.
- what anyone else thinks.

If things aren't going the way you expected, call someone to talk to about what's happening.

Learn more about

- feelings I might have now that my baby is born.
- what babies can do in their first few months.
- my baby's cues.

Other wording –
Am I feeling...?

How do I feel?

like **crying** a lot
👉👉👉

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anXious

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going **CrAZY**

something
MIGHT *happen*
to my baby

I'm a *failure as a mother...*

For an anxious person,
this may be normal.

Other wording –
over anxious
more anxious than usual
overly worried

Too much like a mental
health diagnosis.

Afraid that you could be
taken literally and then
have your baby taken
away.

Other wording –
fuzzy thinking
can't focus

Unclear – what does “it could be serious” mean? What should you do?

Other wording – talk with someone about this.

Switch the order of these two points.

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● something might happen to my baby

- If you feel that you might hurt your baby or are worried about the baby, this is serious.

● I'm a failure as a mother

- If you consistently feel like you aren't doing the right thing for your baby, and the feeling lasts for several weeks, this could be serious.

Who can I talk to about my feelings?

List of resources

Phone

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Wayne County xxxxxxxx drop-in center	313-000-0000
Oakland Country xxxx help line	248-000-0000

Find places specifically aimed at dealing with PPD.

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What + who can help me get through?

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name + phone number

- Look after the kids for a while so I can get some rest or doing something else.

name + phone number

- Take a walk or go out with others.

name + phone number

- Go grocery shopping.

name + phone number

- Drive me to appointments.

name + phone number

- Do laundry for me and the family.

name + phone number

- Run errands.

name + phone number

Other ideas:

Find out who can help before you fill this out.

Need more space to put in my own needs.

Put 1st on the list.

What do I need to remember?

Take care of myself.

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- Eat healthy snacks.
- Get as much sleep as I can.
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- Spend "adult" time with my partner/spouse.

Don't worry about

- house cleaning.
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- what anyone else thinks.

If things aren't going the way you expected, call someone to talk to about what's happening.

Learn more about

- feelings I might have now that my baby is born.
- what babies can do in their first few months.
- my baby's cues.

Mothers say that they already have too much to remember.

Change wording.

Add –
depression
anxiety

Findings / Sample – Mothers (n=20)

	M	(SD)	Range		f	%
Age (years)	31.30	(7.61)	18-45	Marital Status		
Living children ((number)	2.42	(2.09)	1-9	Single	9	45
Age of youngest child (years)	2.36	(1.51)	3 weeks - 5 years	Married / Partnered	11	55
Age of oldest child (years)	12.55	(7.94)	5-30			
				Ethnic Background		
				African-American	12	60
				White	6	30
				American Indian	1	5
				Hispanic	1	5
				Family Income		
				<\$25,000	10	50
				\$25,000-55,000	5	25
				>\$55,000	5	25
				Education		
				HS diploma / GED	2	10
				Trade school / some college	10	50
				Undergraduate degree	4	20
				Graduate degree	4	20
				Depression > 2weeks		
				Yes	12	60
				No	8	40
				Infant/child deaths (number) (includes miscarriages and stillbirths)	4	20

Findings / Sample – Doulas (n=5)

	M	(SD)	Range		f	%
Age (years)	34.40	(4.62)	29-39	Marital Status		
PP Doula experience (years)	6.38	(4.89)	1-11	Single	1	20
				Married / Partnered	3	60
				Living with Partner	1	20
				Ethnic Background		
				White	3	60
				African-American	1	20
				Bi-racial	1	20
				Family Income		
				\$25,000-39,999	3	60
				\$40,000-54,999	1	20
				\$70,000 or above	1	20
				Education		
				Trade school / some college	4	80
				Bachelor's degree	1	20
				Depression > 2weeks		
				Yes	2	40
				No	3	60
				Infant/child deaths (number) (includes miscarriages and stillbirths)	0	0

Findings / Sample – Doula Trainers (n=5)

	M	(SD)	Range		f	%
Age (years)	42.00	(6.34)	42-58	Marital Status		
Doula trainer (years)	13.40	(7.23)	7-25	Married / Partnered	5	100
Trainings conducted (number)	32.50	(10.47)	19-44			
				Ethnic Background		
				White	5	100
				Family Income		
				\$55,000-69,999	1	20
				>\$70,000	4	80
				Education		
				Some college	1	20
				Bachelor's degree	2	40
				Some graduate school	2	40
				Depression > 2weeks		
				Yes	1	20
				No	4	80
				Infant/child deaths (number) (includes miscarriages and stillbirths)	4	20