

The PPMD Connection



News from the Peel Postpartum Mood Disorder Committee

Winter 2016



Coordinators Corner:

Winter has certainly arrived earlier this year. Although some of us may not be fond of the snow, the excitement on children's faces as they play in it is very fun to see. ❄️

2016 was another good year for the PMD program. As in past years, our lovely volunteers continued to spread awareness of PMD in the community, and our PMD website helped provide so many with the information and help they were seeking. The Steering Committee continued to work very hard on prioritizing the areas of work they will work on over the next 2 years.

As I reflect on 2016 and the Peel Postpartum Mood Disorder Program, I also think of all the passionate and caring people it takes to make this program successful. In other words, you! Remember to take care of yourself and find ways to de-stress during this busy time of year. I have thoroughly enjoyed working with the PMD Program over the past 8 months. I look forward to continuing this work into 2017!

I wish all of you the best holiday season and a peaceful and healthy 2017!



~Heather~



Making A Difference...

The importance of self-care

Self-care is vital year round, but even more so during the holidays and especially for new parents. It is easy to get caught in the hustle and bustle of the holiday season but to many of us, this time of year can be draining, stressful and provoke feelings of sadness and depression.

Here are five self-care strategies to try during the holidays and beyond:

- **Give yourself permission.** Allow yourself to do what you need to do to take care of yourself. Ask others for help and accept help that others may offer.
- **Just say no.** Limiting visitors and outings. Be realistic of your time. It is good to go out and be social but don't agree to do more than you are able to.
- **Recharge.** Getting as much rest as possible gives your body and brain a chance to refresh and rejuvenate. Unplug from electronic devices and other stimuli.
- **Take a walk.** Exercise not related to shopping or cleaning – walk outside preferably in the sunshine. Moderate or light exercise can improve your overall energy level and relieve stress.
- **Eat well.** It's okay to indulge in your favorite holiday treats, but try to eat well for most meals. Prepare one dish meals and stock up on healthy snacks. If you are having visitors, ask them to consider bringing over a healthy dish.

For more information about self-care strategies click [here](#)



"Nothing can dim the light which shines from within"

~ Maya Angelou

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Our PMD Mission

The Peel PMD program is designed to ensure that families experiencing PMD have access to a comprehensive and sustainable continuum of services in their community.

Our PMD Community...

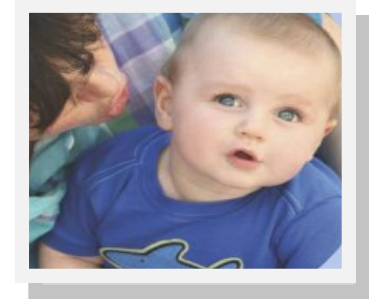


Peel Infant-Parent Program

The Peel Infant-Parent Program (PIPP) is a partnership between the Region of Peel, Community Partnerships, and Peel Children's Centre a mental health agency which supports parents as they develop a healthy relationship with their child. Parents also discover new ways of interacting with their infant or toddler.

Staff are trained in infant development, infant mental health, and attachment intervention to support positive relationships, and supports parents to:

- Learn more about their child's needs, temperament, and development
- Feel more connected to their child
- Discover new ways to play and interact with their child
- Learn more about themselves as a parent so they feel confident



The program is for caregivers who:

- live in the Region of Peel
- have an infant or toddler aged 36 months or younger,
- may be coping with multiple stressors, including substance abuse, adoption, postpartum mood disorder, or other mental health issues
- may have an infant or toddler who has social or emotional delays.

Peel Infant-Parent Program (PIPP) staff work with parents to develop individual goals to continue building the bond with their child. Parents regularly attend **both** on-site and in-home sessions as part of the program.

A parent-child group program is run on-site by Early Childhood Resource Consultants from the Region of Peel. Parents have the option of participating in more than one session per week, in either the morning or afternoon. Activities, games, music time and coaching are part of each group with individual goals kept in mind for each parent-child pair.

Individual counselling is provided in-home by a Child and Family Clinician from Peel Children's Centre. The sessions support parents to identify their family's unique strengths and needs. Parents also practice what they are learning in the parent-child group program.

The caregiver or referring partner can initiate a referral through PIRS Intake at **905-791-7800 ext. 7627**.

Did you know?

Peel Children's Services works with 31 different agencies including the Peel Infant Parent program to offer support to parents in our community. To find out more please visit; www.peelregion.ca/children/

Dad's Space

New to fatherhood? Need support?

Here are a few resources that can help:



- ⇒ Parentinginpeel.ca
- ⇒ Dadcentral.ca
- ⇒ newdadmanual.wordpress.com



"Faith makes all things possible" ~ Unknown