

The

# PPMD

# Connection



## News from the Peel Postpartum Mood Disorder Committee

Fall/Winter 2017



### Coordinator's Corner:

As we roll into the winter season, some of us find these darker, colder days of December to be gloomy – even difficult. As the holidays approach, many of us find ourselves busy with numerous social gatherings with family and friends, but this is also a time of year when many are struggling with feeling lonely. It might be because they feel alone in what they are coping with in life, or it could be because family is far away. Holiday movies and commercials can add to that feeling by overemphasizing the idea that all is perfect during the holidays.

For these reasons, it is a great time of year to be a caring friend or neighbour to someone who may be feeling lonely or alone – make time to ask them over for a coffee, or even just pick up the phone. It lets them know you thought of them, and they are important to you. You could change someone's day for the better – even your own!

Wishing you all a healthy 2018! ~ Heather~

### Did you know?

Up to 12% of women will experience a mood disorder during pregnancy\*. While some mood swings are normal during pregnancy, intense sadness, anxiety, lethargy, self-doubt, inability to sleep, extreme worry about the baby's health and isolation are not normal. When symptoms interfere with your daily functioning and take all the joy from your pregnancy, it is time to get an assessment.

\*National Institute for Health and Care Excellence

## Beating the Winter Blues — Seasonal Affective Disorder

Postpartum depression may be more difficult in the winter months due to the colder weather and shorter days. Some women and men may also experience Seasonal Affective Disorder (SAD) during these winter months.

Seasonal Affective Disorder, also called the "Winter Blues," is a type of depression that comes and goes with the seasons, typically starting in the late fall and early winter and going away during the spring and summer. (National Institute of Health)

Although these symptoms may be short-term, the recommendations for deterring SAD can also help someone with PMD.

As the winter season approaches, here are a few ways you can plan ahead:

- Go for a drive. Some winter days can be cold but still sunny. Listen to your favorite radio station as you and your baby stay warm in the car.
- Walk in a mall with baby in a stroller or sling. Exercise and a change of scenery can help you feel less housebound.
- Find online support. Join an online moms group to feel connected.

If you think you or your partner may be experiencing Seasonal Affective Disorder or PMD, you can speak to a health professional at 905-799-7700 or visit [facebook.com/parentinginpeel/](https://www.facebook.com/parentinginpeel/)



*"The greatest glory in living lies not in never failing, but in rising every time we fail"*  
~ Nelson Mandela

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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

### The Infant Wellness Program (IWP) at Peel Children's Aid Society (CAS)

The Infant Wellness Program (IWP) at Peel Children's Aid is offered by a specialized team within the Parent and Child Capacity Building Branch department (PACCB). The team is composed of six full time Registered Nurses and one Team Leader. We work with families involved with Peel CAS that have children between the ages of 0-18 months. We conduct home visits with families in the community, foster homes and kin placements.

Our role is to work with families to provide teaching and education to promote the wellbeing and safety of infants and toddlers. We complete physical assessments including - weight, vital signs and the general wellbeing of the baby. We provide health teaching and education on various topics including shaken baby syndrome, sudden infant death, safe sleeping, feeding, formula preparation, breast feeding, bonding/attachment, infant safety, growth and development, and play and stimulation.

Infant care consultants assess caregivers' skill levels and ability to respond and manage infants' needs. We also assess other factors such as mental health, substance abuse, domestic violence and any other issues that can impact parenting abilities. We can provide assistance with meeting basic needs for infants such as diapers, wipes, formula and clothes. In exceptional circumstances we can provide equipment to ensure a safe sleep environment. Our goal is to promote infant safety and wellbeing and increase parenting capacity through providing support and education.



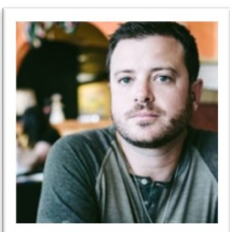
Infant care consultants work in collaboration with workers from Peel CAS as well as community partners such as physicians, dieticians, occupational therapists, physical therapists, neonatal follow-up programs, and Region of Peel - Public Health. We refer out to other community resources such as Infant and Child Development Services of Peel and Healthy Baby Healthy Children (HBHC) programs at the Region of Peel. We are strong advocates for our clients and strive towards creating change and promoting positive outcomes.

Last year the IWP served approximately 1,000 families with children under the age of 18 months. We are usually involved with families for a period of 1-3 months to complete an assessment, set goals, work collaboratively on achieving the goals and reassessment. The length of time may vary from family to family depending on the issues and the level of progress.

IWP is a valued program that has contributed significantly to the mandate of Peel CAS to ensure the safety and well-being of children in Peel region.

## Dads' Space

### Shining the spotlight on PMD



Country Music Artist Wade Bowen wrote "Turn on the Lights" after going through Postpartum Depression with his wife Shelby. The Bowen family turned this into a benefit for Postpartum Support International. A beautiful reminder of the healing power of music.

To listen to "Turn on the Lights", click [here](#).

*"Music can express that which cannot be put into words." ~ Victor Hugo*

