

The

PPMD

Connection



News from the Peel Postpartum Mood Disorder Committee

Spring 2015



“Difficult roads often lead to beautiful destinations”

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Coordinators Corner:

I am the first to admit that I am not a winter person. For me, seeing the snow melting and feeling the warmth creeping back into our days is a good thing. I think the incessant cold that we experienced in February has made spring even sweeter this year! With the change of season, there is also change in the Peel Postpartum Mood Disorder (PPMD) Program. I have accepted a learning assignment as a Research and Policy Analyst in the Family Health Department, which will take me away from the PMD Specialist role over the next 6 months. This is an exciting opportunity and a chance to learn some new skills. As of March 23rd, Caroline Edwards, a Public Health Nurse at Peel Public Health, will assume the role of PMD Specialist. During my absence, she will coordinate the activities of the PPMD program. Please see below for Caroline’s “hello”. I hope everyone has a safe spring/summer with the opportunity for rest, relaxation and some time outdoors!

~Philippa Bodolai~ philippa.bodolai@peelregion.ca

Hello Everyone! My name is Caroline Edwards and I have been a Public Health Nurse with the Region of Peel since 1999. Over the course of my career, I have been fortunate to have worked in various different areas from prenatal to parenting. For the past couple of years I have had the opportunity to lead a collaboration involving 11 health units to revamp our online prenatal program to be fully Canadianized. I have also just completed an Acting Supervisor Assignment in Family Health. I am eager to take on this new exciting opportunity. With Philippa’s guidance, I will be familiarizing myself with all the wonderful PMD initiatives, committees and projects. I look forward to working with you over the next few months. Please feel free to contact me at 905-791-7800 extension 2650 or email me at caroline.edwards@peelregion.ca—Caroline Edwards

A Visit to Kingston

At the beginning of February, Philippa and two volunteers travelled to Kingston to present at ‘The Impact of Postpartum Mood Disorders on Children’s Development’ conference organized by the Kingston, Frontenac Lennox & Addington Postpartum Adjustment Coalition.

The conference featured a keynote address by Cindy-Lee Dennis and then we had a chance to showcase the Peel Postpartum Mood Disorder Program with a focus on the Peer Volunteer Educator Program. During the session, we engaged the audience in several of the activities that the Volunteers use in their community presentations. Our volunteers, Stacy and Vja, then had the opportunity to share their stories with the audience. They focused on the factors that shaped their journeys into motherhood, their experiences with postpartum mood disorder, and also on the factors that helped in their recovery.

There were approximately 125 attendees, with the majority attending from Eastern Ontario. It was a wonderful opportunity for us to share our program, and also for our volunteers to share their stories.

“I had an amazing experience speaking at the conference in Kingston. Everyone made me feel welcome. I felt that sharing my story was important. I felt that I made a difference somehow even if it was just for that one day. I appreciated them having me and listening to what I had to say. It wasn’t easy but it was definitely a rewarding experience.”- Stacy



“As a presenter at the Postpartum Mood Disorder Conference in Kingston I was heart felt, encouraged and inspired. I was nervous to talk about my personal story because of the number of people there. But afterwards, several people came up to me to say how much they enjoyed the experience and that the information shared will be useful when working on the front line with the community. I am grateful for this because I proved to myself that I “still got it!” -Vja





Our new video: ~More than the Blues: Postpartum Mood Disorders~

One of the projects of the PPMD Steering Committee late last year was to produce an informational video regarding Postpartum Mood Disorders. ***More than the Blues: Postpartum Mood Disorders*** provides information about the resources that are available in Peel and features three of our volunteers sharing their stories.

Video production employs different skills than most of us use in our day-to-day work! A small group from the PPMD Steering Committee took on this task and with assistance from Cathy Vance, a Public Health Nurse in the Breastfeeding Program (who has produced videos in the past), we completed the project in just under 10 weeks. The success of this project is due to the hard work of several individuals, including Kimberly Brawley (Peel Children's Centre), Cathie Sondergaard (Infant & Child Development Peel), Lyndon Horsfall (DragonGem productions), Dawn Machado (Region of Peel), Mei Ling (Communications Specialist, Region of Peel), Philippa Bodolai and, first and foremost, our volunteers who did an amazing job in sharing their experiences.

The link to our video is now posted in the [Resources \(Books/Videos\)](#) section on the pmdinpeel.ca website. The direct link is here: <https://www.youtube.com/watch?v=ptID-NfWc2w&feature=youtu.be>

Please feel free to share this video and link with parents, clients and service providers. Close captioning can be enabled on the YouTube site for greater accessibility.

Did you know?

Adoptive parents can also develop symptoms of depression. This is often referred to as Post-Adoption Depression. Adoptive parents report symptoms that include anxiety, sadness, guilt and hopelessness. When working with parents who have recently adopted, it is important to ask them about their feelings, how they are coping and their supports.

Dad's Space: Prenatal Resources for Dads

Peel Public Health's (PPH) Prenatal Fathering Class

Being a father to-be can be very exciting. Along with the excitement can come feelings and thoughts about "How will my life change with a new baby?" and "Will I be a good Dad?"

PPH offers a variety of prenatal class options facilitated by Prenatal Educators. You can choose a week-end series, 6 week evening or the 7 week evening series that offers the additional fathering class co-facilitated with a Fathering Facilitator. PPH also offers an online prenatal program which includes key fathering information.

The fathering class includes:

- Introduction to Fathering
- Security, stimulation, and attachment with your baby
- Mom's Influence on fathering
- Parenting
- Life Together with Baby
- Transition to Parenthood



As a father, you play a very big role in your family's life. Children who have a positive involvement with their father:

- Get along better with their siblings and peers
- Are better problem solvers
- Have more initiative and communicate more effectively
- Are more likely to have success in school and career
- Are less likely to become involved in harmful behaviours such as substance abuse and criminal activity.

Check out the Region of Peel's "[Just for Dad's](#)" website for more information about Fathering. For more information on PPH's prenatal classes, visit parentinginpeel.ca or call 905-799-7700.

"Spring brings warmth and blossom of flowers."

