

The

PPMD

Connection



News from the Peel Postpartum Mood Disorder Committee

Summer 2015



"A single sunbeam is enough to drive away many shadows."

St. Francis of Assisi

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Coordinators Corner:

It looks like summer has finally arrived! After a cold winter and what felt like a quick spring, summer is here! I am starting to become familiar with my new role as the Acting PMD Specialist. I have enjoyed meeting the PPMD Steering Committee, volunteers and facilitators. It is wonderful to hear about all the amazing programs and resources that are in the community and to hear the passion that everyone has for the program.

Here are some of the program highlights from the past few months:

- In April we celebrated our PMD volunteers during volunteer appreciation week. It was a wonderful evening and an opportunity to meet and thank the volunteers for their valuable contribution and dedication to the PMD program.
- This year, National Mental Health Awareness Week (May 5th to 10th) focused on the mental health and wellbeing of men and boys. We took this opportunity to coordinate some strategies to focus on Dad's and PMD and to highlight the new PMD video. The strategies included an article and 2 quick polls on our Region of Peel internal website, postings on the Parenting in Peel Facebook page, and information on regional mobile road signs.
- The PPMD Steering Committee has been busy updating the strategic plan. This plan will help guide the program and the workgroups for the next 3-5 years.

I hope everyone has a wonderful, safe summer and that you enjoy some time with your family and friends.

Caroline Edwards—caroline.edwards@peelregion.ca

Make The Connection - Discovering Everyday Joys

By Mary Carley, Program Facilitator, Caledon Parent-Child Centre

Make the Connection (MTC) is an experiential, strength based program that focuses uniquely on the parent child attachment relationship. It is a nine week program divided into three themes: Love, Language and Learning. The intent is to explore parent competency through conversation, insight and reflection, as well as self and baby observations that are provided through videotaping. In this way parents have the opportunity individually and together to nurture the curiosity behind their baby's drive to explore and learn. This all occurs within a very relaxed and delight-filled time together.

One particular activity focuses on pinpointing what is called the "Magic Moment". A "Magic Moment" emphasizes and captures on film small moments of unity between baby and parent. On two occasions, across the span of the group, the facilitator has an opportunity to edit and share each "Magic Moment": to invite and facilitate individual and group insight and awareness in ways that build competency, empathy for others and an enhancement of self esteem.

on why this particular "Magic Moment" was chosen. Next, observations from the group are invited, and finally the facilitator can expand with further positive feedback. To enhance this experience each week the parent gets to practice at home. They are given a photo album and asked to select or take a picture that reflects the theme each week. The albums are shared in celebration during the last session of the group.

MTC is a program with resilient and preventative possibilities. It is a model that supports and grows healthy parent child relationships and it is equally useful for parents who may be struggling in their role or having a difficult time adjusting to the competing demands of self esteem, competency and baby's needs. Make The Connection is a gentle space where parents can explore and witness together small, beautiful joys in bonding and attachment.

For more information about this program, visit the website <http://firstthreeyears.org/parentingPrograms.html>

Experiential learning occurs through a three part co-discovery. First, the parent is asked to reflect





“Adjustment to Life After Baby” Workshops & A Peer Volunteer Educator Perspective

“Adjustment to Life After Baby” Workshops

The Region of Peel offers free “Adjustment to Life After Baby” workshops designed for parents to be, new parents and their families. These are unique workshops that are facilitated by trained Peer Volunteer Educators who are moms who have experienced PMD in the past. These workshops are not only about providing credible information about PMD and the resources available in the community, it is also to provide an interactive session where the Peer Educator shares their own personal story.

At the workshops, participants learn more about PMD. They will:

- Hear from women who have experienced PMD
- Understand the symptoms and risk factors
- Dispel common myths about motherhood
- Recognize when a women needs help
- Learn how families and friends can support women and where to go for help

Peer Volunteer Educator Perspective By Meenakshi Pandey

As a Peer Volunteer Educator I have found that each group is different. Sometimes people ask a lot of questions and at other times I start by sharing my story. Often, by sharing my personal experience with PMD, it helps to initiate a discussion and build a connection with the group.

The most rewarding part of being a Peer Educator is being able to provide reliable information about PMD to the community. Also, you get an opportunity to share your thoughts as the educators themselves have experienced PMD. I have found that by sharing my knowledge and experience with PMD it has helped people to come forward and ask questions. I find that they feel comfortable sharing their concerns with someone who understands.

To book a free “Adjustment to Life After Baby” workshop, visit PMDinPeel.ca

Did you know?

The province of Saskatchewan has designated May 7th as Maternal Mental Health Awareness Day.

Dad’s Space: Resources

Dad’s play a significant role in their child's life and nurture them in a way that is unique from Moms. Being a Dad is more than changing diapers and helping around the house, it is also about being involved and engaged.

Sometimes Dads may not know where to go to get more information and support about being a Dad. Below are some great resources to explore.

[Dad Central](#)—Resources and ideas to highlight the important role Dads have in their child's life.

[New Dad Manual](#)— Website designed by Dads for Dads.

[Ontario Early Years Centre](#) (OEYC) — Some OEYC’s have specific programs for Dads and their children. Contact your local OEYC for more information.

PMDinPeel.ca —Provides information about Postpartum Mood Disorders (PMD) and Dads and a phone number in case you need to speak to someone about PMD.



"A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken." – James Dent

