

# The **PPMD** Connection



News from the Peel Postpartum Mood Disorder Committee

## PPMD Update

### New PMD Website!

The Peel PMD Program is holding celebration events to launch our new website developed to assist service providers to support families

[pmdinpeel.ca](http://pmdinpeel.ca)



Join us for a light lunch and hear about a mother's personal journey through PMD. Learn how you can access 'need to know' information and resources about PMD.

**Brampton:** Tues. March 24, 11am-1 pm  
Brampton Library-  
Chinguacousy Branch  
150 Central Park

**Mississauga:** Tues. March 31, 11am-1pm  
Miss. Central Library  
301 Burnhamthorpe Rd  
W, Mississauga

To pre-register call  
905-799-7700

## Coordinator's Corner

Winter 2009

The Peel PMD Program has created a new website, [www.pmdinpeel.ca](http://www.pmdinpeel.ca). The site provides information to assist service providers supporting families who may present with PMD. The PMD Tutorial found on the site will enhance skills related to identifying symptoms, talking to families about PMD and referring families to appropriate resources. The site also offers a list of PMD community resources, multilingual fact sheets, past copies of this newsletter and links to credible websites.

The website was created based on your feedback at the PMD Community Forum in 2007.

*"We don't know where to refer mothers for help"*

*"We need to know what questions to ask mothers and what verbal & non verbal cues to look for"*

*"We need a central place to get information about PMD"*

We hope you find this new website a valuable resource in your work with young families. We invite you to celebrate with us at one of the website launch events in March and hear from mothers and community leaders about PMD initiatives

**Monica Irwin, PMD Program Coordinator**  
905-791-7800 ext 2650

## Jake's Story



*You have just come home from a long day at work, hoping to find a happy home and what you find makes you want to get back into the car and leave. Your wife is in tears, the baby is crying. The house is a mess, and forget about dinner. By now you know better than to ask how her day was. Her response is always the same. "I hate this 'mother' stuff. I don't want to be anyone's mother. I want my old life back. I want to be happy again." You shrug, go to hold the baby, and wonder why your wife is feeling this way, why she's not as happy as you are about the baby, and when she will snap out of it. You're not alone. I lived with this scene every day for two years. Every ounce of my patience was tested, but I kept hoping that things would be "normal" again. I focused on my baby daughter, the one in the midst of this mess, and kept telling myself I'd be there for her. Slowly, slowly, my wife recovered from the illness. Today, we have that happy home we both always wanted. Be patient and tolerant. Remember, it will get better. This story comes from [Beyond the Blues](#), by Shoshana S. Bennett, and Pec Indman.*

***If you are going through hell, keep going- Winston Churchill***

**Steering Committee Members:** Best Start Health Coalition in Peel · Caledon Parent /Child Centre · Centre for Addiction and Mental Health · Credit Valley Hospital · Mississauga Parent Child Resource Centre · Infant and Child Development Services Peel · Peel Children's Centre · Peel Public Health · Punjabi Community Health Services · Success By 6 Peel · Vita Centre



## What about the other children?

A mother experiencing PMD may find it difficult to be the kind of mother she wants for her older children while she is recovering. Dr. Dalfen offers these suggestions to parents in chapter 8 of her book:

- 1. Keep older children's lives as normal as possible** – Although it may be hard to continue parenting older children as usual try to keep their lives as routine as possible. Enlist the help of your support system to keep kids active outside of the home and caught up with school activities. The more they do things that make them feel good and keep to their routine the less the depression will impact them.
- 2. Use teamwork**- work together with your partner as a team to meet your child's needs: This is an important parenting principle but even more essential when you are not feeling your best.
- 3. Talk to the kids** - kids pick up on their parents' mood and can sense when you are not yourself. They may get worried when they see you crying a lot. Letting kids know that you are sick and not feeling well, will make them less likely to feel scared or fear that your unhappiness is their fault. Tell them you are getting help and will be better soon. Reinforce that you love them. *Dr. Ariel Dalfen M.D. (2009). When Baby Brings the Blues: Solutions for Postpartum Depression.*

### Community Resources

#### New pamphlet **Supporting Moms through postpartum Mood Disorder**

Provides information and tips for partners and family members of mothers experiencing PMD. To order copies contact the Mississauga Parent Child Resource Centres (905) 822-1114

#### New Book **When Baby Brings the Blues: Solutions for Postpartum Depression.**

Dr. Ariel Dalfen M.D.

Written by a psychiatrist working at the Perinatal Mental Health Program at Mount Sinai Hospital in Toronto. She tackles the myths of PPD and offers up to date research on treatment options, including many things women can do on their own, and practical advice on finding support. [www.chapter.indigo.ca](http://www.chapter.indigo.ca)

#### [Multilingual Fact sheets on various mental health and addictions topics](#)

Developed by BC Partners for Mental Health and Addictions Information

### Infant Caregiver Attachment

The purpose of attachment is to make a child feel safe, secure and protected. Attachment is as necessary for survival as eating and sleeping. Sensitive interactions are associated with the development of secure attachments. Secure attachments are associated with the ability to form healthy relationships. Infants of depressed mothers are less likely to have a secure attachment and more likely to display an insecure attachment compared to infants of non-depressed mothers (Martins and Gaffan, 2000).

When an infant is securely attached to his caregiver he will usually:

- Seek proximity to caregiver
- Establish physical contact
- Show little or no avoidance toward caregiver
- Seek interaction from a distance rather than physical proximity
- Settle quickly when caregiver is present and able to explore

Refer families to a qualified health professional if you suspect there are problems with attachment.

*Diane Benoit MD, The Connection that Heals Conference Mississauga ON Nov.25/08*

### Did you know?

During the month of November recipients of this newsletter were invited to participate in a survey to find out how well it is meeting your needs.

- 88%** Always read the newsletter
- 91%** Find the content is relevant to your work
- 98%** Have learned about new community resources
- 74%** Say that the newsletter has increased your knowledge about PMD
- 100%** Consider the newsletter to be a credible source of information

In future editions I will focus on suggested topics. Thanks to all participants