

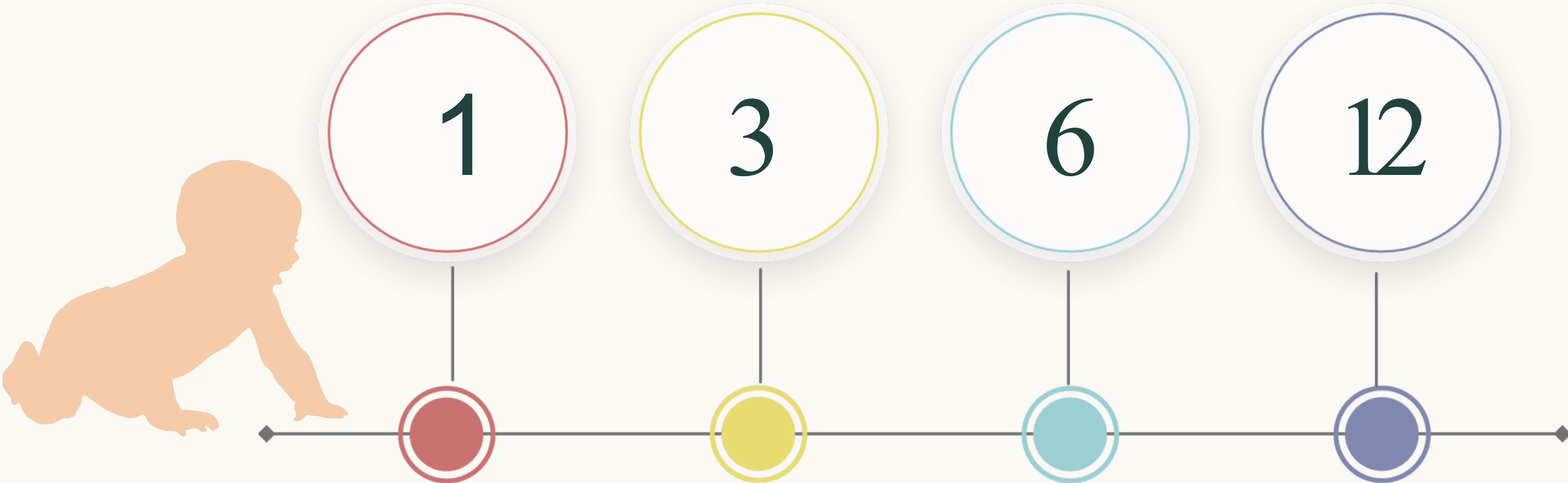
Growth in Grief

Building Bridges Through
Postpartum Depression

Objectives

- Participants will identify markers of postpartum depression.
- Participants will discuss postpartum mood disorders and their potential effect on early language development in children with hearing loss.
- Participants will discuss methods for supporting parents during the early postpartum period in learning about hearing loss.

Early Intervention Targets





Dani

4 months

"I was just so tired in those first few months. Some days I didn't see the point of sessions when she couldn't hear our voices yet (despite the reasoning from you and others). Knowing how well she is doing now, I would do it all over again!

You were definitely passionate about the best way to help her and I loved that, even if I didn't have the energy to match your passion at the time... I was trying my hardest to be present in each session through the fatigue and just trying to keep her entertained."

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How old was the youngest client you visited?

The First 6 Weeks

- Cramping and Bleeding
- Incontinence and/or constipation
- Incision/laceration care
- Breast Engorgement
- Swelling of Hands and Feet
- Night Sweats
- Hair loss



Hormone Fluctuations
Mood Changes

"A little bit of grace to be emotional if they need to be. I cried in the doctors office when my daughter got her diagnosis and that's pretty uncharacteristic of me. I feel stupid about it now but my hormones were a wreck at that time."

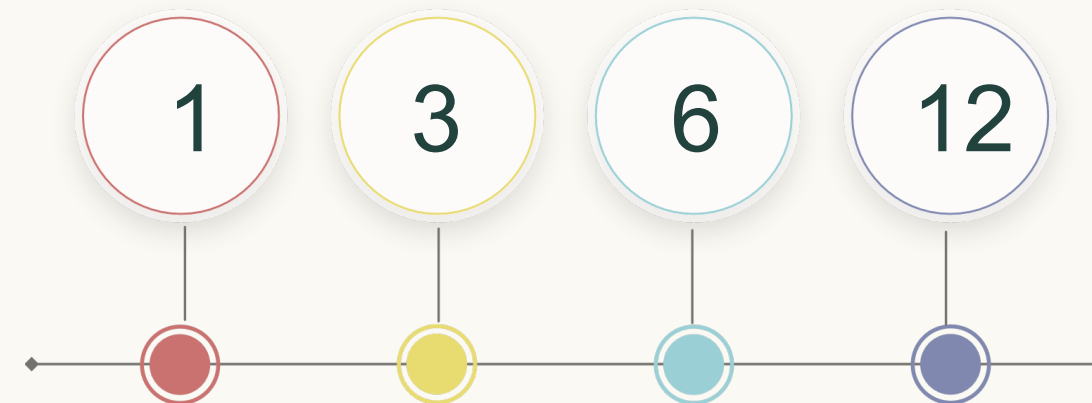
"Have more compassion for your families. The news might be unemotional to you but its highly emotional for the families. Especially us moms who just delivered those babies!!! Hormones, lack of sleep, sore boobs! Share facts with some emotion!"

"100%! Asking a mom of newborn twins in a pandemic if they'd like to learn ASL for an SSD twin. Like, I didn't have the bandwidth to shower much less learn a new language!"

Postpartum Mood Disorders

"People of every age, income level,
race and culture can develop
Perinatal Mood Disorders (PMDs)
during pregnancy and within the first
year after delivery."

Year One



1 in 7 moms



1 in 10 dads

Depression

- Feelings of anger or irritability
- Lack of interest in the baby
- Appetite and sleep disturbance
- Crying and sadness
- Feelings of guilt, shame or hopelessness
- Loss of interest, joy or pleasure in things you used to enjoy
- Possible thoughts of harming the baby or yourself



Anxiety

- Constant worry
- Feeling that something bad is going to happen
- Racing thoughts
- Disturbances of sleep and appetite
- Inability to sit still
- Physical symptoms like dizziness, hot flashes, and nausea





Macie

2 months

"Postpartum hormones definitely had an impact. In our case, Our daughter failed her newborn hearing test, but wasn't officially diagnosed until she was three weeks old so the time in between was kind of a blur of trying to heal from birth and take care of her while worrying about how her hearing appointment would go.

I remember my anxiety was relentless all the time and I had never had a lot of anxiety before. I was always anxious about her diagnosis and what it meant for her, and looking back I think that anxiousness was definitely magnified by postpartum hormones. It's a lot to go through to welcome a new baby and then a surprise diagnosis! It ends up all ok, but it's a whirlwind when its happening."

Risk History

 Preterm labor and delivery

 Low social support.

 Challenges with breastfeeding

 Relationship stress

 Stressful life events.

 Difficulty getting pregnant

 Mothers of multiples

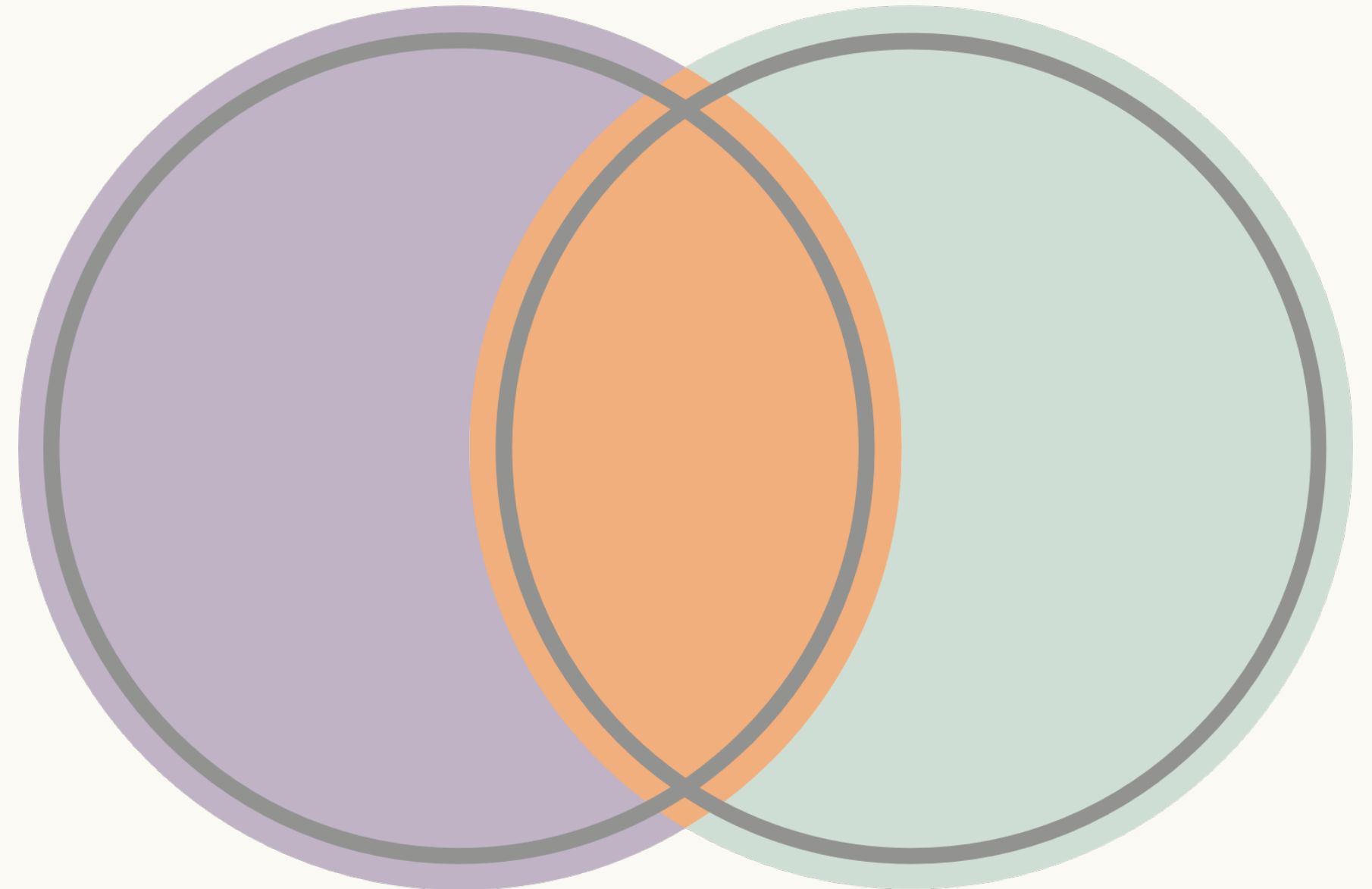
 Financial stress

 Being a teen mom.

 Single parent

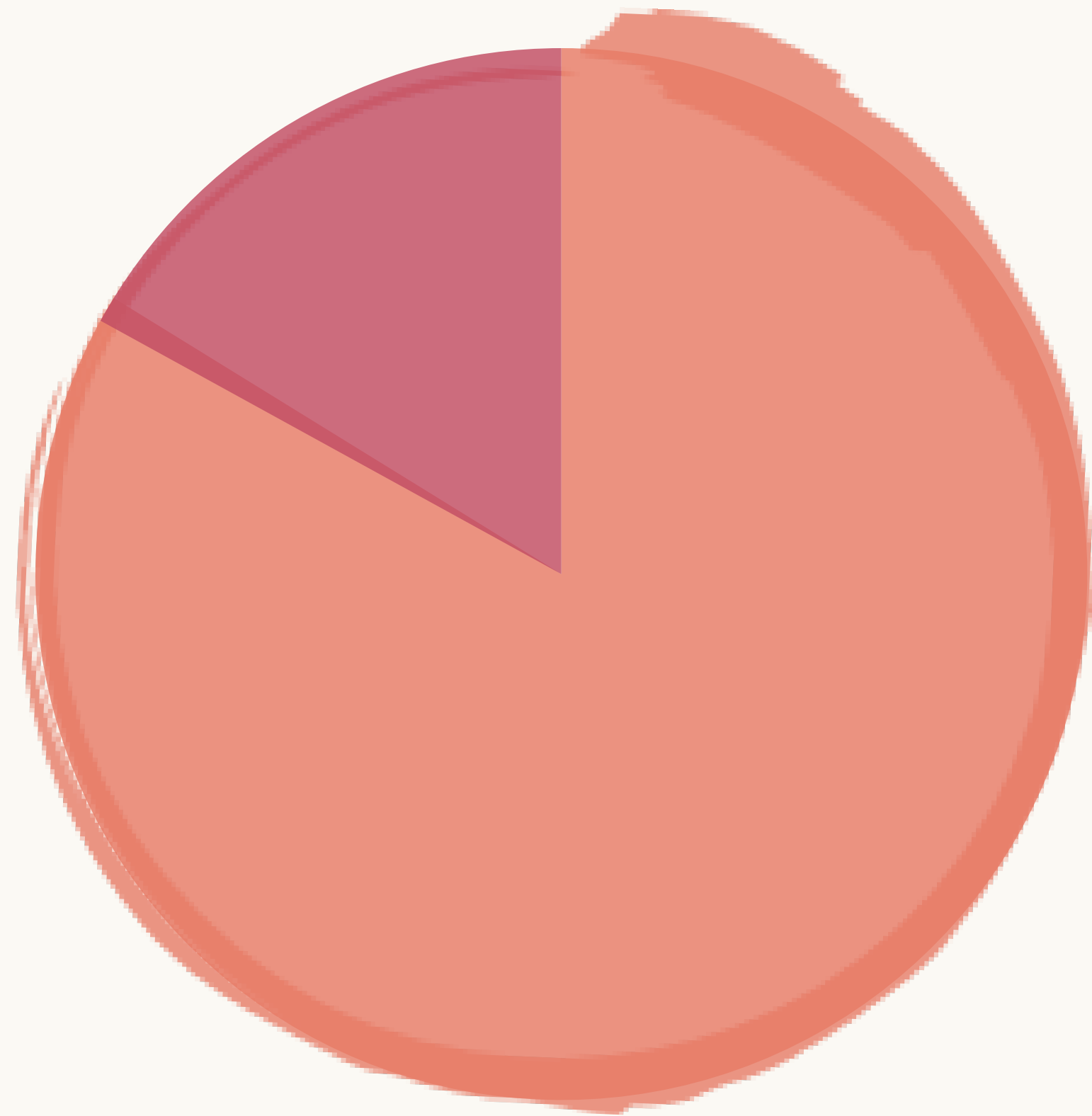
Overlapping Risk Factors

- Complications in pregnancy
- Traumatic delivery
- Infant NICU stay
- Prematurity
- Maternal diabetes



Compounded Risk of Language Delay

Having a parent with a postpartum mood disorder compounds the risk of language delay for children with hearing loss

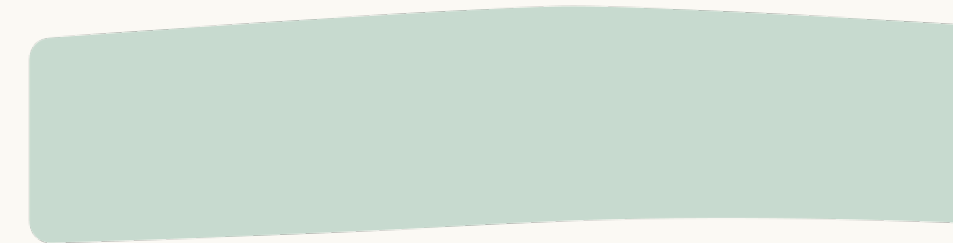
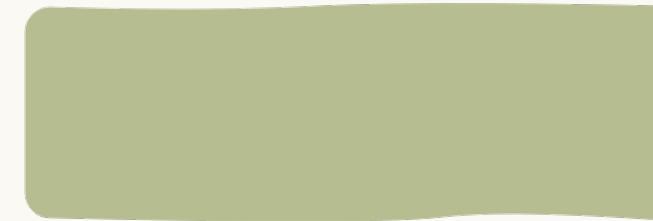


15% 20% of Mothers

Mothers with postpartum depression often have a difficult time bonding with their infants.

These infants may then experience communication delays.

Parents experiencing symptoms of PPD or PPA may be less able to actively participate in intervention or may demonstrate limited follow through.



Eager Professionals

As we share information we can unintentionally amplify the burden on new parents, especially those also experiencing depression or anxiety.

"I feel like for awhile I felt isolated because my child had cochlear implants, or my child was signing but not speaking. The age of 3 was really hard for me to comprehend. I felt like if I didn't make sure my daughter was all caught by 3 that she would never catch up because everyone said early intervention is the most critical time of a child's life."

"Show compassion but don't make promises you wish to keep but can't. Look at the data objectively and state it with compassion."

"I feel like initially I needed the facts. So first is, this is the test we are doing. This is exactly what that means and these are the options. I feel like sometimes the professionals helping us added a little extra fluff into her diagnosis or were uneasy to state exactly what was going on initially."

How do we support an
infant's language
development and respect
the family's unique first
weeks and months with
their new baby?



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Share your ideas

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Resources

- PostpartumSupport International. [https://www.postpartum.net/learn - more/](https://www.postpartum.net/learn-more/)
- Postpartum Psychiatric Disorders. MGH Center for Women's Mental Health. <https://womensmentalhealth.org/specialty-clinics-2/postpartum-psychiatric-disorders-2/>
- March of Dimes. [https://www.marchofdimes.org/find - support/topics/postpartum](https://www.marchofdimes.org/find-support/topics/postpartum)



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