BABYEM

# Perinatal Mental Health Training

*including Postnatal Depression & Birth Trauma*

COURSE WORKBOOK

*"It takes a village to raise a child."*

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# *Welcome...*

This workbook accompanies your Perinatal Mental Health Training. As you move through the course, each lesson will point you to the page to use, so keep it close by, either printed or open on your screen.

The exercises are here to help you connect what you are learning to your own practice. They are not assessed, but they are worth doing. The reflections they prompt tend to be the ones that stick.

Some of the content in this course, and in this workbook, touches on difficult experiences. Please look after yourself as you work through it. If anything resonates with you personally, support is available: you can contact the Samaritans on 116 123 at any time, or speak to your GP.

If you have any questions at any point, email info@babyem.co.uk and we will be happy to help.

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# MODULE ONE

TRANSITION TO PARENTHOOD

## Expectation vs Reality - Video

Create a list of the ideas and expectations we have around new parenthood.

Google "new parenthood" or "new parents". What can you see?



How do new parents you know feel about being a parent?

Are there any books you have read as a parent, or recommend to parents? Has this changed your views on them?

1.

2.

3.

4.

5.

6.

7.

What are the differences you noticed between how new parents may experience this transition, and how new parenthood is presented in the media?

## Pressures on Parents

Write a quick list of the unique pressures you think parents face. What can we do to support them?

## Pressures on Parents

Look back on your answer from the beginning of the lesson. How many of these were in your initial list?

## Myth Busting

Write a list of common myths about parenthood. How might you counter them? How might this make a difference to a parent?

## Choose one of the following two exercises to complete

1. Think of a new parent that you have known. If you have your own children, you might like to write it to yourself as a new parent. Or you might choose someone you have worked with, a friend or family member. Write a letter to them, outlining the different pressures they are under and what additional factors might be influencing them. Write about how they are managing to navigate these pressures and influences. Include some positive statements about how they are managing their parenting journey (you don't need to give it to them, although you might choose to!)

2. Write down ideas you had about parenting and what it meant to be a parent before you worked in this field or had your own children. Who influenced you? What ideas did you have about available support? How has that changed over time?

# Useful Theories in Transition to Parenthood

What are your thoughts on this TED talk video and the transition to parenthood?

Write a list of the people and organisations you know of in your area you can signpost to if you are concerned about someone's mental health.

## *Useful Contacts*

| Name of person or company | Contact details | What they can help with |
|---|---|---|
| | | |
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# MODULE THREE

BIRTH TRAUMA

What do you think might make a person more vulnerable to feeling traumatised after birth? Think of at least one 'risk factor', one birth-related factor and one maintaining factor.

| | |
|---|---|
| Risk factor | |
| Birth-related factor | |
| Maintaining factor | |

Use the box below to reflect on some of the experiences shared in the videos for this lesson. How does it make you feel? How do you think this knowledge can shape your practice?

# MODULE FOUR

PERINATAL DEPRESSION

There remain many myths about depression, and unhelpful comments like 'you can just snap out of it' can put people off seeking help. Can you think of a few common myths around perinatal depression, and how you might respond to these based on what you have learned?

| Myth | Your response |
| --- | --- |
| | |
| | |
| | |
| | |

# MODULE FIVE

PERINATAL ANXIETY

Can you think of someone you know who might have been suffering from anxiety during pregnancy or early parenthood? What symptoms did you notice?

# MODULE SIX

OTHER MENTAL HEALTH PROBLEMS

Reflect on what you have learned about childhood trauma and how it impacts adult mental health.

# MODULE SEVEN

PARTNERS BECOMING PARENTS

What relationship difficulties do you think new parents most commonly experience?

Write down some examples of domestic abuse, including emotional and physical. Then complete the table showing how exposure to different types of domestic abuse is harmful to children.

| Type of Abuse | Impact on Children |
| --- | --- |
| Emotional abuse | |
| Physical abuse | |
| Emotional abuse | |
| Physical abuse | |
| Emotional abuse | |
| Physical abuse | |

## Partners Becoming Parents

Consider what are the common images and stories in society about couple relationships in the perinatal period. Write some examples below.

From the list below, pick three and consider how they might affect a couple's relationship as they become parents.

- Gender
- Class
- Education
- Sexual orientation
- Race
- Culture
- Employment
- Spirituality
- Ability
- Ethnicity
- Sexuality

| Areas of Unequal Difference | Effect on the couple relationship |
| --- | --- |
| | |
| | |
| | |
| | |

# MODULE EIGHT

THE IMPACT ON THE RELATIONSHIP WITH THE BABY

Make some notes on the video describing normal infant brain development.

## What can we do to help?

It is a very difficult balance to offer support to a parent without diminishing their confidence. Can you think of a few ways in which you could offer a parent support, to increase their sensitivity to their infant's cues, without undermining their confidence? And any big don'ts you can think of?

Ways to offer a parent support without undermining their confidence...

Don't do or say....

# MODULE NINE

LOOKING AFTER OURSELVES

Take some time to reflect on how you take care of yourself. Do you make enough time to take care of yourself? What sort of things do you do to take care of yourself? What could you do more of?

## What I do to take care of myself

## What I can do more of

# *Thank You...*

If you have any questions, comments, or concerns about anything in this workbook or course, please contact us!

## *Contact Information*

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