



UNIVERSITY of MARYLAND  
SCHOOL OF MEDICINE

# Childbirth, Parenting and Depression:

## A Community Conversation

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# *Introduction*

<https://www.youtube.com/watch?v=V64PqXKs02g>





## How do I know if I have depression or an anxiety disorder during pregnancy or after delivery?

- Are you feeling sad or depressed or crying for no reason?
- Do you feel more irritable or angry with those around you?
- Are you having difficulty bonding with your baby?
- Do you feel anxious or panicky?
- Are you having problems with eating or sleeping?
- Are you having upsetting thoughts that you can't get out of your mind?
- Do you feel as if you are “out of control” or “going crazy”?
- Do you feel like you never should have become a mother?
- Are you worried that you might hurt your baby or yourself?



# Postpartum Depression

## COMMON SYMPTOMS



Changes in  
sleep patterns



Anger/Rage



Weepiness  
or sadness



Difficulty  
concentrating



Change  
in appetite



Anxiety





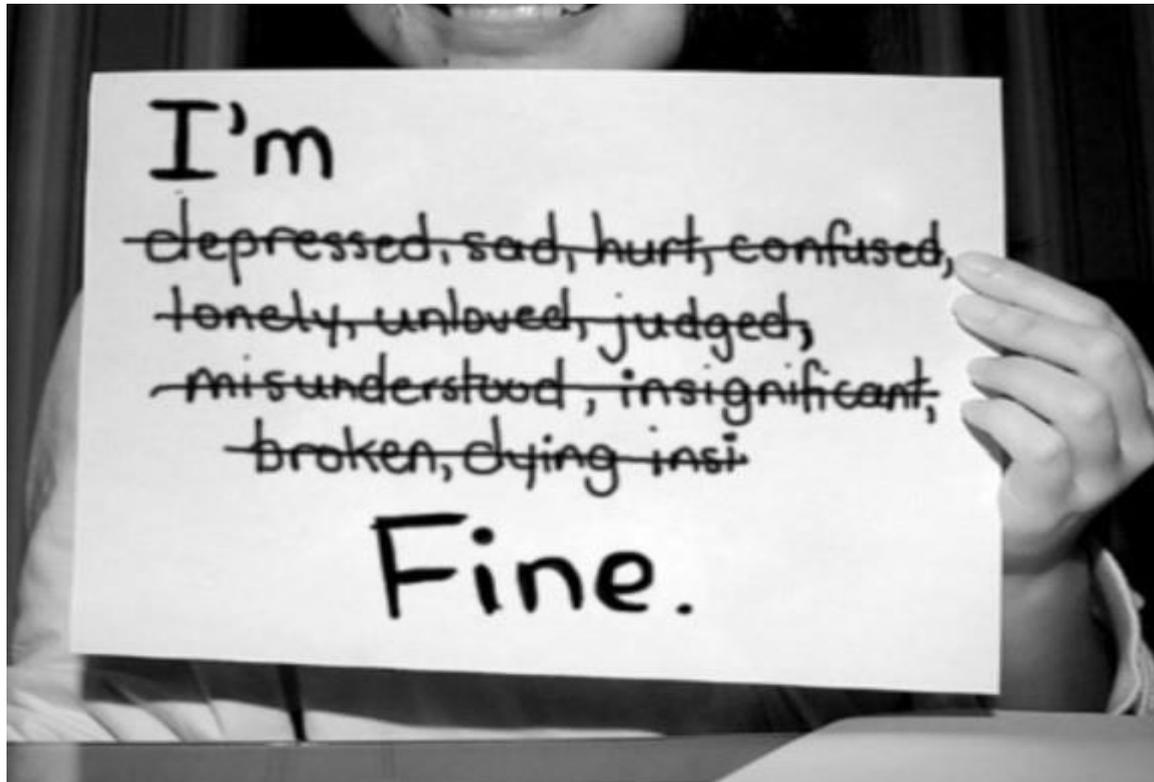
## What if I think I have postpartum depression or anxiety?

- You are not alone. As many as 15 – 20 % of women have significant anxiety or depression during or after pregnancy
- Untreated depression or anxiety can affect the entire family
- Untreated depression and anxiety ARE NOT SOMETHING YOU CAN “JUST GET OVER” no matter what other people say
- Ask for help. Ask your partner, your family, your doctor or midwife, your neighbor or call a hotline until you find someone to help you





# No one knows how you're feeling until you tell them



And you cannot tell by looking at someone if they are doing ok or not



And if you or someone you know has thoughts or worries about hurting themselves or their baby...

Tell someone who cares about you and call for help immediately:

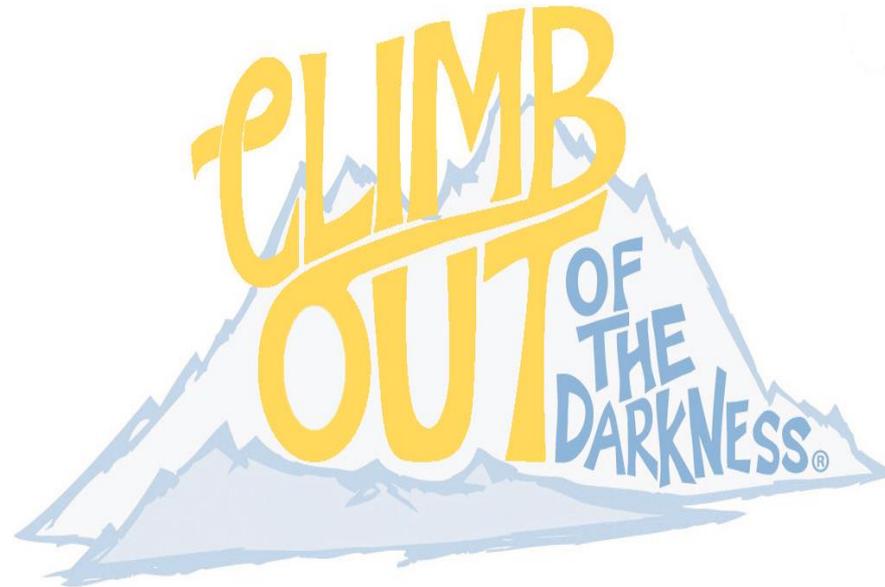
Baltimore Crisis Line	410-433-5175
Suicide Lifeline	1-800-273-8255
Crisis Text Line	Text HOME to 741741 anytime
Postpartum Support Line	1-800-944-4773 (non-emergency)

or your doctor/nurse/midwife  
Or 911





You are not alone and you are not to blame...



Postpartum Support International hotline  
1-800-944-4773 (4PPD)



# Treatments



***Counseling  
Talk Therapy***



***Medications***



***Decrease Stress***



# Why is Maternal Depression Important in Parenting?

- Maternal depression is common in childbearing years
- Maternal depression impacts children of all ages not just after birth (post-partum)
- Not always recognized by health providers
- Mothers who struggle may not know they have depression



# Depressed parents may be less responsive to their baby's needs.



**11% to 18%** of mothers report symptoms of postpartum depression.



**4%** of fathers are depressed during their child's first year of life.



**Parent depression can compromise a child's development; depressed parents may be less available to nurture a child's social and emotional well-being.**





# ***Possible Negative Infant Outcomes***

- Preterm birth
- Low birth weight into infancy
- Delayed start of breastfeeding
- Poor feeding
- Malnutrition and poor growth
- Lower immunizations
- Crying and irritability





# ***Possible Negative Child Outcomes***

- Impaired motor skills and language development
- Weaker adaptation to stress
- Delayed cognitive development
- Behavior problems, such as hyperactivity, aggression and attention deficit
- Anxiety symptoms
- Low academic achievement
- Childhood depression





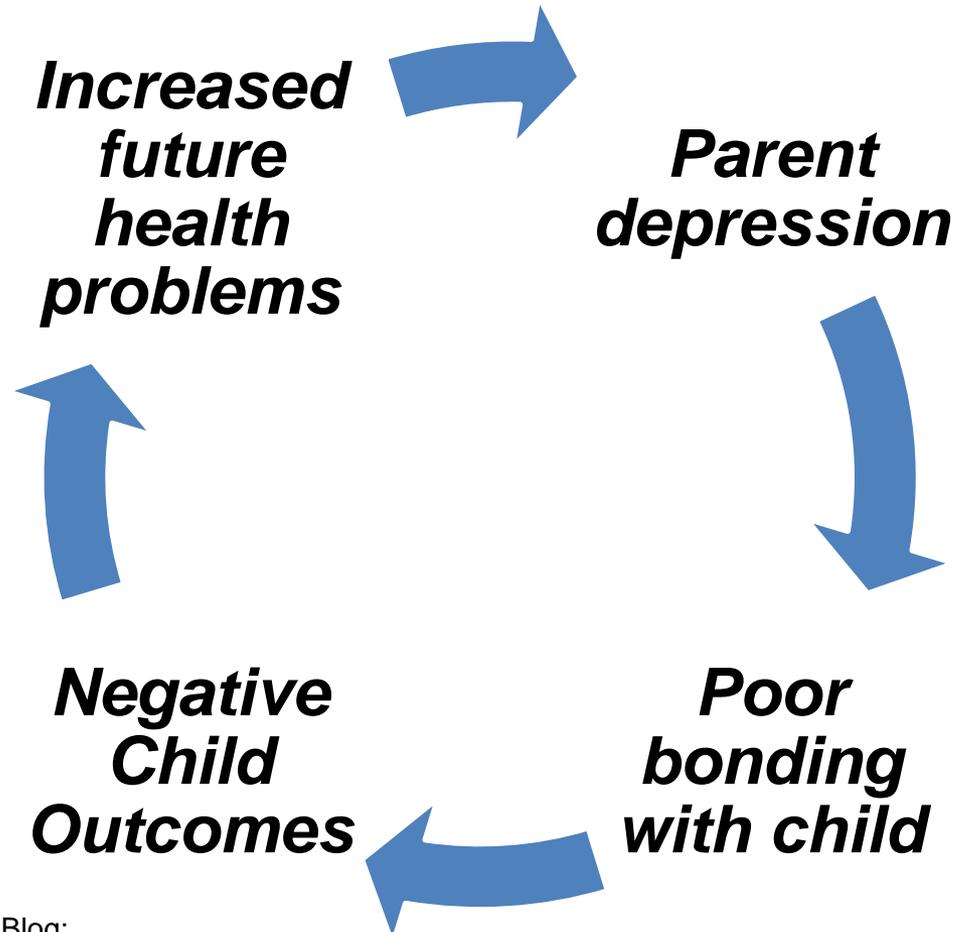
# ***Possible Negative Adolescent Outcomes***

- Anxiety disorders
- Major Depression
- Suicidality
- Substance abuse
- Behavior problems, such as hyperactivity, aggression and attention deficit
- Low academic achievement
- Higher risk of unintended pregnancy, sexually-transmitted infections





# Why is Maternal Depression Important in Parenting?





# Fortunately, there is hope.



- Parent Child Sessions
- Support Groups
- Family Groups
- Individual Therapy
- Medications



# Resources

## ***Post Partum Support International:***

- 1.800.944.4773
- <http://www.postpartum.net/locations/maryland/>

## ***Healthy New Moms:***

- <https://healthynewmoms.org/>

## ***University of Maryland Medical Center***

- 410-328-6018: Women's Mental Health
- 410-328-3255: Secure Starts Clinic