



# Early Childhood Mental Health

## October Newsletter

### Postpartum Depression

With the birth of a child there are many changes and challenges. There are many different feelings that you can experience all at once. Feelings of happiness as well as feelings of sadness, confusion and even guilt. Many women experience the "baby blues" a few days after giving birth. Symptoms are mood swings, crying spells, anxiety and difficulty sleeping. These symptoms last up to two weeks. For other women who have recently had a baby, these symptoms can be more severe and last longer. When a woman who has recently given birth is experiencing feelings of sadness, anxiety, and exhaustion that makes it difficult to care for her baby and complete other activities, she is suf-

fering from postpartum depression. Postpartum depression is the type of depression a woman can get after giving birth. This includes first time mothers as well as women who already have other children and did not experience postpartum depression before. Postpartum depression can start during the first 3 weeks after birth or any time within the baby's first year. Some of the symptoms are sadness, hopelessness, feeling unable to care for the baby or do basic chores, having trouble bonding with the baby, and loss of interest on things that used to be enjoyable. If you think you have postpartum depression, talk to your doctor about how you are feeling. Postpartum depression is not a sign of

weakness and does not mean you are a bad mother. It just means you need some support to be able to feel like yourself again. That support can come from your doctor, a therapist, medication, and a positive support system. Remember, postpartum depression is very common. Look for the symptoms and if you feel like you are experiencing depression, get the help you need! Untreated postpartum depression can last for months or years and it can affect your health and your ability to connect with and care for your baby, which can lead to the baby having problems with sleeping, eating, and behavior as they grows

**Behavioral & Educational Solutions, P.C.**

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#### Book of the Month

Read to your child! Kids love hearing their parents read books. You don't have to read the exact words. Sometimes it's fun to ask your child questions about the pictures instead.

☺ Guess How Much I Love You by Sam McBratney

#### Songs of the Month

Ask your child to sing with you! Even young children like to "sing along" with their parents. If you don't know what song to sing, here are some ideas:

☺ The Clean-Up Song



### Frequently Asked Questions

#### How do I know if I have postpartum depression?

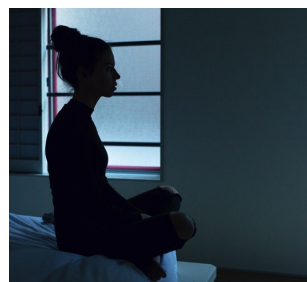
Only a health care provider can diagnose a woman with postpartum depression, if you are having some of the symptoms you should make an appointment with your doctor to figure out if the symptoms you are experiencing are due to postpartum depression or something else.

#### Who is at risk to experience postpartum depres-

#### sion?

Any woman who has given birth within a year can experience postpartum depression. Women who had depression during or after a previous pregnancy have a greater risk of developing postpartum depression. Other risks are a lack of a positive support system, unwanted or unplanned pregnancies, medical complications, premature deliv-

ery, having a baby with medical problems, and family history of depression or other mental illness.



## Behavioral & Educational Solutions

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We are dedicated to delivering multi-disciplinary, culturally sensitive, systems focused on developmentally appropriate services. At Behavioral & Educational Solutions, P.C. (BES) we believe that children do not grow-up within vacuums; hence, our services are driven by the goal of establishing strong, collaborative, engaged relationships between the family, school, and other systems.

Behavioral & Educational Solutions, P.C., is an allied health/related services support company serving DC and Montgomery County. We are a fully bilingual (English/Spanish) company.



Behavioral & Educational Solutions, P.C.

## Meet Us!

Our mental health consultants have over 20 years of combined experience helping families and teachers of young children. We are available to meet with parents, observe children, and help teachers support healthy social-emotional development.

Each daycare center has its own mental health consultant. Look here to find the contact person for your child!



**Andrea Howard**  
Centers:

- H.D. Woodson HS
- Azeeze Bates
- C.W. Harris
- Paradise



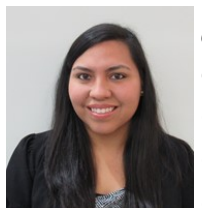
**Angelina Nortey**  
Centers:

- Atlantic Gardens
- Frederick Douglas
- Ballou HS
- Anacostia HS
- Luke C. Moore HS
- Dunbar HS



**Mawule Sevon**  
Centers:  

- Rosemount



**Cindy Cruz**  
Centers:  

- Edgewood
- Roosevelt
- UPO Home Visitors