

The

PPMD

Connection



News from the Peel Postpartum Mood Disorder Committee

Winter 2018

“Kindness is like snow, it beautifies everything it covers”

~ Kahlil Gibran

Inside this

Issue:

Coordinators Corner 1

Making a Difference 1

Our PMD Community 2

Did you know? 2

Dad’s Space 2

Our PMD Mission

The Peel PMD program is designed to ensure that families experiencing PMD have access to a comprehensive and sustainable continuum of services in their community.

Coordinators Corner: For many, this time of year can be a wonderful and joyous time making memories with family. However, many people find this time of year to be a time of heightened anxiety, stress, grief or loneliness.

It can be hard to tell if a neighbour or co-worker or even a friend is going through such difficulties. It is even harder to know if the stranger in the checkout line behind you or sitting in the seat beside you on the bus is struggling.

This is where practicing small, random acts of kindness can work their magic! It is said that random acts of kindness can create a powerful ripple effect that people continue to pay forward. This sort of kindness is a win-win –

it makes a difference in your life and someone else’s. And you never know when such a kindness will fall upon a person that needs it the most. Here are a few easy acts of kindness that you can pull off even at this very busy time of year:

- Buy the next person in line a coffee
- Let someone go in front of you in line
- Help someone with the door
- Pay a compliment to a stranger
- Smile

Follow this [link](#) to read more about what others are saying about the health effects of spreading kindness.



Happy Holidays and Wishing you a Healthy 2019! ~ Heather ~

Making A Difference...

Alternative Therapies for Postpartum Depression

More and more Canadians are looking for natural interventions and therapies when it comes to their own mental health.

According to the Public Health Agency of Canada, more than 70 per cent of Canadians regularly use complementary and alternative health care therapies such as **yoga, acupuncture, naturopathy, and massage**. And up to 20 per cent of women in Canada experience maternal mental illness such as postpartum depression (PPD) with mild to severe symptoms.



A systematic review on Complementary Health Approaches for Postpartum Depression, was recently published in the *Journal of Social Work in Mental Health*. It looked at 10 high quality studies that focused on the following interventions: aromatherapy, bright light therapy, electroacupuncture, infant massage, iron supplementation, mindfulness training, omega-3 fatty acids, saffron, and yoga.

While many were pilot studies using small sample sizes, the results are encouraging and validate the need for further research.

Regardless, pregnant or postpartum women with diagnosed or undiagnosed maternal mental health symptoms should always consult with a health professional whether they are interested in prescribed medicine or alternative therapies.

Rebecca J. McCloskey MSW & Rebecca Reno PhD, MSW (2018) Complementary health approaches for postpartum depression: A systematic review, *Social Work in Mental Health*, DOI: [10.1080/15332985.2018.1509412](https://doi.org/10.1080/15332985.2018.1509412)



Our PMD Community...



Infant and Child Development Services Peel: Our Role in Addressing PMD

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Infant and Child Development Services Peel (ICDSP) is funded by the Ministry of Children, Community and Social Services and delivered through Trillium Health Partners. We provide early identification, prevention, and intervention for children from 0-6 years of age who have, or are at risk for, a developmental delay. Early intervention, screening and assessment, service coordination; and toy, book, and equipment libraries are available. Information and support is also available to parents when there is a prenatal diagnosis of a condition that will impact development, such as Downs syndrome.

Staff includes Occupational and Physiotherapists, Registered Early Childhood Educators, and Psychology professionals. A partnership with Erinoak Kids provides the services of a Speech/Language Pathologist.

Along with the usual adjustments of pregnancy and having a new baby, some parents are also learning about, and adjusting to, complex medical issues and additional risk factors that may impact their child's development. Through IC DSP, parents receive help in adjusting and promoting optimal child development while building a healthy relationship with their child.

Screening for PMD is carried out regularly. When parents experience negative thoughts and feelings, feel overwhelmed, have difficulty with daily routines, or are unable to sleep or eat as they used to; they can share those experiences with their Infant and Child Development Consultant. The importance of self-care, asking for and accepting support, and seeking further help from professionals such as doctors and community agencies are discussed. We help parents to access resources and supports. Through a supportive relationship, consultants help parents know that they are not alone; help is available.

To learn more, please visit: <http://www.icdspeel.ca/>.



Did you know?

- Trillium Health Partners is Canada's largest community-based, academically affiliated hospital, and has the largest emergency department in the country. Trillium Health Partners is comprised of 3 sites, Credit Valley Hospital, Mississauga Hospital, and Queensway Health Centre.



Dad's Space

“Our goal is to ensure the best mental health of fathers in pursuit of healthy families”



Fatherhood is an exciting experience for most men but the transition can be overwhelming, scary and stressful as well. New fathers who have symptoms of postpartum depression are often undiagnosed, feel alone and unsupported. Psychiatrists, Dr. Andrew Howlett and Dr. Ben Rosen created the Fathers Mental Health Network in collaboration with several community partners including St. Joseph's Health Centre and Mount Sinai Hospital to ensure dad's get the help they need.

To learn more visit, <http://fathersmentalhealth.com/>.

“Kindness is a gift everyone can afford to give.” ~ Unknown

