Understanding the Impact of Maternal Depression on Infants and Toddlers

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Resources

**Attachment Disorder:**


**PTSD:**


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Welcome

What are the signs of Baby Blues?
Knowing the signs of Post Partum Depression.
How is Paternal Depression Disorder Different than PPD?
Who is predisposed to PPD?
Infant Detachment Disorder/Reactive Attachment Disorder.
Nurturing Ourselves.
Wrap-up and Closing.
Baby Blues

• Up to 70 percent of all new mothers experience the “baby blues”

• Begins a few days after the birth and should subside within a couple of weeks; short lasting condition that doesn’t impair functioning and doesn’t require medical attention

• Characterized by mood swings, lack of concentration, appetite change, weepiness, etc...

CA Dept Health Services/Maternal Child & Adolescent Health Branch
What is Postpartum Depression?

An estimated **13 percent** of new moms experience depression after childbirth

- A **clinically significant** condition
- A **serious** medical condition that requires attention from a health care provider
- A **multifaceted** illness that has varying consequences for a woman's mental health, her functioning as a mother, the family’s functioning and her child’s development
Postpartum Depression

Characterized by prolonged periods of:

- Low mood, irritability, sleep and appetite disturbance
- Fatigue, loss of interest, inability to feel pleasure in daily life
- Guilt, decreased concentration, indecisiveness, feelings of worthlessness, despair, or thoughts about harming herself or her child

Can Result in Postpartum Psychosis:

- Hallucinations, paranoia, inability to care for self or baby, thoughts of suicide or infanticide
Prevalence of Postpartum Depression

- Estimated 50-80% of all mothers experience Postpartum blues
- 1 in 1,000 women experience post-partum psychosis during 1st year; most occur before 3rd month
- CA study found that the onset of PPD occurred 4-12 weeks postnatal and lasted between 3-14 months
- Zero to Three found 8-15% of childbearing women experienced PPD during the 1st year after childbirth
Who are At-Risk?

• Teen Moms
• Moms who have suffered from depression in the past, family members history of depression
• Women in stressful situations
  – Unemployed
  – Financial issues
  – Homeless
• Women living within domestic violence
Teen Parents

• **One million** teens in the US will become pregnant over the next 12 months. **95%** of those pregnancies are unintended.
• 1 of 3 girls in the US gets pregnant **BEFORE** the age of 20
• **75%** of teen pregnancies come from single parent households
• **10%** of all US births are to teens

~ 1996-2010, Guttmacher Institute
Teen Parents

• Babies born to teens are more likely to be pre-term and or low birth weight.
• Babies born to teens have an increased probability of infant death and chronic respiratory problems.
• Babies born to teens have an increased risk of serious long term illness and of developmental delays.
Teen Parents

- Pregnant teens are among the most likely mothers-to-be to have inadequate prenatal care
- Teen mothers are at greater risk for postpartum depression
- Only a third of teen mothers receive a high school diploma
- Teen fathers are likely to finish fewer years of school than older fathers do, as well as less likely to hold a steady job or earn enough to support their new family

~Healthy Teens Network, 2003
“Take anyone who is experiencing the symptoms of PTSD, and the things we are currently emphasizing in school will fall off their radar. Because frankly it does not matter... if we don’t survive the walk home,” said Jeff Duncan-Andrade Ph.D. of San Francisco State University.
Infant’s Temperament/Health Issues

• Study conducted to compare infant’s temperament and health problems according to the presence of maternal Postpartum depression.

137 mothers at one month Postpartum were assessed with the Edinburgh Postpartum Depression Scale. 22.6% of the mothers were classified as having Postpartum depression.

Maternal depression showed significant negative correlations with family functioning, social support and marital satisfaction.

College of Nursing & The Research Institute of Nursing Science, 2011, Aug;41(4)
PPD and Domestic Violence

Moms with children under six month of age were screened in pediatric clinics where they went for healthy baby checks. Out of those screened, approximately 1/3 were teenagers and from the surveys, researchers found that one out of every four of the mothers appeared to have Postpartum depression.
PPD and Domestic Violence

- Moms who screened positive for domestic violence were **2x as likely** to have Postpartum depression and **50% of women in violent** relationships also screened positive for depression, compared to **22%** of mothers who were not in violent relationships.
- Women with Postpartum depression were **4x as likely** to also screen positive for violence at home.
- **Four percent** of women without depression and **16%** of women with depression were in violent relationships.

*Journal Pediatrics, March, 8, 2012*
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<thead>
<tr>
<th>Task #1</th>
<th>My Role</th>
<th>What I Need from Others</th>
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<tbody>
<tr>
<td>Build Relationships</td>
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<td>a. Whenever possible, arrange to meet with all team members before the child’s first home visit. Get pictures of providers and exchange telephone numbers, email addresses, and other contact information.</td>
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<td>b. Share information about routines for both the family and the home visitors.</td>
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<td>c. As a team discuss your philosophies about disability and intervention.</td>
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<td>d. Discuss information from those who know the child about his/her learning style and preferences to determine priorities for the home visit, such as: • Chances for their child to play with siblings or other children in the home • Type, timing, and location of therapy the child receives • The developmental skills the child is working on • Respite care</td>
<td>d.</td>
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Paternal Depression Disorder
Male Depression

Symptoms may include:

– Escapist behavior, such as spending a lot of time at work or on sports
– Alcohol or drug abuse
– Controlling, violent or abusive behavior
– Risky behavior, such as reckless driving
– Infidelity or unhealthy sexual relationships
Male Depression

Male depression often goes undiagnosed:

– Failure to recognize depression-seek distraction to avoid dealing with feelings or relationship
– Downplay signs and symptoms
– Not recognizing how much symptoms to self or not admitting to self or others that feeling depressed
Male depression often goes undiagnosed:

– Reluctant to discuss depression symptoms
– Many men won’t talk openly to family, friends let alone medical professional but try to suppress…
Male Depression

When there is a new baby is the house:

– Journal of the American Medical Association, May 19, 2010, found that out of 43 studies a total of more than 28,000 fathers an average of 10.4% suffered from depression sometime between the first trimester of their partner’s pregnancy and the child’s first birthday.

– Rates for paternal depression were highest 3-6 months after birth.
Affects on Children
Postpartum Depression Affects On Children

- Exposure in early life appears to compound risk factors
- Duration and severity of mother’s depression affects children’s severity
- Even mild depression associated with child problems
- 50% - 80% of offspring have significant problems
Depression & Mom-Child Relationship

• More negative and less positive emotions

• Inability to manage impulses and regulate their own behavior

• Withdrawal from daily activities, eventually avoiding any kind of interaction

• May be more irritable, difficult to soothe and less happy
Depression & Mom-Child Relationship

- Inability to develop empathy for others
- Unable to recognize emotions and emotional cues in others
- Difficulty establishing and sustaining close relationships and friendships
- Need to develop confidence, cooperativeness and the capacity to communicate
Implications of Attachment Disorder

- Delayed development
- Infant depression
- Inconsolable crying or sleep problems
- Aggressive or impulsive behavior
- Difficult time relating to other children
- Difficult time trusting adults

Zero-to Three 2005 and Secure Beginnings: Idaho Dept. of Health and Welfare
Major Negative Effects on Children

- Significantly worse school outcomes
  - Lower cognitive functioning
  - Poorer reading achievement
  - Low grades
  - Increased behavior problems
- 50% of adolescents have a psychiatric disorder
- 2x the rate of physical problems

Riley, et al, 2002; Goodman & Gotlib, 1999
How Depression Affects Development

• Changes in hormones during fetal period
• Specific aspects of parenting behavior:
  – Maternal responsivity
  – Maternal sensitivity
  – Emotional availability
  – Negative mood (intrusive/hostile)
  – Inconsistency in discipline
  – Modeling negative affect
  – Inability to assist with emotional regulation
Infants & toddlers need:

- Strong, caring, and ongoing relationships
- Responsive adults
- Sense of security
- Develop trust
- Regulations that promote nurturing practices
- Overall high quality services

Head Start Performance Standard 1304.21 (b)(1)(i-ii)
Strategies for Supporting Positive Attachment

- **Recognize signs of depression and attachment disorder**
  - Poor eye contact
  - Lack of smiles
  - Out of rhythm

- **Support parents in responding to cues**, understanding development and recognizing stressors

- **Decrease isolation** (socializations, respite services, community support)

- **Provide referrals** to decrease stressors (mental health, social, financial, etc.)

- **Work with mental health consultant**

Practice with an elbow partner developing a “Support Plan”.
Screening:

- During Pregnancy and Perinatal
- Postpartum Period (throughout the first year for high-risk moms)
Educate

- Educate medical community: Discuss the early warning signs at prenatal visits
- Let medical providers know if you’ve had depression in your history
- Talk about this in your Health Advisory Committee Meetings
- Talk about PPD/PDD in parent committee meetings
- Other…..
Education:

• Discuss the **early warning signs** during Lamaze classes
• Ask OBGYN offices to have **brochures** readily available for all family members
• Discuss the **early warning signs** of both PPD and PD at parent education classes
• Spread the word to undue the taboo!
Screening Tools

- Edinburgh Postnatal Depression Scale (EPDS) 10 items, Free to download, English/Spanish and other languages
- Beck Depression Inventory-II (BDI-II) 21 items, Approximately $125. English/Spanish Available through Psychological Corp
- Postnatal Depression Symptom Assessment (PNDSA)

*Earlier is always better*......
The Importance of Secure Attachments

• Improving school readiness for infants and toddlers means providing a secure foundation for child development and early learning across domains that ensures children enter preschool, and eventually school, ready to succeed.

• From “Head Start Approach to School Readiness”
Your Mental Wellness

• Nurturing yourself to be able to nourish others

• Network to seek support and ease stress

• Brainstorm ways that nourish you and your staff
Thank You!

Stay Happy and Stay Healthy!