

# Perinatal Mental Health Training, including Postnatal Depression & Birth Trauma

COURSE WORKBOOK



# Welcome!

In order to support families gently and proactively – you'll first need to understand perinatal mental health and birth trauma, in order to support individual families appropriately.

Please use this workbook to help you as you go through the course.

The questions are designed to help you consolidate your learning and reflect on the information you have received.



Use these boxes to write your answers. There is also a reflective exercise at the end of the workbook for you to complete.



If you need any help whilst you go through the course content, please don't hesitate to contact us so we can help you.



Please be mindful that some of this content is quite emotionally triggering and some people may find it difficult to process. Take regular breaks, and if anything arises that you have found challenging, please reach out for support.

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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 PARENTS?



## 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?



# MODULE TWO

PERINATAL MENTAL HEALTH



WRITE A LIST OF THE PEOPLE AND ORGANISATIONS YOU KNOW OF IN YOUR AREA YOU CAN SIGN POST TO IF YOU ARE CONCERNED ABOUT SOMEONE'S MENTAL HEALTH.

## *Useful Contacts*

NAME OF PERSON OR COMPANY	CONTACT DETAILS	WHAT THEY CAN HELP WITH

# 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**

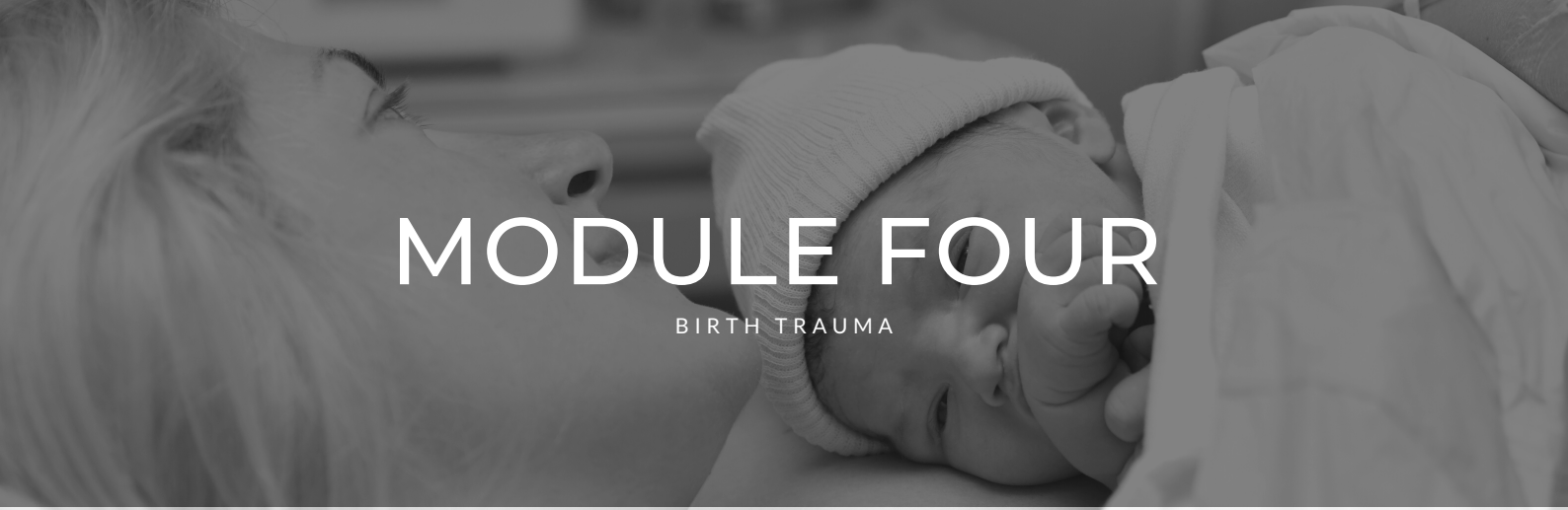
**Birth-related factor**

**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?



A large, empty rectangular box with a light gray background, intended for reflection or writing.



# MODULE FOUR

## BIRTH TRAUMA

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	
Emotional abuse	
Physical abuse	
Emotional abuse	
Physical abuse	

## Useful Theories in Transition to Parenthood

CONSIDER WHAT ARE THE COMMON IMAGES/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
- RACE
- ABILITY
- CLASS
- CULTURE
- ETHNICITY
- EDUCATION
- EMPLOYMENT
- SEXUALITY
- SEXUAL ORIENTATION
- SPIRITUALITY



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 ABOVE 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, TOO 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!



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