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## BENEFITS:

- ⇒ resources, support and counselling specific to your needs
- ⇒ You can feel heard, respected, understood and supported as you adjust to a new baby
- ⇒ You can feel part of a team whose purpose it is to help you and your family thrive in the postpartum period and beyond
- ⇒ You can uncover and build additional strengths as an individual, couple and family
- ⇒ You can feel less alone
- ⇒ You can learn healthy coping strategies



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## Postpartum Adjustment Services

Life with a New Baby  
is not Always What  
You Expect



St. Clair Child & Youth Services  
**Postpartum Adjustment Services**  
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# Postpartum Adjustment Services

Life with a new baby is not always what you expect. The Postpartum Adjustment Programme offers a range of services to help new moms, dads and families to adjust to their life with a new baby.

While most parents experience a range of emotions, 1 in 5 mothers will experience some degree of postpartum mood disorder.



## SYMPTOMS:

- Not feeling like yourself
- Feeling sad, overwhelmed and irritable
- Exhausted yet unable to sleep
- No interest or pleasure in activities you use to enjoy
- Feeling like a bad mother/father
- Feeling hopeless, frustrated or alone
- Repeated scary thoughts about the baby

## WE CAN HELP!

- Providing information on postpartum related issues
- Screening for postpartum depression
- Supportive counselling
- Individual and family counselling
- Support groups
- Linkages to community services
- Information sessions for fathers, partners, family advocates and friends
- Advocacy in the community



## RISK & BENEFITS:

### RISKS:

- ⇒ Some family members may decide not to participate
- ⇒ Struggles may persist even though you are working hard
- ⇒ Others in your life may not understand or appreciate that you are seeking help
- ⇒ Concerns about child welfare may result in a consultation with the Children's Aid Society to support you in your efforts

