



Using *Partners for a Healthy Baby* to Support Pregnant & Postpartum Women At Risk For or Experiencing Depression

Before Baby Arrives

1st Trimester

Topic	Purpose/Task	Handout
Relationships & Support	Help the mother-to-be define her sources of support. P13	#6 Circle of Support
Fatherhood	Help the father of the baby/partner support the expectant mom especially with her mood swings in the first trimester. p16	#8 Advice for Expectant Fathers
Emotional Health	Ask mother-to-be about her stress level and explain how it can affect her baby's development. p39	#25 How can stress affect my unborn baby?
Emotional Health	Talk about healthy ways to manage stress. p41	#26 10 ways to relieve stress #27 Coping with stress
Emotional Health	Ask about the family's mental health history and any use of medications.p43	

Month 4

Topic	Purpose/Task	Handout
Empowerment	Talk about the power of positive thinking and how to reframe negative thoughts. p53	#31 The Power of Positive Thinking #32 Positive affirmations during pregnancy
Relationships & Support	Ask mother-to-be how her partner/family could be supportive during the pregnancy. p57	#33 My partner/family supports me...
Fatherhood	Help the expectant father/partner identify ways to support mother-to-be. p59	#36 Tips for fathers-to-be
Emotional Health	Help mother-to-be and partner understand mood swings during pregnancy.p75	
Emotional Health	Ask about the stress of pregnancy and how to say "no" to extra commitments. p76	#48 Say NO to Help Your Baby.
Emotional Health	Talk with mother-to-be about pleasurable activities that nourish her body, mind, & spirit. p77	#49 Nourish Yourself from Within

Month 5

Topic	Purpose/Task	Handout
Empowerment	Help mother-to-be increase her feelings of self-respect and enhance her self-image. p87	#54 Respect
Relationships & Support	Talk about the value of trusted female friends. p91	#57 The Importance of Female Friends
Relationships & Support	Help the expectant mother think about her relationship with her partner and how it can be more loving and supportive. p92	#58 Getting the love you deserve
Relationships & Support	Help mother-to-be identify the supports and emergency contacts she'll need during labor and delivery. p93	#59 Emergency Contacts
Fatherhood	Talk to father of the baby about how he can best support the expectant mother. p95	#61 How can I be a great dad?
Emotional Health	Ask about mother-to-be's stress level and how she is feeling about her pregnancy. p106	#68 Pay attention to uneasy feelings
Emotional Health	Show the expectant mother how to let go of tension and stress through deep breathing. p107	#69 Releasing worries by breathing deeply
Emotional Health	Help the expectant woman learn how to mother and nurture herself. p108	#70 Loving and Mothering Yourself





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Month 6

Topic	Purpose/Task	Handout
Relationships & Support	Ask mother-to-be how her pregnancy has affected her relationship with her partner/baby's father. p119	
Emotional Health	Talk with mother-to-be about how worrying can make her sick. p134	#77 Worrying yourself sick?
Emotional Health	Follow up about any mental health issues. Note signs of depression and make appropriate referrals. p135	
Emotional Health	Help the expectant mother learn how to relax and simplify her life. p136	#78 Your Secret Retreat

Month 7

Topic	Purpose/Task	Handout
Empowerment	Help the family create positive thoughts about this pregnancy and baby. p145	
Relationships & Support	Provide the expectant mother with encouragement and support as needed for the last trimester. p150	#81 Never Give Up!
Childbirth Preparation	Teach expectant mom ways to reduce any tension or anxiety she has. p163	#87 The Magic of Breathing Deeply
Emotional Health	Show the expectant mother how to practice deep breathing to reduce stress. p166	

Month 8

Topic	Purpose/Task	Handout
Empowerment	Review the family's progress on their goal of having a healthy baby. Help them focus on the good things in their life. p179	#94 Counting Our Blessings
Emotional Health	Find out about mother's stress level and help her reduce any anxiety. p199	#102 What's on your list? #103 Relieving Stress in Late Pregnancy

Month 9

Topic	Purpose/Task	Handout
Fatherhood	Help the expectant father know how to support mother when she comes home with the baby and how to deal with mom's baby blues. p212	#105 Bringing baby home: what Dads can do
Emotional Health	Check the expectant mom's stress level and help reduce any anxiety about labor and delivery. p223	#110 Having a Positive Attitude about Labor & Delivery
Emotional Health	Help mother-to-be know what to expect with postpartum baby blues. p224	#111 Baby blues
Emotional Health	Help the expectant mom deal with the emotional impact of giving up the baby for adoption. p225	





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Baby's First Six Months

Week 1

Topic	Purpose/Task	Handout
Relationships & Support	Ensure Mom has adequate support during the postpartum period. p9	#1 Circle of Support for My Baby & Me
Relationships & Support	Ask about Mom's relationship with the baby's father. p10	
Relationships & Support	Ensure Mom has enough support, especially if she is experiencing the baby blues. p11	#2 My family supports my baby and me by...
Relationships & Support	Ask about the support of extended family members. p13	
Fatherhood	Talk with Dad about arranging time off from work to help with the baby. p14	#3 Tips for New Dads
Emotional Health	In the event of pregnancy loss, offer support and resources to help the family cope. p38	
Emotional Health	Help the family deal with the emotional impact of giving up the baby for adoption. p40	
Emotional Health	Help the family cope if their baby is born prematurely. p41	#12 When baby stays in the hospital
Emotional Health	Help Mom and her partners know what to expect with postpartum baby blues. p43	#13 Baby blues
Emotional Health	Prepare the family for the exhaustion and emotional challenges of the first few weeks. p45	

Week 2

Topic	Purpose/Task	Handout
Relationships & Support	Check to see that Mom has enough support and encourage Dad's/partner's involvement. p68	#29 Help your partner love your baby
Fatherhood	Provide suggestions to Dad about how to support Mom. p70	
Fatherhood	Help Dad/partner to be supportive of Mom as she deals with the typical emotional changes of the postpartum period. p73	
Emotional Health	Ask how the family is coping with the baby blues and help them recognize any signs of depression. p86	#36 Is this depression I'm feeling?
Developmental Skills	Help the family as they cope with having a child who has developmental disabilities or special needs. p100	

Week 3

Topic	Purpose/Task	Handout
Fatherhood	Ask Dad/partner how he is supporting Mom and baby. p117	
Emotional Health	Talk with military families about the increased rate of postpartum depression associated with deployment. p128	
Emotional Health	Follow up on any signs of Mom's postpartum depression. p129	
Emotional Health	Ask if the family is feeling overwhelmed and help them get the support they need. p131	





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Baby's First Six Months

Week 4

Topic	Purpose/Task	Handout
Relationships & Support	Follow up with Mom to make sure she has enough support. p158	
Fatherhood	Ask Dad how he's adjusting and what he's doing to help with the new baby. p161	
Emotional Health	Talk about how to reduce stress by saying "no" to extra commitments. p175	
Emotional Health	Remind the family to maintain their sense of humor as a way to release tension and deal with stress. p176	

Month 2

Topic	Purpose/Task	Handout
Relationships & Support	Ask Mom is the stress of caring for the new baby is affecting her relationship with her partner. p202	
Fatherhood	Explain that new dads can experience depression. p208	#67 New Dads Can Be Depressed Too
Fatherhood	Follow up with Dad about the stress of caring for a newborn and make sure he has enough support. p210	
Sex, STDs, & Family Planning	Discuss options for birth control if Mom has a history of depression or is taking antidepressants. p219	
Physical Changes & Discomforts	Ask Mom about fatigue and help her find ways to cope with the loss of sleep. p221	#68 Need more sleep?
Emotional Health	Talk about the stress and demands of parenting a new baby. p223	#69 How to get out of the dumps #70 Making time for me
Emotional Health	Encourage the family to engage in pleasurable activities to prevent depression. p224	

Month 3

Topic	Purpose/Task	Handout
Fatherhood	Follow up with Dad about how he is feeling and if he's experience any symptoms of depression. p248	
Emotional Health	Explain how stress or violence in the home can harm the baby. p260	





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Baby's First Six Months

Month 4

Topic	Purpose/Task	Handout
Empowerment	Talk about the power of hope and how to adopt a more positive attitude. p284	#91 Believing in Yourself
Relationships & Support	Talk with mother about having a more supportive relationship with her partner. p285	
Relationships & Support	Discuss how Mom's relationships might be healthy or harmful for her baby. p287	
Fatherhood	Talk with Dad about the importance of providing love, protection, and economic support. p290	#92 I'm a Great Dad!
Emotional Health	Help Mom learn how to nurture herself. p300	
Emotional Health	Talk about healthy ways to manage stress. p300	
Emotional Health	Help the family overcome any barriers to getting help for depression. p302	

Month 5

Topic	Purpose/Task	Handout
Relationships & Support	Help the family expand their network of support. p327	
Emotional Health	Ask about the emotional tone of the household and explain how it shapes baby's development. p338	#104 Children learn what they live
Emotional Health	Ask about frustration with caring for baby and make sure the family has the support they need. p339	
Emotional Health	Talk about healthy ways to manage stress. p340	

Month 6

Topic	Purpose/Task	Handout
Relationships & Support	Help the family anticipate the support they'll need as their baby gets older. p361	
Emotional Health	Talk about healthy things the family can do to manage their stress. p373	
Emotional Health	Help raise awareness about abusive behaviors and where to seek help. p374	
Emotional Health	Help the family understand how their emotional problems can undermine their baby's development. p376	





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Baby's Months 7-12

Month 7

Topic	Purpose/Task	Handout
Relationships & Support	Check on mother's stress level. Talk about how stress can affect baby. p5	#91 Babies feel stress too
Depression	Ask about mood swings and depression. Observe for signs. p12	#95 Your depression can hurt your baby

Month 8

Topic	Purpose/Task	Handout
Relationships & Support	Encourage baby's father (or current partner) to help with baby and chores. p35	#110 Was daddy there for you?

Month 9

Topic	Purpose/Task	Handout
Relationships & Support	Ask about mom's support network. Encourage her to reach out. p64	
Emotional Changes	Ask mother how she nurtures herself. p70	#130 Mothering Yourself

Month 10

Topic	Purpose/Task	Handout
Planning & Problem Solving	Brainstorm ways to simplify expectations & routines to feel less overwhelmed. p100	#147 Simplify Your Life
Emotional Changes	Help mom use laughter or quiet retreat to cope with daily ups-and-downs. p104	#150 The Secret Retreat Inside You
Emotional Changes	Find out if mother is getting enough sleep. p105	

