

<http://www.ppm-support.com/i>

**Are you sleeping less and crying more than your baby?  
You may have Postpartum Mood Disorder (PPMD)**

**You are not alone. PPMD affects 10-20% of mothers during their postpartum year.** At least one in 10 new mothers experiences various degrees of postpartum depression. Postpartum complications can occur within days of the delivery or appear gradually, sometimes up to a year or so later.

**The good news is that** with good medical/psychiatric intervention, PPMD is treatable **with a combination of support, therapy and/or medications.** The prognosis for recovery is *excellent*.

**Do you think you or a loved one may have PPMD?  
This check list can help you assess your situation:**

- Are you unable to sleep at least 3-4 hours at a stretch at night while your baby sleeps?
- Do you find it difficult to get moving or to sit down and relax?
- Are you experiencing significant moodiness, such as sadness and crying or irritability?
- Are you overwhelmed with worry all the time?
- Are you enjoying things less?
- Is it hard to concentrate most of the time?
- Do you have physical problems, like frequent headaches/stomach aches, pounding heart or shortness of breath?
- Do you have thoughts of harming yourself or your baby?
- Do you or a parent or sibling have a history of depression or anxiety?

Any "yes" answer should be considered a "red flag" or a warning sign

## **RECOMMENDED BOOKS**

Listed below are some excellent books on postpartum depression. Check your local library for some of these titles. If they are not available, they can often be ordered at Amazon.com by clicking on the Titles below.

**Postpartum Psychiatric Illness: A Picture Puzzle** by James Alexander Hamilton and Patricia Neel Harberger 1992

**Becoming Parents: How to Strengthen Your Marriage As Your Family Grows** by Pamela L. Jordan, Scott M. Stanley and Howard J. Markman 1999

**Beyond the Blues: Prenatal and Postpartum Depression** by Shoshana Bennett and Pec Indman 2002

**This Isn't What I Expected** by Karen Kleiman and Valerie Raskin 1994

**Women's Moods** by Deborah Sichel and Jeanne Watson Driscoll 1999

**The Postpartum Husband** by Karen Kleiman 2000

**Postpartum Survival Guide** by Ann Dunnewold and Diane Sanford 1994

**Shouldn't I Be Happy?** by Shaila Misri 1995

**Sleepless Days: One Woman's Journey Through Postpartum Depression** by Susan Resnick 2000

**Postpartum Mood Disorders** by Laura J. Miller 1999

**Mother Nurture** by Rick Hanson, Jan Hanson and Ricki Pollycove 2002

**Fatherneed** by Kyle D. Pruett 2000

**Mothering the New Mother** by Sally Placksin 2000

## **LOCAL RESOURCES**

### **Family Services of King County:**

Beyond the Baby Blues Program (individual, couple and group psychotherapy and counseling for mothers and families experiencing postpartum mood disorders) and Listening Mothers (8 week small groups, low fee, not a treatment group).

**11911 NE 1st St. #3306  
Bellevue, WA 98005-3032  
425-450-0332**

### **Northwest Association of Postpartum Support (NAPS)**

Postpartum doula referral service for the Puget Sound area  
206-955-6155