

Anxiety and Depression:



Voices that Support Expectant and New Parents

CARE

nurturing the best possible start

- Healthy Mothers, Healthy Babies Conference
- February 21, 2020

Presenters and Faculty Disclosure

- **Eva Bild, MA, AdvCD(DONA), LCCE**, Director and Co-Owner of the Mothering Touch Centre in Victoria BC, teaches Childbirth Preparation and Parenting the Newborn
- **Dr. Joanna Cheek, MD, FRCPC**, Psychiatrist specialized in perinatal anxiety and depression, Clinical Assistant Professor, Faculty of Medicine, UBC
- **Dr. Andrew Macnab, MD, FRCPC**, Educator, Professor, Department of Pediatrics, UBC, Child health researcher, KIDCARECANADA Society
- **Estelle Paget, BA(Hon), MA equiv. (France)**, Founder and Executive Director, KIDCARECANADA Society

We have no relevant financial relationships with the manufacturer(s) or any commercial product(s) and/or provider of commercial services discussed in this CME activity.

We do not intend to discuss an unapproved/investigative use of a commercial product/device in this presentation.

CARE

Overview and Learning Outcomes

- Brief Introductions
- Your Input
- Our Experience
- Helpful Resources
you can use

CARE





CARE

Introductions

Briefly introduce yourself to your nearest neighbours and learn:

1. What has brought them to this session?
2. In their view what are some challenges new parents can face?



CARE

Mothers' Voices

KidCareCanada Society

New mothers need support

KidCareCanada Society

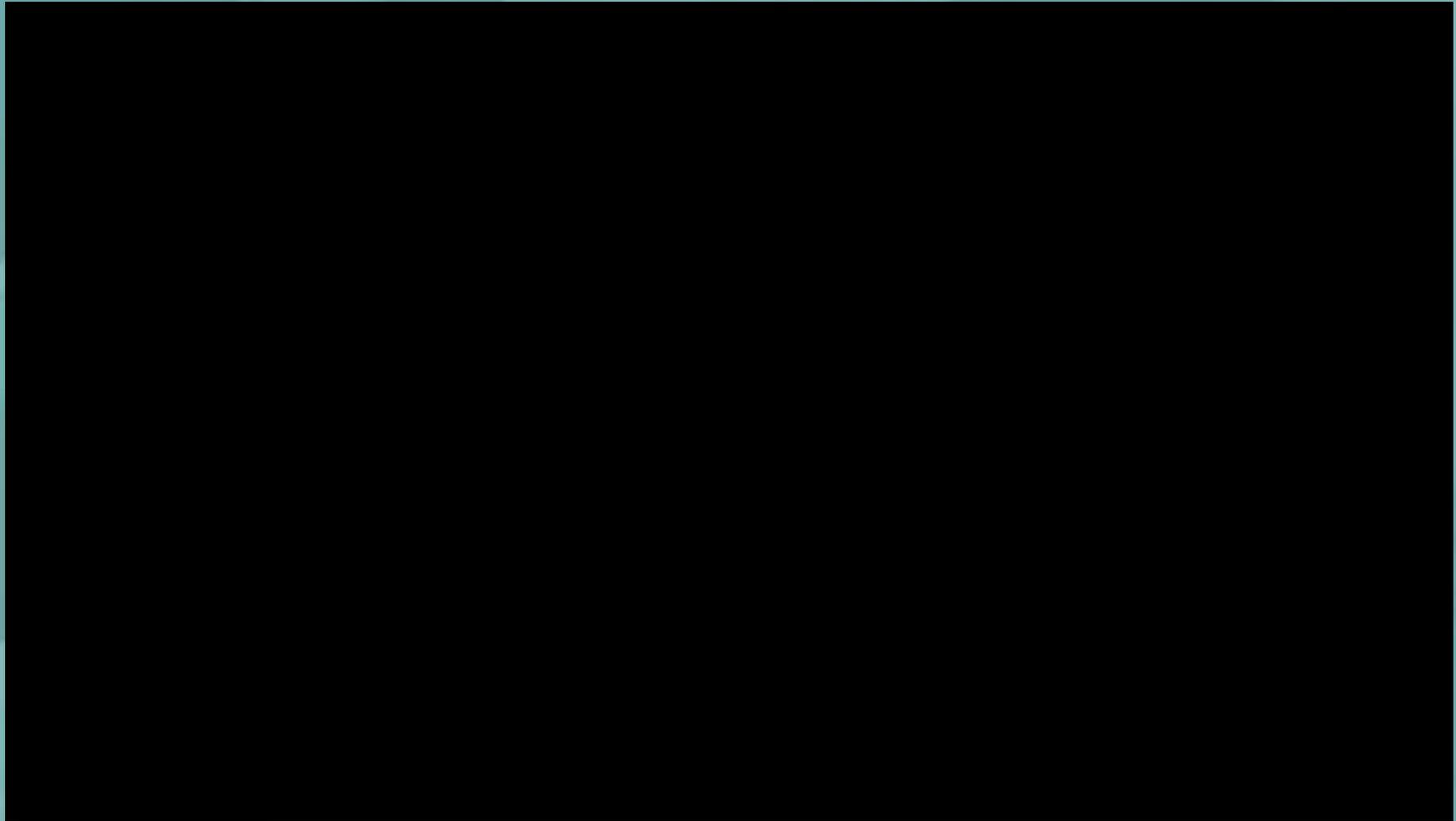
What about support?

We say that parents, caregivers and professionals need to support families. It's not quite that simple ...

1. Who can really provide supportive, responsive relationships?
2. Who can help to reduce stress?



CARE



4 D's*

*from the DSM-IV

Deviant

Dysfunctional

Distressing

Dangerous

Duration

CARE

Intrusive Thoughts – The need for support



CARE

Partners/Fathers/Non-Gestational Parents

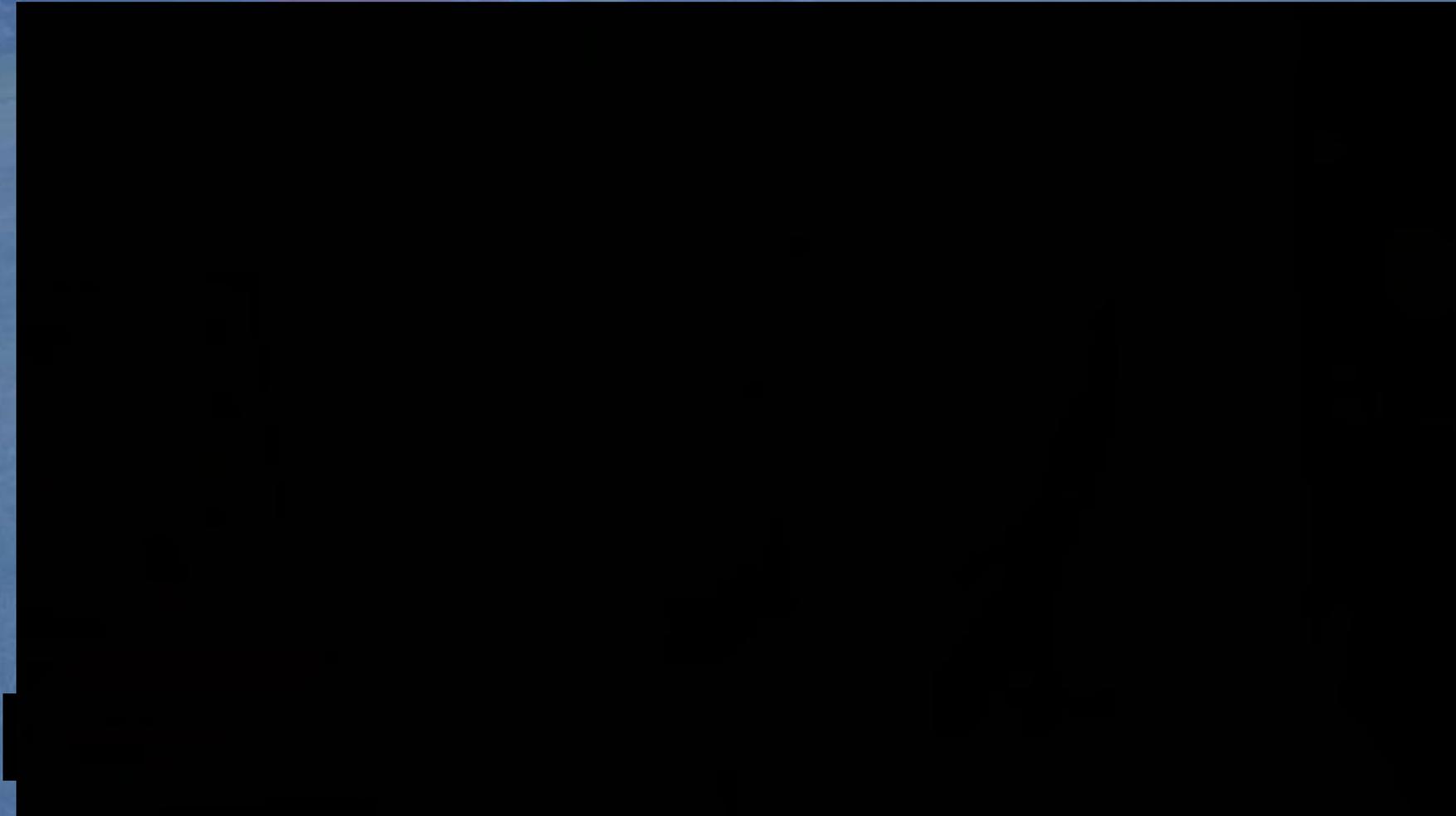
CARE

Speaking of Dads ...



CARE

When a Mother Needs Help



Triggers Part 1: Negative



CARE

Triggers Part 2: Positive



How Knowledge Helps



CARE

Early experiences last a lifetime – DR. TOM BOYCE



CARE

Dr. Joanna Cheek – TV Talk Show @kidcarecanada



Dr. Joanna Cheek – TV Talk Show @kidcarecanada



Unresolved Trauma – Dr. Dan Siegel

KIDCARE CANADA PRESENTS
**UNRESOLVED
TRAUMA**

CARE



Our Resources available through our website

- Over **130 videos**, many of which are captioned in English with captions translated into 11 languages
- **12 TV Talk shows** that give clear information about early nurturing, ways to encourage language development, introducing foods and the picky eater, anxiety in new parents and in school-aged children
- **Learning Guides** that are helpful to facilitators, presenters and teachers – at all levels. They are used by nurses in their training programs – and can be used by any of you.
- Our **ABCs book** provides the essence of Social and Emotional Development and can also be used to introduce books to babies and toddlers.

CARE

Relationships

Relationships are at
the core of our
existence



CARE

REFLECTIONS

What are some comments you will take away with you from this session?



CARE