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NURTURING BEGINNINGS

LTTA Module scenario outline

Parts of the Module	Content to be pasted to the webpage	Type of content
Module title and subtitle	Key challenges faced by mothers during the postpartum period	
Overview		
Module objectives	To provide mothers with evidence-based knowledge about the postpartum period, addressing emotional, physical, and social challenges, and offering strategies and resources for support.	
Module content Part 1	<p>Video 1</p> <p>Video script</p> <p>Slide 1: Title</p> <p>"Good morning/afternoon, everyone, and welcome to today's session: <i>Key Challenges Faced by Mothers During the Postpartum Period</i>. My name is Aneta, and I am both an academic teacher at the Department of Nursing of the University of Applied Sciences in Tarnow and a nurse. Over the next hour or so, we'll explore some of the common challenges new mothers face, along with practical strategies</p>	1 MSTEams recorded video, PPT presentation, self-reflection questions

and resources to support you during this unique time."

"The postpartum period, often called the 'fourth trimester,' is a time of immense change—both physically and emotionally. It's also a time of joy, challenges, and growth as you adapt to motherhood and your new family dynamic. Our session today will cover:

1. Physical recovery postpartum.
2. Emotional and psychological changes.
3. Breastfeeding and feeding practices.
4. Building a support network.
5. Navigating relationship changes.
6. Recognizing signs of postpartum complications."

Slide 2: Introduction

Speaker:

"The postpartum period is a critical phase in your journey as a mother. It's not just about recovering from childbirth; it's also about nurturing your baby, rediscovering your identity, and adjusting to a new family life. This period varies for everyone—some mothers feel ready to dive into the new chapter, while others may find it overwhelming. Both experiences are completely normal."

"This session is designed to be interactive. After each mini-lecture, I'll pose a reflection question to encourage you to think about how the topic relates to your personal experiences. There's no pressure to share, but if you feel comfortable, I encourage you to do so. Often, hearing from others can provide new perspectives or a sense of shared experience."

"I also want to emphasize that the postpartum period isn't about achieving perfection—it's about learning, adapting, and finding what works best for you and your baby. If you take just one thing away from today's session, I hope it's this: You are not alone. Challenges are part of the process, and support is available."

"Before we dive in, I'd like you to think about this question: *What is your greatest concern or question about the postpartum period?* You can jot it down, or just keep it in mind. This will help you reflect on your own needs as we move through today's discussion."

Pause for 30 seconds.

"Thank you for taking a moment to reflect. Let's begin with our first topic: physical recovery postpartum."

Slide 3: Physical Recovery Postpartum

Speaker:

"Now let's start with the physical recovery that takes place during the postpartum period. Your body has gone through an incredible transformation during pregnancy and childbirth, and the recovery process is equally significant. Let's look at what happens and how you can support your body during this time."

"First, let's talk about the changes your body is going through. After delivery, the uterus begins to contract and shrink back to its pre-pregnancy size—a process called involution. This can cause cramping, especially during breastfeeding, as oxytocin helps the uterus contract.

If you had a vaginal delivery, you might experience perineal soreness or tears. For cesarean deliveries, there's the added healing from surgery, including the incision site. Both types of deliveries require rest and care."

"Lochia, or postpartum bleeding, is another common experience. It's your body shedding the lining of the uterus. This bleeding can last several weeks, gradually decreasing in intensity. It's important to monitor for heavy bleeding, large clots, or unusual odors, as these could be signs of complications."

"Many women experience fatigue, as your body uses energy to heal and adjust to new demands,

including feeding your baby. Hormonal changes can lead to night sweats and shifts in your energy levels.

Other issues include:

- **Breastfeeding-related discomfort:** Sore nipples, engorgement, or clogged ducts.
- **Urinary or bowel challenges:** Some women may feel discomfort or temporary incontinence."

"Here's a helpful reminder: Listen to your body. Rest whenever you can, and don't hesitate to ask for help with household tasks or baby care."

"Let's talk about self-care strategies to support your recovery:

1. **Rest:** Prioritize sleep whenever possible. Remember, 'sleep when the baby sleeps' is good advice if you can manage it.
2. **Nutrition:** Eat a balanced diet rich in fiber, protein, and fluids. This supports healing and energy levels.
3. **Gentle movement:** Walking and light stretching can help improve circulation and prevent complications like blood clots.
4. **Perineal care:** Use warm water and a peri bottle to clean the area after using the restroom. Ice packs or sitz baths can reduce discomfort.
5. **Cesarean incision care:** Keep the incision clean and dry, and avoid heavy lifting. Follow your doctor's instructions for wound care."

"It's essential to recognize signs that require medical attention. These include:

- Heavy bleeding or clots larger than a golf ball.
- Severe abdominal pain or fever.
- Redness, swelling, or discharge from a cesarean incision.
- Persistent pain during urination or bowel movements."

"If you notice any of these symptoms, contact your healthcare provider immediately. Postpartum care doesn't end after six weeks—it's ongoing, and seeking help is never a sign of weakness."

"Now, let's pause for a moment of reflection. Think about this question: *What physical changes have surprised you the most so far?* You can write it down or share if you feel comfortable."

Pause for 30-60 seconds.

"Thank you for reflecting on that. Remember, recovery is a gradual process, and every mother's journey is unique. Let's move on to our next topic: emotional and psychological challenges."

Slide 4: Emotional and psychological challenges

"Next, we'll focus on the emotional and psychological challenges that many mothers face during the postpartum period. While the arrival of a baby is a joyful event, it can also bring unexpected feelings of sadness, anxiety, or stress. These emotions are entirely normal, and recognizing them is an important first step toward managing them effectively."

"Let's start by distinguishing between postpartum blues and more serious conditions like postpartum depression and anxiety."

1. **Postpartum Blues:** Often called the 'baby blues,' this affects up to 80% of mothers. It's characterized by mood swings, irritability, and tearfulness. These feelings usually begin a few days after birth and fade within two weeks as your hormones stabilize.
2. **Postpartum Depression:** This is a deeper, more persistent form of sadness or hopelessness that affects about 10-15% of mothers. Symptoms can include:
 - Difficulty bonding with your baby.
 - Feeling overwhelmed or guilty.
 - Loss of interest in activities you once enjoyed.
3. **Postpartum Anxiety:** This involves excessive worry, racing thoughts, or physical symptoms

like a rapid heartbeat. Some mothers may even experience intrusive thoughts."

"It's important to know that these conditions are not a reflection of your abilities as a mother. They are medical conditions that can and should be treated."

"Sleep deprivation is a major contributor to emotional challenges in the postpartum period. Newborns have irregular sleep patterns, and mothers often get fragmented or insufficient sleep. This can exacerbate feelings of irritability, sadness, or anxiety.

To cope with sleep deprivation:

- Nap when your baby naps, even if it's for short periods.
- Share nighttime responsibilities with your partner or family members.
- Avoid screens and caffeine close to bedtime to maximize sleep quality."

"Mood swings are also common due to hormonal fluctuations, stress, and exhaustion. Managing these emotions involves:

- **Mindfulness or relaxation techniques:** Practices like deep breathing or meditation can help.
- **Setting realistic expectations:** It's okay if everything isn't perfect.
- **Talking about your feelings:** Sharing with a trusted friend, partner, or therapist can lighten the emotional load."

"Your mental health is just as important as your physical health during the postpartum period. Seeking support is a sign of strength, not weakness. Here's how you can ensure your emotional well-being:

1. **Open communication:** Talk to your partner or family about how you're feeling.
2. **Professional help:** If you suspect postpartum depression or anxiety, consult a healthcare provider or mental health specialist.
3. **Support groups:** Joining a group of mothers who share similar experiences can provide a sense of community and understanding.

4. **Self-compassion:** Remember, you're doing your best, and it's okay to prioritize your well-being."

"If you ever feel overwhelmed or think you may harm yourself or your baby, seek immediate help. You are not alone, and help is available."

"Let's pause here for a moment of reflection. Think about this question: *How do you take care of your emotional well-being? What helps you relax or recharge?* Take a moment to jot down your thoughts or consider sharing them."

Pause for 30-60 seconds.

"Thank you for reflecting. Whether it's taking a walk, journaling, or simply asking for a hug, finding small moments for yourself can make a big difference. Let's move on to our next topic: establishing breastfeeding and feeding practices."

Slide 5 Establishing breastfeeding and feeding practices

"Next, we'll focus on feeding practices for your newborn. Feeding is a cornerstone of the postpartum experience, and it often comes with challenges, whether you're breastfeeding, formula feeding, or using a combination of both. Let's explore some common issues and strategies to help you navigate this journey."

"Breastfeeding is natural, but it's not always easy. Many mothers face challenges in the early days, such as:

1. **Latching issues:** This is when the baby has difficulty attaching to the breast properly. A shallow latch can lead to discomfort for the mother and ineffective feeding for the baby.
2. **Milk supply concerns:** Some mothers worry about producing enough milk. It's important to remember that frequent nursing and skin-to-skin contact help stimulate milk production.
3. **Engorgement or clogged ducts:** These can cause discomfort or even lead to mastitis, an infection that requires prompt treatment."

"Remember, breastfeeding is a skill both you and your baby are learning. It often takes time, practice, and patience to find what works best for you."

"For some families, formula feeding or mixed feeding is the best option. This might be due to personal choice, medical reasons, or challenges with breastfeeding. Formula provides complete nutrition for your baby, and it's okay to use it if breastfeeding isn't possible or desired.

Mixed feeding, where you combine breastfeeding with formula, can also be a flexible option. This approach can help if you need to supplement breast milk or want other caregivers to assist with feedings."

"There is no one-size-fits-all approach. The most important thing is that your baby is fed, and you feel confident and supported in your decision."

"Lactation consultants are professionals trained to help with breastfeeding challenges. Consider reaching out if:

1. You experience persistent pain during nursing.
2. Your baby isn't gaining weight or seems unsatisfied after feedings.
3. You notice signs of poor milk transfer, such as prolonged feedings or a lack of wet diapers.
4. You feel overwhelmed or unsure about your feeding routine."

"Don't wait too long to seek help. Early intervention can make a significant difference in your breastfeeding journey."

"Here are some practical tips to make feeding more manageable:

1. Create a calm, comfortable feeding environment.
2. Keep a water bottle and snacks nearby to stay hydrated and nourished during breastfeeding.
3. Use pillows or a breastfeeding cushion to support your baby's position and reduce strain on your body.

4. For formula feeding, follow the preparation instructions carefully to ensure safety and nutrition."

"Remember, your well-being is just as important as your baby's. A well-fed baby and a happy, healthy mother go hand in hand."

"Let's pause here for a moment of reflection. Think about this question: *What has been your biggest challenge with feeding your baby?* Feel free to jot it down or share if you feel comfortable."

Pause for 30-60 seconds.

"Thank you for reflecting. Feeding is a deeply personal experience, and it's okay to face challenges along the way. Support is always available, whether it's from healthcare providers, lactation consultants, or fellow parents. Let's move on to our next topic: building a support network."

Slide 6 Building a support network

"Now, let's talk about building a support network, which is crucial during the postpartum period. As a new mother, you're adjusting to a lot of changes, and having people around you who can provide practical and emotional support can make a significant difference."

"Let's begin with the role of the people closest to you—your partner, family, and friends."

1. **Partners:** Your partner can play a key role in supporting you, from sharing nighttime responsibilities to helping with household tasks. Open communication is essential—let them know how they can best support you.
2. **Family:** Relatives, especially grandparents, can often help with childcare, cooking, or other household duties. However, it's important to set boundaries if their well-meaning advice or involvement feels overwhelming.
3. **Friends:** Friends can be a source of encouragement and companionship. A quick chat or a coffee date, even virtually, can help you feel connected and supported."

"Think about the people in your life who can offer practical help or emotional support. These small but meaningful contributions can lighten your load. Sometimes reaching out to an old friend or family member can reignite a valuable relationship and add another layer of support to your life."

"Remember, it's okay to ask for specific help. Sometimes people want to help but don't know how, so being clear about your needs can make things easier for everyone."

"Identifying when to ask for help can be challenging, especially if you're used to managing things independently. Here are a few signs that it might be time to reach out:

- You feel physically or emotionally exhausted.
- You're struggling to keep up with daily tasks.
- You're feeling isolated or overwhelmed.

When you do ask for help, try these tips:

1. Be specific: Instead of saying, 'I need help,' try, 'Could you watch the baby for an hour while I nap?'
2. Prioritize tasks: Focus on what would be most helpful, whether it's meal preparation, errands, or childcare.
3. Accept offers: If someone offers assistance, don't feel guilty about saying yes."

"Asking for help is not a sign of failure—it's a smart and healthy way to take care of yourself and your baby."

"Support groups can be a wonderful way to connect with other mothers who understand what you're going through. These groups offer:

- A sense of community and belonging.
- A safe space to share experiences and challenges.
- Practical advice from mothers who've been through similar situations.

You can find support groups through:

- Local parenting organizations or community centers.
- Online platforms and social media groups.

- Healthcare providers or hospitals, which often run programs for new mothers."

"If you're considering joining a group, look for one that aligns with your needs and preferences—whether it's focused on breastfeeding, mental health, or general postpartum support."

"Remember, your support network doesn't have to be large. It's about quality, not quantity. Surround yourself with people who:

1. Listen without judgment.
2. Offer practical help when needed.
3. Make you feel valued and understood."

"It's okay to distance yourself from relationships that feel draining or unsupportive during this sensitive time."

"Let's pause for a moment to reflect. Think about this question: *Who do you feel you can rely on most for support during this time?* Take a moment to write down or think about your answer."

Pause for 30-60 seconds.

"Thank you for reflecting. Building a strong support network is one of the most valuable things you can do for yourself and your baby. Let's move on to our next topic: rediscovering your identity and managing expectations."

Slide 7 Rediscovering your identity and managing expectations

"Motherhood is a life-changing experience, and while it brings incredible joy, it can also lead to questions about your identity. Today, we'll explore how to balance motherhood with your sense of self, navigate social pressures, and prioritize self-care."

"Becoming a mother often shifts your priorities, routines, and even your sense of who you are. Many mothers describe feeling as though they've lost a part of themselves or struggle to reconcile their pre-baby identity with their new role.

It's important to remember that motherhood doesn't mean giving up who you are—it's about integrating

this new chapter into your existing identity. Here are some ways to balance the two:

1. Stay connected to hobbies or interests you had before becoming a mother.
2. Take time for yourself, even if it's just 10-15 minutes a day to read a poem, a journal, or enjoy a quiet moment.
3. Acknowledge that your identity will evolve, and that's okay—it's part of personal growth."

"Think about small ways you can reconnect with the things that make you feel like *you*. It might be as simple as wearing your favorite outfit or listening to music you love."

"Society often places unrealistic expectations on mothers, from maintaining a perfectly clean home to balancing work and parenting seamlessly. Social media can amplify these pressures, presenting curated images of motherhood that rarely reflect reality.

Here's how to manage these expectations:

1. **Set realistic goals:** Focus on what's most important to you and your baby.
2. **Ignore comparison traps:** Your journey is unique, and comparing yourself to others can lead to unnecessary stress.
3. **Practice saying 'no':** It's okay to decline invitations or tasks that feel overwhelming."

"Remember, the only expectations you need to meet are the ones that align with your values and priorities. Be kind to yourself and give yourself permission to focus on what truly matters."

"Self-care isn't selfish—it's essential. Taking care of yourself allows you to care for your baby more effectively. Here are some practical strategies for self-care:

1. **Delegate tasks:** Share responsibilities with your partner, family, or friends.
2. **Schedule time for yourself:** Even 15 minutes of uninterrupted time can be rejuvenating.
3. **Celebrate small wins:** Did you manage to shower today? That's a win! Acknowledge and celebrate these moments.

4. **Seek professional help if needed:** If you're feeling overwhelmed or struggling emotionally, reach out to a therapist or counselor."

"Remember, self-care looks different for everyone. Find what works best for you, whether it's taking a walk, practicing yoga, or simply enjoying a hot cup of tea."

"Let's take a moment to reflect. Think about this question: *What activities or routines help you feel like yourself?* Write them down or consider sharing if you feel comfortable."

Pause for 1-2 minutes.

"Thank you for reflecting. These activities or routines, no matter how small, are important touchpoints that connect you to your sense of self. Revisit them often and make time for them in your day whenever possible."

"If you'd like to reflect further, consider these questions:

1. *What new aspects of yourself have you discovered since becoming a mother?*
2. *Who in your life supports and encourages you to take time for yourself?"*

"Rediscovering your identity and managing expectations is a journey, not a destination. Be patient with yourself, and remember that every step forward is progress."

Slide 8 Navigating relationship changes

"The postpartum period not only brings changes to your daily life but also to your relationships. These changes can be challenging, especially as you and your loved ones adjust to new roles and responsibilities. Let's talk about how to navigate these shifts and maintain healthy relationships with your partner, extended family, and support network."

"Becoming parents is a major transition for any couple. It's normal to experience changes in your relationship dynamics. Sleep deprivation, added responsibilities, and emotional highs and lows can

sometimes create tension. Here are some strategies to maintain a strong partnership:

1. **Prioritize communication:** Share your feelings openly, and make time to check in with each other, even if it's just a few minutes a day.
2. **Express gratitude:** Small acknowledgments of appreciation can strengthen your bond, especially during stressful times.
3. **Schedule couple time:** Even short moments of connection, like watching a movie or having a quiet meal together, can help maintain intimacy.

"Remember, you're a team. Approach challenges together, and don't hesitate to ask for support when you need it."

"Extended family can be a wonderful source of support, but their involvement can also lead to tension if expectations or boundaries aren't clearly communicated. Here's how to manage family dynamics effectively:

1. **Set clear boundaries:** Be upfront about what kind of help you need and what you're comfortable with.
2. **Involve them meaningfully:** If family members want to help, give them specific tasks like preparing meals, running errands, or watching the baby for short periods.
3. **Be firm but kind:** If advice or involvement becomes overwhelming, gently remind them that you and your partner are figuring out what works best for your family."

"Balancing gratitude for their support with maintaining your autonomy as parents can help create a positive dynamic."

"One of the best ways to reduce stress and maintain harmony in your household is to share responsibilities. Whether it's caring for the baby, household chores, or managing finances, dividing tasks equitably ensures no one feels overwhelmed.

Here are some tips:

1. **Discuss roles and expectations:** Have an open conversation with your partner about who will handle which tasks.

2. **Be flexible:** As your baby grows, responsibilities may shift, so reassess and adjust regularly.
3. **Involve others:** If you have older children or other family members, encourage them to contribute in age-appropriate ways."

"Sharing responsibilities not only lightens the load but also fosters a sense of partnership and teamwork."

Speaker:

"Now, let's take a moment to reflect on your relationships. Think about this question: *What has changed most in your relationships since becoming a mother?* Consider your partner, family, and friends. Take a moment to jot down your thoughts or share them if you're comfortable."

Pause for 1-2 minutes.

"Thank you for reflecting. Understanding how your relationships have changed is the first step toward navigating those changes in a positive way."

"If you'd like to think further, here are a few more questions to consider:

1. *What actions or gestures from your partner or family have been most helpful during this time?*
2. *What boundaries or adjustments could improve your relationships moving forward?"*

"Remember, relationships evolve over time, and the postpartum period is just one phase in a long journey. Patience, open communication, and mutual support are key."

Slide 9 Recognizing signs of postpartum complications

"Our final topic focuses on recognizing the signs of postpartum complications. While many mothers recover without issues, it's important to be aware of physical and mental health red flags. Identifying these early and seeking help can make a significant difference in your recovery and well-being."

"Let's start with physical complications. While your body is designed to heal after childbirth, some

symptoms may signal a problem. Here are a few red flags to watch for:

1. **Excessive bleeding:** Heavy bleeding that soaks through a pad in an hour or passing clots larger than a golf ball could indicate postpartum hemorrhage.
2. **Signs of infection:** Watch for fever, chills, or redness, swelling, or foul-smelling discharge from a cesarean incision or perineal tear.
3. **Severe abdominal pain:** This may indicate a uterine infection or other complications.
4. **Breast issues:** Painful lumps, redness, or warmth in the breast can indicate mastitis, an infection that requires treatment."

"If you notice any of these symptoms, seek medical attention immediately. Prompt treatment can prevent complications from worsening."

"Your mental health is just as important as your physical health. Many mothers experience the baby blues, but some symptoms may indicate a more serious condition:

1. **Postpartum depression:** Persistent sadness, hopelessness, or difficulty bonding with your baby that lasts longer than two weeks.
2. **Postpartum anxiety:** Excessive worry, restlessness, or physical symptoms like a racing heart or difficulty breathing.
3. **Intrusive thoughts:** Disturbing or persistent thoughts of harm to yourself or your baby, which may indicate postpartum obsessive-compulsive disorder or psychosis."

"If you or someone close to you notices these signs, seek help immediately. Postpartum mental health issues are treatable, and support is available."

"Follow-up appointments with your healthcare provider are crucial, even if you feel fine. These visits allow your provider to:

- Monitor your physical recovery.
- Address breastfeeding or feeding challenges.
- Screen for signs of postpartum depression or anxiety.
- Answer any questions or concerns you may have.

"Make the most of these appointments by preparing a list of questions or symptoms you've experienced since delivery. Open communication with your provider is key."

"Here's what to do if you're concerned about a potential complication:

1. **Contact your healthcare provider:** Don't wait for your next scheduled visit—call them immediately.
2. **Seek emergency care if necessary:** If symptoms are severe or life-threatening, go to the emergency room or call emergency services.
3. **Trust your instincts:** You know your body best. If something feels off, it's better to be cautious."

"Advocating for yourself is important. If you feel dismissed, don't hesitate to seek a second opinion."

"Let's take a moment to reflect on this question: *Have you felt comfortable discussing concerns with your healthcare provider? Write down your thoughts or share them if you're comfortable.*"

Pause for 1-2 minutes.

"Thank you for reflecting. Open communication with your provider is an essential part of your postpartum care. Don't hesitate to voice your concerns—they're there to help."

"Here are a few more questions to consider:

1. *What has made you feel most supported during your postpartum healthcare visits?*
2. *If you've hesitated to discuss something with your provider, what held you back?"*

"Your health and well-being are the foundation of your ability to care for your baby. Prioritize yourself and seek help when needed."

Slide 10 Closing and summary

"We've covered a lot today about the postpartum period and the challenges that come with it. Before we finish, I'd like to recap the key points we

discussed and leave you with some encouragement and practical next steps."

"Let's quickly review what we've learned:

1. **Physical recovery:** Your body goes through significant changes after childbirth, and rest, nutrition, and gentle self-care are essential for healing.
2. **Emotional and psychological challenges:** It's normal to feel a range of emotions, from joy to overwhelm. Recognize the difference between baby blues and more serious conditions, and seek help if needed.
3. **Feeding practices:** Whether you're breastfeeding, formula feeding, or both, feeding is a learning process. Don't hesitate to reach out to a lactation consultant or healthcare provider for guidance.
4. **Building a support network:** Surround yourself with people who uplift and assist you, and don't be afraid to ask for help.
5. **Rediscovering your identity:** Balancing motherhood with your sense of self takes time. Small steps, like engaging in activities you enjoy, can help.
6. **Navigating relationship changes:** Open communication and shared responsibilities strengthen relationships during this transition.
7. **Recognizing complications:** Be vigilant about physical and mental health red flags, and prioritize follow-up care with your healthcare provider."

"Remember, every mother's journey is unique. The key is finding what works best for you and your family."

"Motherhood is a beautiful but complex journey, and you don't have to navigate it alone.

- Lean on your partner, family, and friends.
- Connect with support groups or parenting networks.
- Reach out to healthcare providers for advice or reassurance.

"It's okay to ask for help—doing so shows strength, not weakness. Taking care of yourself is one of the best ways to take care of your baby."

	<p>Slide 11 Questions</p> <p>"Before we wrap up, I'd like to open the floor for any questions or thoughts you might have. This is a safe space, so feel free to share anything on your mind—whether it's related to today's topics or something else you're curious about."</p> <p>Slide 12</p> <p>"Thank you all for being here today and for taking this time to focus on your well-being. The postpartum period is a time of adjustment and growth, and you're doing an incredible job. Take things one day at a time, and remember, support is always within reach.</p> <p>I wish you and your families all the best as you continue this amazing journey into motherhood. Have a wonderful day!"</p> <p>Slide 13 Bibliography</p>	
<p>Additional resources in English and Partners' languages</p>	<p>Recommended readings & resources</p> <p><i>Academic Articles:</i></p> <ol style="list-style-type: none"> 1. Kendall-Tackett, K. A. (2007). <i>A new paradigm for depression in new mothers: The central role of inflammation and how breastfeeding and anti-inflammatory treatments protect maternal mental health</i>. International Breastfeeding Journal. 2. Dennis, C. L., & Hodnett, E. (2007). <i>Psychosocial and psychological interventions for treating postpartum depression</i>. Cochrane Database of Systematic Reviews. <p><i>Books:</i></p> <ol style="list-style-type: none"> 1. Brott, A., & Ash, J. (2015). <i>The New Mom's Guide to Life with Baby</i>. 2. Kitzinger, S. (2012). <i>The Year After Childbirth: Enjoying Your Body, Your Relationships, and Yourself in Your Baby's First Year</i>. 	

	<p><i>Blogs:</i></p> <ol style="list-style-type: none"> 1. KellyMom (https://kellymom.com) - Breastfeeding and parenting resources. 2. Postpartum Progress (https://postpartumprogress.com) - Support for maternal mental health. <p><i>Support Networks:</i></p> <ol style="list-style-type: none"> 1. La Leche League International (https://www.llli.org) - Breastfeeding support. 2. Postpartum Support International (https://www.postpartum.net) - Resources and helplines for postpartum mental health. 	
Notes to the LMS developer		