



## Postpartum Mood Disorders (PPMD)

*One and five new mothers experience PPMD*

Welcoming a new baby into a family is exciting but sometimes **life with a new baby isn't always what you expect.**

*Baby blues* or **feeling overwhelmed, tired, sad and irritable** is common among 80 per cent of new mothers. It can last for a few days or at most two weeks after giving birth or adopting a new baby.



PPMD is *baby blues* that do not go away after two weeks or occur later on during the baby's first year. PPMD represents a spectrum of mental health disorders, including postpartum depression, postpartum anxiety, obsessive compulsive disorder and postpartum psychosis. A mother may experience PPMD after the birth of her first or subsequent child(ren).

The symptoms of **PPMD may include those of baby blues, as well as feelings of hopelessness, frustration, anxiety, guilt, shame, extreme high energy, lack of interest in activities previously enjoyed, or having repeated scary thoughts about the baby.**

Mothers, friends and family members are encouraged to talk about their feelings and concerns. They can speak to a public health nurse by calling York Region *Health Connection* at 1-800-361-5653. *Health Connection* nurses can offer support and refer clients to the appropriate services and community resources. All calls are confidential.

Postpartum psychosis is very rare (1-2 per 1000 births), and usually occurs within the first few days after birth. A mother may:

- have thoughts of harming herself or her baby
- hear or see things that aren't there (hallucinations)
- feel confused/be out of touch with reality
- believe that people or things will harm her or her baby (delusions)

If a mother has any of these thoughts or feelings she should seek immediate medical attention.

**PPMD is a medical condition that can affect any mother, despite her age, socio-economic status, race or ethnicity.**

For more information on Postpartum Mood Disorders visit [www.lifewithnewbaby.ca](http://www.lifewithnewbaby.ca) or call York Region *Health Connection* at 1-800-361-5653.



## NutriSTEP™ ... Bringing nutrition screening to Ontario preschoolers

NutriSTEP™ (Nutrition Screening Tool for Every Preschooler) is a nutrition risk screening questionnaire where parents answer questions about their preschooler (3 to 5-years-old).



It can be used in a doctor's office, a child care centre or a school to help identify children who may require further assessment and intervention before they develop a nutrition-related problem such as obesity, iron deficiency, etc.

The NutriSTEP™ questionnaire consists of 17 questions and takes approximately five minutes for parents to complete. Parents then add up the total nutrition risk score.

The three levels of nutrition risk scores are:

- **Score of 20 or less:** The child's eating and activity habits are good. There may be items that parents want to work on. Parents are encouraged to read the nutrition education **booklet** that is provided with the questionnaire for additional tips and information
- **Score of 21 to 25:** The child's eating and activity habits can be improved by making some small changes. Parents are encouraged to read the nutrition education **booklet** that is provided with the questionnaire or visit the section of the **NutriSTEP™** website for additional resources and more information
- **Score of 26 or greater:** The child's eating and activity habits can be improved by making some changes. Parents are encouraged to talk to a health professional, such as a registered dietitian at **York Region Health Connection** or their child's doctor

**Presently, the NutriSTEP™ questionnaire is in a pilot research phase and is only available to parents participating in the research study.** Study participants consist of parents who have registered their child in a York Region District School Board kindergarten class this September (2008).

Upon completion of the study, NutriSTEP™ will be available to all parents of preschoolers in York Region.

In the meantime, the nutrition education **booklet** *Eat Right Be Active: A guide for parents and caregivers of preschoolers ages 3- 5* that is used in the study and referenced above is available at [http://action.web.ca/home/nutritio/attach/erba-eng-3-5\\_01OC071.pdf](http://action.web.ca/home/nutritio/attach/erba-eng-3-5_01OC071.pdf)

For more information about the NutriSTEP™ research study or program, visit [www.york.ca/NutriSTEP](http://www.york.ca/NutriSTEP) or call York Region *Health Connection* at 1-800-361-5653.



Partners with the Community  
for Healthy Children.



  
**NutriSTEP™**  
Nutrition Screening Tool  
for Every Preschooler  
Évaluation de l'alimentation  
des enfants d'âge préscolaire

For more information, please call  
**Health Connection** at

**1-800-361-5653**