



QUICK GUIDE: WHAT TO DO TO HELP

OUR GOAL IS TO HELP TPS FAMILIES IDENTIFY
THE NEED FOR, AND PROVIDE ACCESS TO,
SUPPORTS DURING THE POSTPARTUM PERIOD

When your partner is experiencing Postpartum Depression or Anxiety it's very easy for her to become overwhelmed. Assessment and a treatment plan from your primary care provider is the first step to helping her navigate this illness. It can be difficult to identify what to do to help her through this period in your lives, in particular when a breastfeeding infant relies more heavily on the care of their mother. We've compiled a short list of helpful tasks that you can take on to help alleviate some of the pressures of motherhood.

EMOTIONAL SUPPORT

- Sincerely ask her what you can do to help.
- Make a call from work to see how she is doing. Check-in again if it's a bad day.
- Make eye contact during conversation. Be present.
- Try to arrange for some "one on one" time (date night) without distractions.
- Listen to her concerns and be patient if you are on the receiving end of emotional outbursts.
- Help her to rally support. Arrange for close friends and family to help her when you are working. Bring in professional support with postpartum doula care, lactation consultants (for breastfeeding challenges).

PRACTICAL SUPPORT

- Encourage her to eat. She may not have an appetite so ordering her favorite take-out or preparing an easy to consume meal (think smoothie with yogurt and oatmeal, or meals containing complex carbohydrates to boost Serotonin levels) will help her to maintain the energy and stamina required to navigate her day.
- Do a load of laundry. This includes emptying the dryer, folding and putting them away.
- Field phone calls and take messages. Make appointments for her with her guidance on best time of day (and attend with her if that helps her to cope with her illness).
- Help her to get more sleep. Take over a mid-night diaper change and re-settling after a feed. Help her to do night feeds in a side lying position (bring the baby to her).
- Load and unload the dishwasher or clean the dishes and put them away.
- Vacuum or dust/sweep the home.
- Ensure washrooms are kept clean.
- Empty the diaper pail.