



Accept Challenge

Seek Resilience

Welcome NEW LIFE


Build SUPPORT NETWORK

Mental Health of Pregnant woman

★ New born gas station

From pregnancy to mother is a new experience in life that needs understanding of challenges in physical changes as well as mental health condition, to learn how to develop emotional strength and adjust to new family situation. The changes may bring happiness and stress too, so to prepare well for dealing with stress and anxiety often come with unexpected situation, and avoid being overwhelmed is important!

To be positive about the followings :

“  **I can do it!** Prepare and understand yourself , find right resources and believe it can be done.
Speaking out! Speaking out for yourself and express your need for others to help you. ”

★ Evaluation of mood

- ☐ for the past month, troubled by low mood, depression or hopelessness?
- ☐ for the past month, lost interest or no happy mood?



- Yes, may indicate depression and need to seek for professional help.
- if suicidal idea happens, immediately seek medical assistance!

★ Happy birth company



Husband must be ready to play a role to be a “new father” and give care and mental support to help ease her physical discomfort!

- Together adjust to changes and care for each other, and deal with conflict with emotional peace and understanding.
- Together plan new life and adjust daily routine decide work load and share chores
- Together learn to accompany delivery, observe changes and provide immediate support.
- Participate in child rearing and share chores, make baby safety a top priority!

★ Family elders to support with 6 ways

Father, mother or in laws relationship can be tricky to deal with. When new baby comes, it is possible that stress and fatigue of mother may need even more support from elders and these 6 ways are suggested to the new mother :

- 1 To get more new knowledge about rearing child
- 2 To understand and care for the difficulty of new mother
- 3 To trust and listen to new mother
- 4 To pay attention to new mother's need, space and encouragement
- 5 To softly care and respect new mother
- 6 To support and tolerate without giving suggestion



★ Sibling relationship, prepare for a new born kid in the family



Family members may feel competitiveness with the new born baby, and older kids maybe feel neglected, so parents can prepare to reduce this tension among kids.

During pregnancy

- Prepare activity to welcome new born baby.
- Tell stories about her birth and growing up.
- Change her room or bed before new born arrive.
- Help older kid express her feelings.
- Use film or book to discuss baby care.
- Discuss about the care while mother is in labor.



After delivery

- Let older kid participate in caring baby.
- Let family members care for older kid.
- Plan celebration for her new role as older sibling.
- Pay attention to safety and interaction of older kid and baby.
- Keep a separate time with older kid.
- Understand that regression happens and do not feel panic or guilty.



★ Resilient family possesses resources



我的幸運心
準媽媽的好運秘笈



孕期好遇到
準爸爸的幸福攻略



孕產婦心理
健康日常



衛福部社家署
「育兒親職網」



衛福部
「幸福敲敲門」



iCoparenting
和樂共親職學習網站



用愛教出快樂的孩子：
0-6歲正向教養手冊



衛福部正向
教養宣導影片