



ECD Support Services Program News

Resource Library

ECDSS has incredible array of books and videos for you (as an ECD practitioner) to borrow free of charge.

Topics include (but not limited to): Birth & Parenting, Communication, Leadership, Parenting, Self Help and Health & Wellness (this month's story

is from this category).

You may also search our resource library online through our website by Category, Type or Title.

We invite you to come for a coffee and borrow a book or two.

The **ECDSS Office** is located at:

12345—121 Street in the Community Options Building (corner of 121 Street and Yellowhead Trail in the Northgate Industrial Park)

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→ DON'T FORGET!

Upcoming Events

Weaving Wisdom and Wellness For Our Children's Future

work with children and families. Enjoy keynote speakers, visit during lunch and be prepared to learn, laugh and share with highly knowledgeable presenters and your ECD colleagues.

Register online at www.ecdss.ca

Sign up for our health and wellness conference October 20, 2008 in the **Santa Maria Goretti Centre**.

Topics cover a spectrum of health and wellness topics that will engage, entice and enhance your

work with children and families. Enjoy keynote speakers, visit during lunch and be prepared to learn, laugh and share with highly knowledgeable presenters and your ECD colleagues.

HOMES Update



Body and Soul

HOMES Friendly Reminder — 'Caseload Quality Control'.

To review information collected about the Family/child:

- ⇒ Click on 'User Management' tab
- ⇒ Click on 'My Caseload'
- ⇒ Click on 'Current Caseload'
- ⇒ Click on 'File Index' on the right side of the screen.

Review information collected to date in:

Initial Assessment
Service Plans
Progress Reports
Case Notes

To plan for your scheduled documentation:

- ⇒ Click on 'User Management' tab
- ⇒ Click on 'Case Load Reports'
- ⇒ Click on 'Next Reports Due'
- ⇒ Highlight Open, Discharged or All clients to view caseload.

Review when next reports are due for:

Intake/Initial Assessment
Service plans
Progress Reports
Discharge Reports

Professional Development

Family Outreach Training

Date: November 14,21,28, 2008
Cost: \$150

Working with High Risk Families in Centre-based/ Child care settings

Date: November 24-26, 2008
Cost:\$350

Core Relationship Based Practice Training

Date: December 1-5, 2008
Cost:\$250

Promoting Social & Emotional Competence in Young Children

Date: January 15-16, 2009
Cost: \$100

Mental Health First Aid Training

Date: January 19-20, 2009
Cost: \$75

ASQ-Ages &Stages Questionnaire Training

Date: January 26, 2009
Cost: \$50

ASQ:SE Ages & Stages Questionnaire: Social/Emotional Half day Training

Date: January 27, 2009
Cost: \$25

Level 2 Core Relationship Based Practice Training

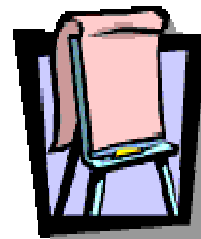
Date: February 12-13, 2009
Cost: \$100

Family Outreach Training

Date: March 9-11, 2009
Cost: \$150

Core Relationship Based Practice Training

Date: March 16-20, 2009
Cost: \$250



Please register at www.ecdss.ca
for all training events

Postpartum Depression

Childbearing is a special time in a woman's life—a time of changes, both physical and emotional. During pregnancy, her body changes, her hormones are in flux, and she has to come to terms with the joys and responsibilities of a new life growing inside of her. After childbirth, she still has to deal with her own changes, but now has to take care of her baby's needs as well.

While childbearing is usually marked with celebration, families and the broader community may forget that this can be a stressful time for a mother perhaps overwhelmed with all the sudden changes and stressors in her life. Sometimes, the experience can be so disorganized and exhausting that the woman becomes too sad, anxious, or overwhelmed to get back to her normal life. This can be a sign of postpartum depression.

Postpartum depression is a form of clinical depression that affects 12 to 16% of mothers (and up to a quarter of adolescent mothers). In lasting weeks, months, or even years after birth, postpartum depression distinguishes itself from the fleeting "baby blues," a common feeling of distress and tearfulness that usually disappears within the newborn's first weeks of life.

Postpartum depression is not restricted to women who are giving birth for the first time either. It is just as likely to affect women who are adopting, and those who have had children before. Moreover, it can occur anytime from right after childbirth to a few months later. 10 to 16 percent of women will begin to have symptoms during pregnancy.

The symptoms of the illness include feelings of helplessness, numbness, and depression. The woman often feels a lack of control over her emotions, sometimes crying for no obvious reason or having a panic attack.

Also, it is common for women with postpartum depression to feel inadequate or unable to cope with their new responsibilities. The woman might be overly concerned about the baby, feel anxious, irritable, worry excessively, have difficulty sleeping or feel resentment towards the baby or other family members. This, in turn, can make her feel guilty for having these kinds of emotions.

Sometimes women experience frightening and upsetting thoughts about harming their babies even though this is not something they would ever want to do. These thoughts are quite common with postpartum depression; many women experience them and do not act on them. In some very rare cases where a mother does harm her baby, she is usually experiencing psychosis — that is to say, she's out of touch with reality. Postpartum depression affects one to two women out of 10, while postpartum psychosis affects about one woman out of 1000, and even women with postpartum psychosis very seldom harm their children. The risk of a mother with postpartum depression actually harming her child, even when she has frightening thoughts, is extremely low.

Postpartum Depression What Does it Look Like?

Symptoms of postpartum depression can include:

- Crying for no apparent reason
- Numbness
- Feelings of helplessness
- Frightening thoughts or fantasies
- Over-concern for the baby
- Depression that may range from sadness to thoughts of suicide
- Anxiety or panic attacks
- Feelings of inadequacy or inability to cope
- Sleeping problems
- Changes in appetite
- Feelings of resentment towards the baby or other family members
- The feeling that something is not right

How Women Can Help Themselves

- Get some sleep
- Spend some time away from your baby; try not to feel guilty about it — you deserve some "me time" too
- Find ways to nurture yourself while with your other children — even two minutes with your feet up can be helpful
- Look after yourself (e.g. eat well, exercise)
- Accept yourself and your feelings
- Pay attention to the good feelings
- Find support from family members and other loved ones

How Dads and Other Supporters Can Help

- Encourage her to talk to you about how she feels
- Tell her you love her and are there for her
- Share in home responsibilities
- Accept help from friends and family
- Be physically affectionate, but don't push for sex until she's ready
- Encourage her to seek medical attention to rule out underlying medical condition and to consider medications for treatment

Information taken directly from www.capitalhealth.ca

Give Yourself a Massage

Being pampered is a fantastic way to chill out. It makes us feel loved, accepted, appreciated, and cared for. Sometimes we simply need a bit of pampering. Self-massage is a great way to pamper yourself. It relieves stress, helps you to relax, eases tension—headaches, muscular aches, and pains—and enhances well-being.

Massage used to be much more a natural part of our lives. It soothes crying babies (a use gradually coming back in fashion), eases painful limbs and acts as a general comforter. Many ailments suffered in today's world are directly attributable to stress. Muscles get locked with tension, repressed fear and anger. The kneading and stroking movements of massage can release these tensions.

Self-massage—like all massage—is beneficial in two important areas:

Physical

- ♦Relaxes and loosens tight or strained muscles
- ♦Stimulates oxygen flow



Mental

- ♦Eliminates stress and tension
- ♦Increases focus and concentration

SCALP MASSAGE

One of the best ways to relieve head tension is to get the blood circulating between the skin, skull, and brain. A scalp massage is guaranteed to get the blood moving.

Place your hands on your scalp, right at the roots of your hair. Spread your fingers and thumbs out to cover as much of your scalp as possible. Starting at the nape of your neck and moving forward, gently rotate the hair roots in little clockwise motions. Make sure you are breathing long and deeply to promote oxygen flow to the tight areas of the scalp. Take ten deep breaths, massaging as you breathe. Next, change direction: massage counterclockwise, starting at the forehead and moving backward.



MASSAGING YOUR TEMPLES

Bring your elbows down to your desk and place your hands on your temples. Using small circular motions, gently rub the skin clockwise and then counterclockwise. Do this for ten long breaths.



BACK MASSAGE

Wooden back massagers can be blissful to use. If you haven't got one, here's an alternative: Sitting upright in your chair, place a tennis ball in the small of your back and lean back in the chair. Press against the ball and breathe deeply. Take about ten breaths. Relax and repeat if you need to.

HEAD MASSAGE

Rest one elbow on a desk, hand and forearm parallel to your spine. Lift the heel of one hand to the space between your eyebrows. Allow all the weight of your head to fall onto the heel of your hand. Breathe deeply.

Make small clockwise rotations with the heel of your hand. Repeat using counterclockwise movements.

