

Communicating with Children about Perinatal Depression

- Use simple and descriptive words like “sad,” “cranky,” “tired,” “weak,” “worried,” or “grouchy”
- Reassure them often that they did not cause the problem
- Let them know that this is not the kind of illness caused by germs. She did not catch it from anyone
- Let the children know that mom is getting help and will get better soon
- Let them know that mom may have some good and some bad times as she recovers
- Ask the children how they can help mom to feel better – like drawing a pretty picture