

A woman with dark, curly hair is smiling and holding a baby wrapped in a white blanket. The scene is soft and intimate, with pink rose petals floating in the air around them. The background is a bright, out-of-focus indoor setting.

**REACH OUT STAY STRONG
ESSENTIALS**

ROSE

**FOR NEW MOMS
WORKBOOK**



About the ROSE Program

Session A

Education

Session B

Being a Mother

Session C

Relationships and Communication

Session D

Planning for the Future

We will meet every _____,

From _____ to _____.


Session E will be a meeting after the birth of your baby.





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Education

Session A

COMMON COMPLAINTS FROM NEW MOMS

BABY BLUES

POSTPARTUM DEPRESSION

WHERE TO GET HELP

RESOURCES



COMMON COMPLAINTS FROM NEW MOMS

The new demands, challenges and pressures of motherhood can leave you feeling overwhelmed. Here are some common complaints of new moms:

- I am irritable
- I can't sleep
- I feel so nervous
- I feel so guilty
- I feel so tired
- I can't feel anything
- I have no interest in normal activities
- I can't get going
- I can't stop eating



BABY BLUES

30-80% of women experience Baby Blues

It usually occurs 2-5 days after delivery and usually goes away after about two weeks

- Crying
- Mood swings
- Exhaustion
- Tension
- Anxiety
- Restlessness

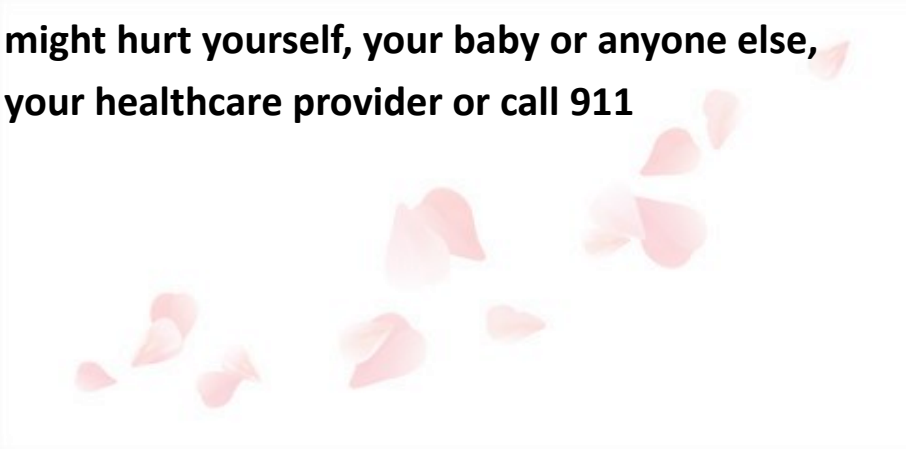




POSTPARTUM DEPRESSION

- Sleep problems (example: you cannot return to sleep after feeding the baby)
- Eating problems-eating too much or too little
- Anxiety and worry
- Avoiding people, avoiding contact with the baby, wanting to be on your own
- No energy
- Death wish, suicidal thoughts
- Difficulty having positive feelings towards the baby
- Difficulty making decisions
- Mania-feeling speedy, being excitable and irritable, talking fast, and having less need for sleep
- Panic attacks
- Fears for the baby, fantasies about harming or killing the baby

If you ever feel that you might hurt yourself, your baby or anyone else, please talk to your healthcare provider or call 911





You are not alone



***You are not to blame
and***

You CAN feel better



WHERE TO GET HELP?

YOU ARE NOT ALONE! HELP IS AVAILABLE!

The key is reaching out for support when you need it.

1. LEAN ON FAMILY AND FRIENDS

A few hours of weekly childcare can give you a much needed break.

Sharing feelings openly allows family & friends to provide support.

2. TALK TO A HEALTH CARE PROFESSIONAL

Doctors will know what options are available to you for assistance and will be familiar with perinatal depression.

3. FIND A SUPPORT GROUP

There are women in your community suffering in similar situations; sharing your feelings with a group of women experiencing the same thing can be helpful.

Talk to your health care provider about how to join a group.

4. TALK TO A MENTAL HEALTH CARE PROFESSIONAL

Mental health care professionals can give you a safe place to express your feelings and will be useful in assisting with management of your symptoms.

5. FOCUS ON WELLNESS

Eat a healthy variety of colorful foods, healthy snacks, and avoid alcohol use.

Exercise, invite friends to go on walks, try a new activity, take time to stretch muscles.



MY RESOURCES

DOMESTIC VIOLENCE

MENTAL HEALTH

PARENTING

LEGAL SERVICES

SUICIDE PREVENTION





Being a Mother

Session B

CHANGING ROLES

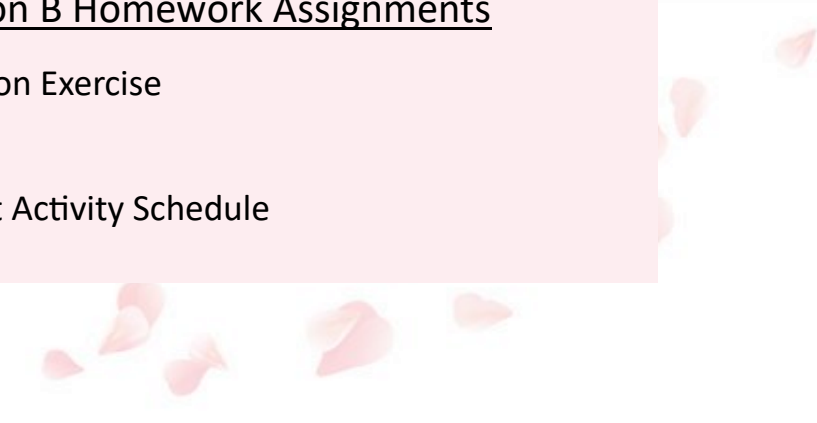
MOTHER'S SURVIVAL KIT

INCREASING PLEASANT ACTIVITIES

MY CLOSE PEOPLE

DECREASING STRESS

Session B Homework Assignments

1. Daily Relaxation Exercise
 2. Daily Pleasant Activity Schedule
- 



CHANGING ROLES

GAINS

Slow your pace
Spend time with your baby
Discover hidden talents
Learn new things
Nice excuse out of chores
Reactions that the baby has
Growth of the baby.

LOSSES

Loss of routine
More house hold chores
less time for partner
Loss of productivity
Loss of social life
Loss of space
Isolation

EXPLORATION OF BENEFITS GAINED

What kinds of new opportunities may arise for ***you***
when your baby arrives?





***Mother The
New Mother***



***Be your Own
Best Friend***





INCREASING PLEASANT ACTIVITIES

1. Thinking about people I like
 2. Seeing beautiful scenery
 3. Breathing clean air
 4. Watching people
 5. Having a frank and open conversation
 6. Sitting in the sun
 7. Wearing clean clothes
 8. Doing a project in my own way
 9. Listening to music
 10. Reading stories, novels, poems, or plays
 11. Expressing my love to someone
 12. Being with someone I love
 13. Complimenting or praising someone
 14. Listening to the radio
 15. Seeing old friends
 16. Soaking in the bathtub
 17. Collecting things (coins, shells, etc.)
 18. Going to a movie in the middle of the week
 19. Laughing
 20. Thinking about my past trips
 21. Reading magazines or newspapers
 22. Taking care of my plants
 23. Singing around the house
 24. Practicing religion (going to church, group praying, etc.)
 25. Painting
 26. Doing needlepoint, crewel, etc.
 27. Sleeping
 28. Doing arts and crafts
 29. Making a gift for someone
 30. Sewing
 31. Going to the beauty parlor
 32. Daydreaming
 33. Watching TV
 34. Thinking about pleasant events
 35. Writing diary entries or letters
 36. Meditating
 37. Playing cards
 38. Seeing and/or showing photos or slides
 39. Knitting
 40. Doing crossword puzzles
 41. Dressing up and looking nice
 42. Getting a massage
 43. Making a jigsaw puzzle
- 



New Mother's Survival Kit

Nurture yourself physically (e.g., adequate rest, proper food, exercise)

Take breaks “mini vacations” (rest is rest-no chores during breaks!)

Give yourself credit, don't forget to include the small tasks

Plan at least one event a day involving an adult (e.g., phone call to a friend)

Plan for something fun (e.g., a TV show, bubble bath, look at old pictures)

Ask for help-you cannot do it all

Postpone major changes in your life





Treat yourself

You deserve it



*This is an important time
to take*

care of yourself





MY CLOSE PEOPLE

Next to the numbers below, list the adults that are closest to you.

Think about the following:

- Who are the people in each area that you see the most often?
- To whom can you seek for help?

FAMILY

1. _____

2. _____

SPIRITUAL

1. _____

2. _____

OTHER

1. _____

2. _____

FRIENDS

1. _____

2. _____

WORK

1. _____

2. _____

DECREASING STRESS



I want you to make yourself comfortable.

If you want, you can close your eyes.

We are going to start with your feet - curl your toes,
and relax them.

Now dig your heels into the ground and feel the tightness in your legs, and relax - good. Your legs feel loose and heavy.

Now tighten your stomach - hold, feel the tightness and release - very good.

Now I want you to arch your back - feel the tension in your spine and relax your back - just let go - let all the tension leave your body - good.

Make a fist with your hands and slowly raise them to your shoulder - feel the tightness in your arms and let go - just let your arms drop to your side and be loose and heavy, good.

Now raise your shoulders to your ears - feel the tightness in your neck, hold and release - let all the tension go.

I want you to now tighten your mouth as tight as you can - feel the tight-ness in your jaw - good and just relax.

Take a deep breath in - and exhale - just feel all the tension leave your body.

Now tighten your eyes as tight as you can squeeze them - and let go of your body, so it feels nice and relaxed - good, very good. Focus on how calm and relaxed you feel - think of yourself on a soft cloud- feel the soft-ness of the cloud and sink into the cloud - your body feels so loose and heavy. Feel the warm sun on your body and the cool breeze on your face.

Just relax - you feel so peaceful and so safe.

(pause)

Now I am going to count backwards from 5 and when I get to 1, you are going to open your eyes slowly and the feeling of calm and peace will stay with you for the rest of the day.

Breath in 5 . . . and exhale calm
Breath in 4 . . . and exhale calm
Breath in 3 . . . and exhale calm
Breath in 2 . . . and exhale calm
Breath in 1 . . . and out . . . think calm

As you slowly open your eyes, the calm and peace will stay with you.

<https://www.publichealth.msu.edu/flint-research/the-rose-sustainment-study/9-flint/97-decreas-ing-stress-activity>

Daily Pleasant Activity Schedule

Please plan at least three daily activities into your weekly schedule
and rate how satisfied you felt afterwards.

DAY	DATE	ACTIVITY When and Where?	COMPLETE How satisfied did you feel? 0 = not at all 10 = very satisfied
M			<input type="checkbox"/>
T			<input type="checkbox"/>
W			<input type="checkbox"/>
TH			<input type="checkbox"/>
F			<input type="checkbox"/>
S			<input type="checkbox"/>
SU			<input type="checkbox"/>

SIGNED: _____



Relationships and Communication

Session C

COMMUNICATING WITH LOVED ONES

REMEMBER YOUR RIGHTS

TIPS FOR ASKING OTHERS FOR HELP

GOLDEN RULES FOR BEING ASSERTIVE

Session C Homework Assignments

1. Practice being Assertive
2. Remember :

Daily Pleasant Activities

Daily Relaxation Exercise





COMMUNICATING WITH LOVED ONES

I would like to change my communication style with:

1. How is your communication style going with this person? (-10 to 0, communication style is going extremely badly; 1 to 10, extremely well).

-10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0 1 2 3 4 5 6 7 8 9 10

2. What are the two best things about how you communicate with this person? *What kinds of things does this person say or do that make you happy? What makes this person special to you?*





COMMUNICATING WITH LOVED ONES

1. What are the two worst things about how you communicate with this person? *What kinds of things do they do that are hard on you? What kinds of things do they forget to do? Do you feel like you get enough time/attention/caring from this person?*

2. Interpersonal goals: What kinds of changes or support would you like from this person, other than what he or she does now? *It is ok to want a person to give more or less of something they already do. It is also ok to ask for support to mean that a person stops doing something that hurts someone's feelings. If it is hard to identify kinds of support, sometimes it is helpful to think about what a person could possibly say or do that would be helpful.*





COMMUNICATING WITH LOVED ONES

Rate the probability that the other person could
provide the support you need to reach your goals:

GOALS:

MY RATING:

0: not probable 10: very probable

1. _____ 0 1 2 3 4 5 6 7 8 9 10

2. _____ 0 1 2 3 4 5 6 7 8 9 10

3. _____ 0 1 2 3 4 5 6 7 8 9 10

4. _____ 0 1 2 3 4 5 6 7 8 9 10

5. _____ 0 1 2 3 4 5 6 7 8 9 10



REMEMBER YOUR RIGHTS

- It is OK to want or need something from someone else.
- I can insist on my rights and **still** be a good person.
- I sometimes have a right to assert myself, even if I may inconvenience others.
- I may want to please people I care about, but I don't have time to please them all of the time.
- The fact that I say no to someone does not make me a selfish person.
- I can still feel good about myself, even though someone else is annoyed with me.

You cannot do everything yourself.

Speak up for yourself.

Stay focused on YOUR needs.





TIPS FOR ASKING OTHERS FOR HELP

TIMING:

Choose a quiet time. Introduce the fact that you want to talk about something.


NONVERBAL BEHAVIOR:

Use an appropriate tone of voice, avoid threatening posture, make eye contact with the other person, face them directly.

SAY SOMETHING

POSITIVE:

Sandwich the negative between positives. Start with a positive and end with a positive.



GOLDEN RULES FOR BEING ASSERTIVE

DO'S

An assertive statement has three parts:

I think . . .

I feel . . .

I want . . .

Do' Rules Include:

Take your **time** (when saying no, "Can I let you know tomorrow?")

Openly state your **own** feelings, or changes you would like.

Avoid any attacks on the other person, any **threats**, or **insulting statements** about the other person.

Avoid: "Never, should, and always."

Deal with **one issue** at a time (in contrast to "kitchen sinking").

Criticize the **behavior**, not the person (say what you want them to do, not what you want them to be).

Ask them for what **you** want, (in contrast to telling them what they should do).

("Thanks for being so understanding, I really appreciate it").

Be willing to **give to get**.

Turn the table: Ask them, "what do **you** think we should do?"






GOLDEN RULES FOR BEING ASSERTIVE

DONT'S

DON'T RULES INCLUDE:

- Judge or blame
 - Over-apologize
 - Put yourself down
 - Guess the other person's intentions
 - Mind-read
 - Expect people to know what you want them to do if you don't tell them
 - Give a whole list ("kitchen sinking")
 - Beat around the bush
 - Tell the other person
- 



HOMework ON MAKING AN ASSERTIVE REQUEST

1. One change I will ask for this week

2. Because I want them to listen without feeling upset, I need to be careful to:

3. Date I will try this on:

Person with whom I will try this:



DAILY PLEASANT ACTIVITY SCHEDULE

Please plan at least three daily activities into your weekly schedule and rate how satisfied you felt afterwards.

DAY	DATE	ACTIVITY When and Where	COMPLETE How satisfied did you feel? 0 = not at all 10 = very satisfied
M			<input type="checkbox"/>
T			<input type="checkbox"/>
W			<input type="checkbox"/>
TH			<input type="checkbox"/>
F			<input type="checkbox"/>
S			<input type="checkbox"/>
SU			<input type="checkbox"/>

SIGNED: _____



PLANNING MY FUTURE

Session D


ASKING FOR HELP

PLANNING FOR THE FUTURE: MY GOALS

ROSE FINAL TIPS

SESSION D

Session D Homework Assignments

1. Finish Goal Setting
 2. Remember:
 - Daily Pleasant Activity Schedule
 - Daily Relaxation Exercise
- 

ASKING FOR HELP: WHO, ME? NEEDY?

"Our society has put women in a position to think that they must do it **all**. Supermoms, in reality, are few and far between."

Carol

"Asking for help brings up feelings of **failure**."

Tammy



ASKING FOR HELP: WHO, ME? NEEDY?

"For the first time, I
realized I needed
help."

"You never know what kind of reaction
you will get. My mom said, 'you just have
to deal with it.' This attitude just shuts
people down."

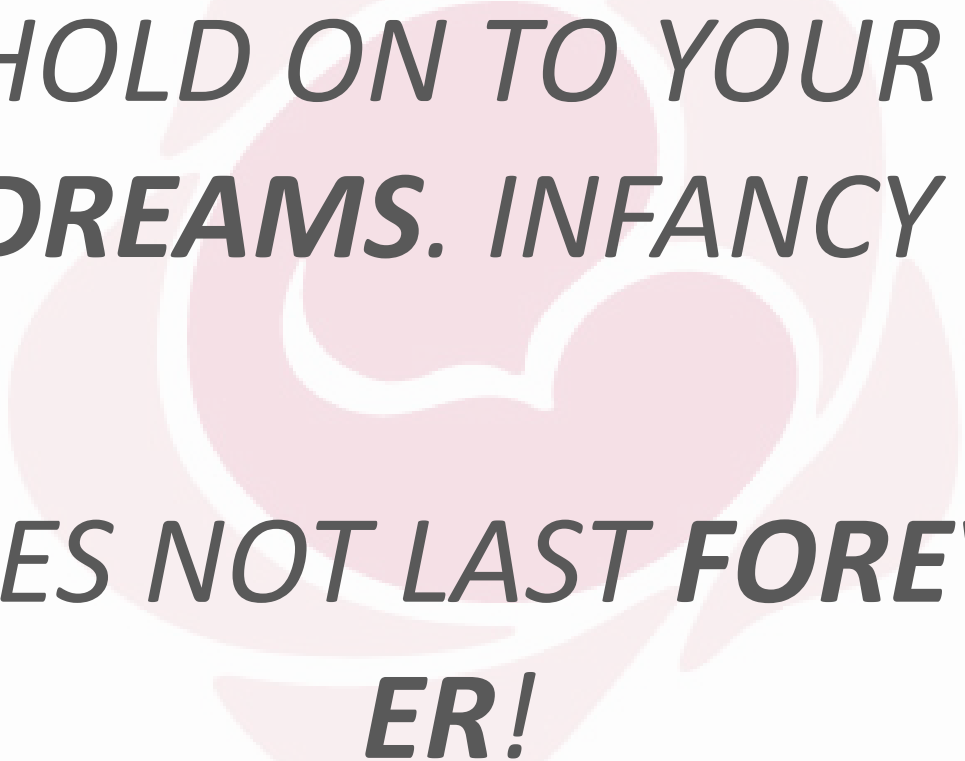

Gaye




ASKING FOR HELP IS HARD. THERE ARE
MANY REASONS WHY WOMEN DON'T
FEEL COMFORTABLE ASKING FOR OR
ACCEPTING HELP .

PLANNING FOR THE FUTURE: MY GOALS

MY GOALS	Short-Term Goals (1-3 months)	Middle Goals (3 mo. - 1 year)	Long-Term Goals (1-3 years)
FRIENDS			
FAMILY			
HEALTH			
FINANCES			
PROFESSIONAL			
SPIRITUAL			



***HOLD ON TO YOUR
DREAMS. INFANCY
DOES NOT LAST FOREV-
ER!***





ROSE FINAL TIPS


PLEASANT ACTIVITIES

1. Remember it is important to **nurture** yourself, and to develop new ways of doing so (if necessary).
2. Adding in **positive activities** can lessen distress and increase your energy and positive outlook.
3. Remember your pleasant activity contract.

RELAXATION

1. Learning how to **manage stress** will make you feel better, increase your sense of control, and empower you.
2. Remember to do your relaxation exercises.

CHANGES: BECOMING A NEW MOM

1. Big changes in life, like having a baby, can be stressful.
 2. Becoming a new mom involves **new demands** and losses.
 3. You may feel fearful, sad, tense, & frustrated - remember ***you are not alone and you re not to blame.***
 4. It is important to talk about your feelings, **reach out.**
 5. It is important to replace lost **goals** when experiencing losses and changes in life. There are both short-term goals (baby steps) and long-term goals.
- 

ROSE FINAL TIPS



DEALING WITH RELATIONSHIPS

1. You have the right to ask for help and the right to say **NO**.
2. Relationships need constant work, especially when there are changes like having a new baby in your life.
3. **Maintain balance** in your relationships - demands must not outweigh your needs.



REMEMBER

CELEBRATE YOUR EFFORTS AND
SUCCESSSES. GIVE YOURSELF
CREDIT EVEN
FOR THE SMALL THINGS THAT
YOU DO AS A
PARTNER, DAUGHTER, FRIEND,
SISTER, OR
SOON-TO-BE MOTHER.

MY RESOURCES

When I am feeling down or overwhelmed, I can reach out to the following people/resources:

NAME:

1. _____

2. _____

3. _____

4. _____

5. _____

PHONE NUMBER:

1. _____

2. _____

3. _____

4. _____

5. _____

REMEMBER TO USE THIS SHEET AS A REFERENCE IF YOU ARE FEELING OVERWHELMED OR NEED ASSISTANCE.

DAILY PLEASANT ACTIVITY SCHEDULE

Please plan at least three daily activities into your weekly schedule and rate how satisfied you felt afterwards.

DAY	DATE	ACTIVITY When and Where	COMPLETE How satisfied did you feel? 0 = not at all 10 = very satisfied
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TH			<input type="checkbox"/>
F			<input type="checkbox"/>
S			<input type="checkbox"/>
SU			<input type="checkbox"/>

SIGNED: _____

Certificate of Completion

Awarded to:

for successfully completing the ROSE Program

Presented on:

By:

GRIEF

WHILE GRIEVING, IT IS NORMAL TO:

- Find comfort in nurturing.
- Find comfort in being nurtured.
- Grieve past losses.
- Be irritable.
- Be happy sometimes!
- Feel impatient with grief, remember to allow time.
- Think about the baby often, or “what might have been.”
- Feel the baby’s presence.
- Feel jealous of pregnant women, and find it almost impossible to be around close family and friends with babies.
- Reach for something you might have done to cause this. Forgive and love yourself!
Most problems are not preventable.
- Feel like you have “failed.”
- Feel like you will never be back to normal , which is true, it will ever be the same , but a “ new normal.”



WAYS TO TAKE CARE

PHYSICAL NEEDS

Rest Share your feelings

Exercise (close friends, relatives)

Proper food

EMOTIONAL NEEDS

Rest Share your feelings

Exercise (close friends, relatives)

Proper food Express your feelings

(write, sing, talk, draw)

CHOOSING A HEALTHY RELATIONSHIP

Some information about healthy relationships:

I will have a partner in my life who...

- * Supports my time spent with friends and family.
- * Supports me doing the things I enjoy and helps me grow as a person.
- * Makes me feel good about myself.
- * Asks for and listens to my opinions.
- * Respects my privacy (I do not need to share my password to my email, Facebook, and phone).
- * Respects and trusts me, and treats others with respect.



If your relationship is unhealthy, such as your partner giving you constant criticisms, having little caring, not respecting your likes and dislikes, or threatening you, it is important to think about your safety.

Consider...

- * You cannot force a person to change their behavior.
- * Focus on your needs, take care of yourself.
- * Do not isolate yourself. Find emotional support.
- * Think about breaking up. You deserve to feel safe and accepted in your relationship

If you think your partner might be open to going with you to your therapist, counselor, or doctor to talk about the conflict in your relationship, you should discuss the possibility with your therapist and how best to present it to your partner.



OBTAINING A RESTRAINING ORDER

What is a Temporary Restraining Order? (TRO):

If you think you might be in any danger, a temporary restraining order is recommended.

It is NOT a guarantee of safety, but it is a legal court order that says your abuser must stay away from you.

With a temporary restraining order (TRO), your abuser can be arrested if he/she tries to contact you.

There is no fee for a TRO, and you do not need an attorney to get a TRO.

How to get a Temporary Restraining Order (TRO):

1. Go to your local family or district court to fill out paperwork.
2. After the paperwork is given to a clerk, a judge will review it, and the judge may or may not ask you questions.
3. If the judge signs the order, it is valid for **up to 21 days**.
4. A court officer will then serve your abuser with a copy of the restraining order.

If you feel you are in danger during evening, weekend, or holiday hours, you may be able to get an emergency restraining order against your abuser. **Call your local police department.** Police have 24-hour access to Family Court and District Court judges who can issue an emergency order of protection.

If you get an emergency restraining order, you will need to go to court on the next business day to finalize the restraining order.

If you are unsure of what to do, you can call a domestic violence agency or a restraining order office for more information.

Some Helpful Phone Numbers:

These numbers are also listed on your ROSE Resource Card

Coalition Against Domestic Violence (National)

1-800-494-8100 (24-hours)

Other Useful Numbers





SAFETY PLAN FOR BREAKING UP

Ending the relationship might be the best decision for you in the long run, but the break up period can be the most dangerous time in an abusive relationship. They may try to control you through guilt trips, threats or insults. It may be very difficult to have a peaceful or mutual breakup with an abusive partner.

Some Safety Tips:

Plan the break up with help from people you trust.

Speak to your counselor or doctor, or let trusted friends and family know when and how you are breaking up.

Do not break up in isolated place.

Do it where there are people around, especially trusted people. If you do not feel safe, break up over the phone or email.

Prepare what you will say to your partner, why you are ending the relationship. Only say it once.

Avoid being alone with your ex-partner.

If your ex comes to your house when you are alone, don't go to the door.

Ask for help. Memorize important numbers in case you do not have a cell phone with you. Change your routes and routines, and ask trusted people to be with you.

Trust your feelings: if you are afraid, you probably have good reasons.

If you are in immediate danger, call 911.

If you think you might be in danger, get a restraining order.



A faded background image of a man and a woman in a heated argument. The woman is covering her ears, and the man is shouting. Red petals are falling around them.

SAFETY PLAN IF YOU ARE IN AN ABUSIVE RELATIONSHIP

Some Safety Tips:

- * Think of a safe place to go if an argument occurs - avoid rooms with no exits (bathroom), or rooms with weapons (kitchen, garage).
- * Think about and make a list of safe people to contact.
Keep change with you at all times. Keep car keys (and purse) ready and always put them in a place where you can get them quickly.
- * Think ahead of safe places you could go (such as staying with a trusted friend or family member)
- * **Talk with people you trust** such as friends, family, neighbors, co-workers, or your therapist, counselor, or doctor.
- * Use your judgment and intuition. If the situation is very serious, give your partner what he/she wants to calm him/her down.


If your partner has been violent in the past, chances are good it will happen again, even if your partner promised it wouldn't happen again. **Remember you do not have control over your partner's violence, but you have some control over how you prepare for it and respond to it.**



SAFETY PLAN IF YOU LEFT AN ABUSIVE RELATIONSHIP

If your partner has been violent in the past, chances are good it will happen again, even if your partner promised it wouldn't happen again. Remember you do not have control over your partner's violence, but you have some control over how you prepare for it and respond to it.

Some Safety Tips:

- * Change your phone number. Screen calls.
 - * Save and document all contacts, messages, injuries or other incidents involving the batterer.
 - * Change locks, if the batterer has a key.
 - * Avoid staying alone.
 - * Plan how to get away if confronted by an abusive partner.
 - * If you have to meet your partner, do it in a public place.
 - * Vary your routine.
 - * Notify school and work contacts.
 - * If you have a protection order, always keep it on or near your person.
 - * Call a shelter for battered women.
- 

IF I HAVE TO LEAVE, I SHOULD TAKE

- * Identification for myself
- * Children's birth certificates
- * My birth certificate
- * Social Security Cards
- * School and vaccination records
- * Money
- * Checkbook, ATM card
- * Credit cards
- * Keys (house, car, office)
- * Driver's license and registration
- * Medications
- * Eyeglasses
- * Lease
- * Non-perishable snacks for you and your children (e.g. juice and crackers)
- * Baby's things (diapers, formula , medication)



Prepare ahead of time just in case you have to leave in a rush.



TELEPHONE NUMBERS I NEED TO KNOW

National Domestic Violence Hotline: **1-800-799-SAFE (7233) (24-hour)**

Police/Sheriff's Department near home, school, and work:

Local Domestic Violence Program:

Restraining Order Office:

Lawyer Referral Service/Legal Services Agency:

Therapist/Counselor:

Work number:

Supervisor's home number:

Minister/Priest/Rabbi/Faith Leader:

Friend:

Other:

