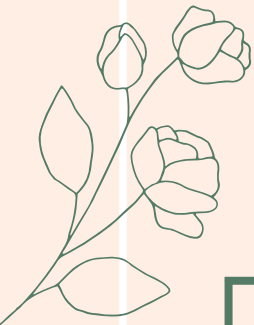




ROSES

The ROSE Scale-Up Study

WORKBOOK FOR NEW MOMS



ROSES Sessions

Overview

Baby Blues and Postpartum
Depression

Self - Care

Relationships and
Communication

Support and Goal Setting

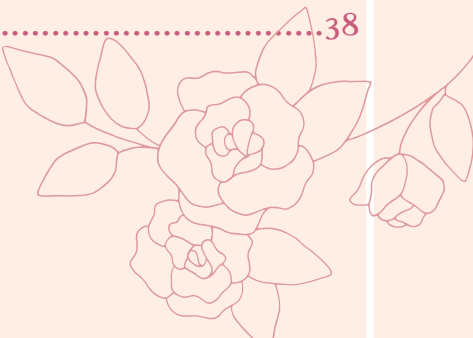


There will be a final session once you're postpartum that we will reach out to you to schedule.



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Baby Blues and Postpartum Depression

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 can't feel anything
- I have no interest in activities I used to enjoy
- I can't get going
- I'm noticing changes in my appetite
- I am irritable
- I can't sleep
- I feel so nervous
- I feel so guilty
- I feel so tired



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

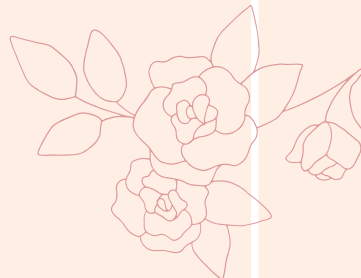


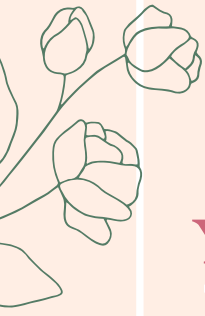


Postpartum Depression

- Sleep problems (e.g., you can't get back to sleep after feeding the baby)
- Changes in appetite
- Anxiety and worry
- Avoiding people, avoiding contact with the baby, or wanting to be alone
- No energy, difficulty getting out of bed
- Difficulty having positive feelings towards baby/bonding with baby
- Difficulty making decisions
- Mania--feeling speedy, being excitable and/or irritable, talking fast, and having less need for sleep
- Panic attacks
- Fears for the baby
- Thinking you might act on thoughts of harming the baby
- Thinking about hurting yourself or thoughts of death/dying

If you ever feel that you might hurt yourself, your baby, or anyone else; please talk to your healthcare provider or call 988 Suicide & Crisis Lifeline. If these feelings are urgent, please call 911 or go to the nearest hospital emergency.





You are NOT ALONE

**You are NOT to
BLAME**

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.

- **LEAN ON FAMILY AND FRIENDS**

A few hours of weekly childcare can give you a much needed break. Sharing feelings openly allows family and friends to provide support.

- **TALK TO A HEALTHCARE PROFESSIONAL**

Providers will be familiar with postpartum depression and will know what options are available for assistance.

- **FIND A SUPPORT GROUP**


There are new parents in your community in similar situations; sharing your feelings with others experiencing the same thing can be helpful. Talk to your healthcare provider about how to join a group or check out the resources list for details on joining a Postpartum Support International (PSI) virtual support group.

- **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.

- **FOCUS ON WELLNESS**

Eat a healthy variety of colorful foods, healthy snacks, drink enough water, and avoid alcohol or other substance use. Move your body in ways that feel good. Invite friends to go on walks. Try a new activity.



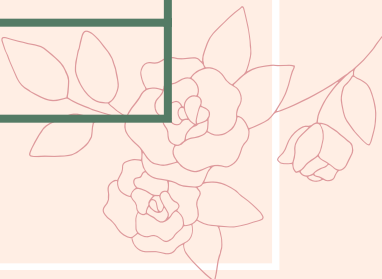


MY RESOURCES

Mental Health & Wellbeing

Parenting & Family Support/Legal Services

Other Important Numbers & Resources





Being a Mom

Self-Care

Changing Roles

Mom's Survival Kit

Increasing Pleasant Activities

My Close People

Managing Stress

Practicing Self-Care

Daily Relaxation Exercise

Daily Pleasant Activity Schedule





Changing Roles


GAINS

- Slowing your pace
- Spending time with baby
- Discovering hidden talents
- Watching your partner become a parent
- Learning new things
- Getting help with household chores
- Snuggling with baby
- Seeing baby's personality develop
- Watching baby grow

LOSSES

- Changes in routine
- More responsibilities
- Less quality time with your partner
- Less sleep/rest
- Loss of the feeling of productivity
- Loss of social life
- Loss of space
- Isolation/feeling lonely
- Loss of spending time around adults

Exploration of benefits gained. What kind of new opportunities may arise for you when your baby arrives?





Taking Care of the New Mom

Be Your Own Best Friend

Taking care of yourself can be a preventive measure against postpartum depression or lessen its impact





Self-Care Activities

- Practicing gratitude
 - Being in nature
 - Focusing on your breath
 - Venting to someone you trust
 - Getting outside/in the sun
 - Putting on clean clothes
 - Focusing on what you can control
 - Listening to music/podcasts
 - Reading books
 - Expressing your feelings
 - Surrounding yourself with loved ones
 - Telling someone what you appreciate about them
 - Spending time with friends
 - Taking a shower/bath
 - Going shopping
 - Watching movies/tv shows
 - Doing things that make you laugh
 - Thinking about enjoyable past trips/experiences
 - Planning a trip/vacation
 - Gardening
 - Singing/playing instrument
 - Engaging in spiritually/religion/worship
 - Painting, knitting, crocheting, needlepoint, coloring, and other crafting
 - Doing your nails
 - Taking a nap
 - Doing a small house project (e.g., organize, change up decor)
 - House cleaning
 - Meditating/guided imagery/mindfulness
 - Progressive muscle relaxation
 - Doing Yoga
 - Playing cards or board games
 - Putting together a puzzle
 - Looking at old photos
 - Doing crossword puzzles/trivia
 - Getting dressed up
 - Doing skincare, hair, or makeup
 - Getting a massage
 - Going for a walk/moving your body
 - Playing video games/computer games
 - Cooking or baking
 - Enjoying a hot/iced cup of coffee
 - Enjoying your favorite foods
 - Lighting a candle
 - Making time for a date night
 - Spending time with your pets
 - Asking for help with household chores
 - Laying down/resting
 - Buying clothes that makes you feel good
 - Going to a party/social gathering
 - Practicing your hobbies
 - Learning a new skill
 - Setting/working towards a personal goal
 - Seeing a therapist
 - Joining a new moms/parent group
- 

Survival Kit For Moms

- Nurture yourself physically (e.g., adequate rest, eating nutritious foods, movement)
- Take breaks or “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 with a friend)
- Plan for something fun (e.g., favorite show, bubble bath, going out for coffee or lunch with a friend)
- Ask for help - you can’t 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 that you see the most often?
- Who can you trust to be there for you when needed?

Family

1.

2.

Friends

1.

2.

Community

1.

2.

Work

1.

2.

Other

1.

2.



DECREASING STRESS

Make yourself comfortable

Now dig your heels into the ground and feel the tightness in your legs and relax. Notice how your legs feel now.

Now tighten your stomach - hold, notice the tightness. Release.

Now arch your back - notice the tension in your spine and release - just let go - allow the tension to leave your body.

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.

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

Now tighten your mouth as tight as you can - notice the tightness in your jaw and just relax.

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

Now tighten your eyes as tight as you can squeeze them - and let go, releasing any remaining tension or areas of tightness in your body. Notice whether you feel more calm and relaxed-

Imagine yourself on a soft cloud- feel the softness of the cloud and sink into it, your body may feel loose and heavy.

Imagine feeling the warm sun on your body and cool breeze on your face.

Imagine feeling peaceful and safe.

(Pause)

Now I am going to count backwards from 5 and when I get to 1, if your eyes were closed you may open them, may a feeling of calm and peace 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.



Please plan at least 3 daily activities into your weekly schedule and rate how satisfied you felt afterwards



Relationships and Communication

Communicating With Loved Ones

Remember Your Rights

Tips For Asking Others For Help

Golden Rules For Being Assertive

Communication Practice

Practice being Assertive

Remember:

Daily Pleasant Activities

Daily Relaxation Exercise





COMMUNICATING WITH LOVED ONES

I would like to change how I
communicate with:

1. How is your communication going with this person? (circle a number below: 0 - not well at all to 10 - extremely well)

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

What are the two toughest things about how you communicate with this person? What kinds of things do they do/not do that are hard for you? What kinds of things do you do/not do that are hard for them? Do you feel like you get enough time/attention/caring from this person?

Interpersonal goals: What kinds of changes or support would you like from this person, other than what they do 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

How likely is the other person to support
you in reaching your goals?

0 1 2 3 4 5 6 7 8 9 10

Least Likely

Most Likely

Name

Rating

•

•

•





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 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 to please them all of the time.
- Saying no to someone does not make me selfish person.
- I can still feel good about myself, even when someone else is disappointed.
- It is not my responsibility to manage someone else's feelings about my boundaries.





Tips For Asking Others for Help

TIMING

- Choose a quiet time when you both have time to talk, uninterrupted. Introduce the fact that you want to discuss 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 (e.g., “Thanks for taking the time to talk with me. I was wondering if you could try putting the dishes directly in the dishwasher moving forward. I really appreciate you helping out so much around the house.”)





Golden Rules for Being Assertive

Do Rules Include:

- 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 instead of telling them what they should do
- Respond positively when a person responds positively to you (e.g., “Thanks for being so understanding, I really appreciate it.”) – reward behavior that you want to see more of!
- Take your time when saying no (e.g., “Can I let you know tomorrow?”)
- Openly state your own feelings or changes you would like
- Deal with one issue at a time in contrast to “kitchen sinking”
- Compromise: Be willing to give to get
- Turn the table: Ask them, “What do you think we should do?”





Golden Rules for Being Assertive

Don't Rules Include:

- Judge or blame
- Over-explain or over-apologize
- Put yourself down
- Guess the other person's intentions
- Mind-read: guess what they're thinking/feeling without really knowing
- Expect people to know what you want them to do without telling them
- Give a whole list of complaints ("kitchen sinking")
- Beat around the bush - clear is kind.
- Attacks, threats, or insulting statements
- Avoid: Never, should, and always"
- Tell the other person what they should do





Homework on Making an Assertive Request

- One request I will make for this week:

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

- Date I will try this on:

- Person with whom I will try this:



Daily Me Time

Please plan at least 3 daily activities into your weekly schedule and rate how satisfied you felt afterwards.

Date & Day of the Week	Activity (What and Where)	How satisfied did you feel afterwards 0=not at all 10=very satisfied





Support and Goal Setting

Asking for help

Tips for Saying No

Planning for the
future: Setting Goals





Asking for help is hard.
There are many reasons why
women don't feel comfortable
asking for or accepting help.

Barriers to asking for help:

- "I don't know who to ask"
- "I feel shame, guilt, and embarrassment"
- "I'll feel like a failure"
- "I'm used to doing things on my own"
- "I feel alone"
- "I feel like I don't have enough support"
- "I'm afraid they'll say no"
- "I'm not comfortable asking for help"
- "I don't want to be a burden"
- "I want to be self-sufficient"
- "I'll feel like a bad mom"
- "I'm afraid others will judge me"
- "I don't want to seem weak or needy"
- "Everybody else has too much going on"
- "I don't know how to ask for help"
- "No one else can do it as well as I can"
- "I'm expected to do everything"
- "There's already too much conflict"
- "I'm usually the one helping other people,
not the other way around"





Benefits of asking for help:

- “Getting help”
- “Feeling less stressed”
- “Getting my baby the opportunity to bond with loved ones”
- “I get the support I need to take care of myself”
- “I am more appreciative of the time I spend with baby”
- “Asking for help strengthens my relationships with others”
- “It helps me to learn to trust others to care for baby”
- “It gives others the opportunity to learn how to take care of baby”
- “I learn how to speak up for myself”
- “I am showing my kids how to ask for help”
- “I’m reminding myself that I’m deserving of help”
- “I’m building my village”
- “The people around me know what I need help with”

Things I can ask for help with:

- Childcare
- Walking the dogs
- Cooking/making freezer meals
- Laundry/dishes/house chores
- Grocery shopping
- Diaper changes
- Shopping for diapers/baby supplies
- Prepping bottles
- Freezing breastmilk
- Cleaning bottles/pump parts
- Mowing the lawn/shoveling snow





Tips For Saying No


If you're unsure, or do not have the courage to say no, delay but get back to the person:

- Let me see what I have going on and I will get back to you tomorrow

If you want to help but can't do it at that time or asked to do too much, you can tell the person to ask you again in the future, or make a counteroffer:

- I can't babysit for you tomorrow but next week, Tuesday or Wednesday, I am free and happy to babysit then.

Broken record. Keep repeating no when the person is not listening, refuses to take no for an answer, or keeps arguing:

- I hear you, but I'm still not available to help that day.
- 

Planning for the Future: Setting My Goals

My Goals	Short-Term Goals (1-3 months)	Middle Goals (3 months-1 year)	Long-Term Goals (1-3 years)
Friends			
Family			
Health			
Finances			
Professional			
Spiritual			

Short Term
Goal example
- establishing
a routine

Middle Goal
example -
start
exercising 2
to 3 times a
week

Long Term
Goal
example -
Advance in
my career



Hold On To Your Dreams

**Infancy Does Not Last
Forever!**

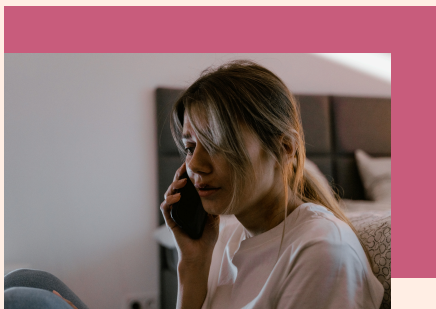


My Resources

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

Name	How can They help
• _____	• _____ _____
• _____	• _____ _____
• _____	• _____ _____

Remember to use this sheet as a reference if you are feeling overwhelmed or need help.



Daily Me Time

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

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ROSES 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 in your life like having a new baby.
3. Maintain balance in your relationships - demands must not outweigh your needs.

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 to do your pleasant activities

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.
- 

ROSES Final Tips

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 are 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.



Congratulations on Completing the ROSES Program

Postpartum Session:

We will meet with you one more time to check in with you. Look out for an email about scheduling this session.

