

## Clinician's Guidelines for Early Assessment of Needs

### BIOLOGICAL FACTORS

- ✓ *Hormone fluctuations*
- ✓ *Fertility treatments*
- ✓ *High risk pregnancy*
- ✓ *Hyper-emesis of pregnancy*
- ✓ *Pregnancy Induced Hypertension*
- ✓ *Gestational Diabetes*
- ✓ *Traumatic birth*
- ✓ *Insomnia*
- ✓ *Physically stressful job*
- ✓ *Older siblings in need of physical care*
- ✓ *Physical Exhaustion*

### PSYCHOSOCIAL FACTORS

- ✓ *Marital stability/instability*
- ✓ *High needs or sick infant*
- ✓ *Emotional trauma during birth*
- ✓ *Emotional exhaustion*
- ✓ *History of mood and/or anxiety disorder*
- ✓ *History of other mental illness*
- ✓ *Family history of mental illness*
- ✓ *Mentally stressful job*
- ✓ *Being a teen mom*
- ✓ *Being a single mom*
- ✓ *Older sibs in need of attention or poor adjustment to baby*
- ✓ *Unstable employment*
- ✓ *Stressful work environment*
- ✓ *Volatile relationship with extended family and/or in-laws*
- ✓ *Isolated living situation or geographic location*
- ✓ *Involvement in criminal justice system*

### PROTECTIVE MEASURES

- ✓ *Frequent medical monitoring for specific conditions*
- ✓ *Indicated medications, supplements and medical intervention*
- ✓ *Referral to specialist when indicated*
- ✓ *Balanced Diet*
- ✓ *Exercise*
- ✓ *Relaxation techniques*
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- ✓ *Psychotherapy*
- ✓ *Improved Sleep Habits/ scheduled rest*
- ✓ *Physical help with older children*
- ✓ *Rest for Exhaustion*
- ✓ *Babysitter/play dates for sibs*
- ✓ *Marriage counseling*
- ✓ *Parenting classes*
- ✓ *Social worker to assist with resources*
- ✓ *Reaching out to family and/or friends that have been a reliable source of support*
- ✓ *Lower expectations of self and others*
- ✓ *Attending support groups*
- ✓ *Have support person attend appointments with you and keep notes if needed*
- ✓ *Meet with social worker or school counselor who can help identify resources*
- ✓ *LOA or FMLA from work while recovering*