

## Hospital Role in New Moms Lives

### “WHO AM I”

What role does the Hospital experience play in the Mental Health of these new moms and their families.

“I” am the first person that welcomes these families into their new life. At a time in her life when nothing is planned to go wrong medically or emotionally, it is my words, my expression, my actions the families are holding onto for a very long time.

“I” play a very important role, not only in my expertise, or job title, or whether I got my break, or lunch on time. It is my delivery of each encounter with these new families that counts.

“I” have a big job. After all my education, experience, years of service these families need me each and every-time.

In the event the new moms experience isn't going as expected.

- Delivery wasn't what she planned.
- She doesn't seem engaged with her baby
- She is anxious
- Overwhelmed
- Over tearful
- Lack of sleep
- Afraid

It is “I” who can let her know there is help.

### WHO AM “I”

“I” am her OB; her Labor and Delivery Nurse; her Mother-baby Unit Nurse; Lactation consultant; Mother-baby Assessment Center Nurse; her NA; her Techs; **All of us** who have an encounter with our families each and every time.

What role do Hospitals play in the Mental Health of These New Families? **“EVERYTHING”**

When I end my shift today “I” can leave thinking, “WOW “I” made a difference today. See you tomorrow.”

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