

MEDIA RELEASE

What to get a new mum for Mothers Day? A gift that keeps giving!

This Mother's Day, PANDSI (Post and Antenatal Depression Support and Information) is encouraging dads to commit to helping a new mums' mental health by giving her a regular break.

- Have a regular day where mum leaves the house to do something that she wants – without baby!
- Organise a weekly/fortnightly 'date-night' – set up a regular babysitter (paid or a family member) so it's booked in!
- Bring in a cleaner once a month/fortnight – if funds don't stretch, consider stepping up and commit to doing extra cleaning around the house yourself.
- Set up a regular day for the new mum to have a sleep-in or an afternoon nap, and take baby out of the house.

Polly McIntyre, CEO of PANDSI pointed out that these suggestions all tackle common risk factors associated with postnatal depression including feeling trapped in the home, being socially isolated and the deterioration of the intimate relationship.

"A key aspect of committing to one of these Mother's Day gifts is that it's something nice for mum that is regular. Organising things on an ad-hoc basis *are* appreciated, but having something to look forward to in the calendar can be enough to keep a new mum going through the tough times.

"Postnatal depression is not caused by any one factor, but a complex interaction between biological, psychological and social risk factors. While some risk factors can't be directly modified (such as family history of depression or complications with labour), others can be addressed – and committing to helping a new mum's mental health is a gift that keeps giving.

"Postnatal depression is a mood disorder, ranging from mild to severe and affects up to 1 in 7 women and 1 in 20 men. It's vital that partners communicate with each other, talking about what works and doesn't work for both the mother and father. Don't forget, Father's Day is only four months away when it will be mum's chance to thank you for caring for the family!" Polly concluded.

Media contacts:

Polly McIntyre (CEO, PANDSI): 6287 3961 polly@pandsi.org www.pandsi.org

Alison Christie (PANDSI board member, Registered psychologist): 0403 755 113
alisonchristie11@gmail.com