

Navigating the baby blues and more

*****SOT*****

Tiffany Waters, OSF HealthCare birthing center charge nurse

“There’s no one single cause that leads to a person experiencing these issues. It’s a combination of psychological, societal and biological factors. There’s nothing a mom has done to get or deserve this experience. The best we can do is help her work through it.” (:27)

*****SOT*****

Tiffany Waters, OSF HealthCare birthing center charge nurse

“There are commonly used tools. The woman answers 10 questions. It gives us a rating on how their emotional and mental well-being is.” (:12)

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Tiffany Waters, OSF HealthCare birthing center charge nurse

“It can be difficult to admit or even recognize that a person is having depression or anxiety symptoms. There are lots of reasons for that. There’s societal pressure to be a great mom. Moms might feel like if they admit how they’re feeling, their children might be taken away.” (:18)

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Tiffany Waters, OSF HealthCare birthing center charge nurse

“It will improve the whole family dynamic. It will lessen stress for everybody and lead to a happier unit.” (:10)