Maternal Postpartum

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# Symptoms and Impacts of Maternal Postpartum on a Child

The following paper aims to discuss the maternal symptoms of postpartum depression and the two possible outcomes of postpartum depression for the baby. Postpartum is considered to be a complex changing behavioral, physical, and emotional state among women who have given birth to a baby. Moreover, this can be a major cause of depression that occurs after four weeks of delivery. It is possible to identify the major symptoms of maternal postpartum and this depends upon the time duration and sternness of the depression1. There are also likely chances that a mother may develop the symptoms of postpartum during the period of pregnancy. The possible identifiable symptoms for maternal postpartum may include disorders in sleeping patterns, mood changes, extreme levels of fatigue, difficulties in making up a bond with the baby, being hopeless, and severity in anxiety which may result in panic attacks. Furthermore, this makes a huge impact on the cognitive thinking of a mother, which may lead to thoughts of suicide and self-harm.

Maternal postpartum does not only make an impact on mothers but also on their babies or children as well. The two possible outcomes of maternal postpartum may include behavioral problems in a child and a lack of mother-child bond. A child may suffer from emotional and behavioral changes that may hinder the overall development of a child. Moreover, the changes in emotional and behavioral patterns may lead to psychological problems during the early stages of development. Second outcome may include, lack of mother-child bonding, while there has to be a strong bond and connection between a mother and child because of this will contribute to hindrances during the nurture and development of a child. The early stages of a child are important for the development of a child because he/she learns the most during these stages2. If there is a lack of a bond, the child may not be able to get the basic support including breast feeding to the child.

Reference List/Endnotes

1. Cummings EM, Davies PT. Maternal depression and child development. *Journal of child psychology and psychiatry*. 1994;35(1):73-122.

2. Bernard-Bonnin A-C, Society CP, Committee MH and DD. Maternal depression and child development. *Paediatrics & Child Health*. 2004;9(8):575-583.