

New Hampshire Breastfeeding Task Force

www.NHBreastfeedingTaskForce.org

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Dear Health Care Provider:

We need your help. In 2007, I noticed an alarming trend in the perinatal health field. An increasing number of health care providers were telling mothers that if they were depressed, breastfeeding was either expendable—or worse, the *cause* of their depression. In response, the New Hampshire Breastfeeding Task Force developed a curriculum for health care providers that gives the information you will need to identify and treat depression while still protecting the breastfeeding relationship. Indeed, recent studies have revealed that when breastfeeding is going well, it actually protects mothers' mental health and helps shield babies from the harmful effects of maternal depression. We want to get this word out into the breastfeeding community so that you are prepared when mothers or colleagues come to you with questions.

This curriculum is open source meaning that you are welcome to copy, distribute, print, or post it on your Web site without contacting us. In fact, we strongly encourage you to share this curriculum with as many of your colleagues as you can. We only ask that you acknowledge the NH Breastfeeding Task Force as the copyright holder.

We have also included two handouts on Omega-3s and depression. There are two versions: a one-page version and 4-page, fully referenced version. We have also included two other handouts for mothers that you might find helpful. You are welcome to use these as well. All files are pdf. You will need an Adobe reader to open these files. We have included a free copy on this CD. You can also download it from Adobe.com.

From time to time, we will post new materials on our Web site. If there are materials that you would find useful, please feel free to let us know and we'll see what we can come up with.

Thanks for all you do for mothers and babies.

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