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One of our mamas was hospitalized due to mental health concerns right before delivering her little girl in December 2022. We've been working with mama and baby consistently since then providing home visits, therapy, and care coordination. Mama and her therapist worked together using the FirstPlay, infant play therapy to learn about attachment, attunement, identifying baby's emotions and need, and meeting them in helpful ways. Mama has been working to map out generational trauma themes in her family. Mama also agreed to complete the screener for postpartum depression and anxiety with us and was able to see how her depression and anxiety were hindering her from making progress on her goals. She talked to her OB/GYN about treatment and ongoing monitoring of her postpartum symptoms. Mama has been documenting all baby girl's milestones and each session she updates about something new her daughter learned to do. Baby girl is baby talking, working on getting her crawling muscles ready to go, and learning how to grasp new things. Mama has a job interview for a position that will work with her school hours and she's decided to lean on family for child care a few days a week. Both Mama and Baby are making big steps.

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