

# WEIS M-O-M-S Class #8

## Agenda:

- Briefly summarize and discuss content from last session.

## CLASS CONTENT

- Postpartum
  - Recovery/Healing
  - Feeding infant
  - Infant irritability normal at 3 days
  - Sleep disruption
  - Fatigue/discomforts – depression – feelings of victimization
  - Gap between ideal image and current 'self-image' to enlarge
  - Isolation increases depression, despair and disorientation
  - \*Going home from hospital is not the end to childbearing experience
  - Mothers experience the infant as individuals but also as extension of themselves
  - Discuss questions posed in BOM, p. 34-37
- Questions/concerns?

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