

EDINBURGH POSTNATAL DEPRESSION SCALE (EPDS)

Baby's Name: _____ Baby's Date of Birth/Age: _____

Date: _____

If you are pregnant or have recently had a baby, we would like to know how you are feeling.

Please check the answer that comes closest to how you have felt in THE PAST 7 DAYS, not just how you feel today. Here is an example, already completed.

I have felt happy:

() Yes, all the time (*) Yes most of the time () No, not very often () No, not at all

This means: "I have felt happy most of the time" during the past week.

Please complete the other questions in the same way.

In the past 7 days:

1. I have been able to laugh and see the funny side of things:

- () As much as I always could
- () Not quite so much now
- () Definitely not so much now
- () Not at all

***7. I have been so unhappy that I have had difficulty sleeping:**

- () Yes, most of the time
- () Yes, sometimes
- () Not very often
- () No, not at all

2. I have looked forward with enjoyment to things:

- () As much as I ever did
- () Rather less than I used to
- () Definitely less than I used to
- () Hardly at all

***8. I have felt sad or miserable:**

- () Yes, most of the time
- () Yes, quite often
- () Not very often
- () No, not at all

***3. I have blamed myself unnecessarily when things went wrong:**

- () Yes, most of the time
- () Yes, some of the time
- () Not very often
- () No, never

***9. I have been so unhappy that I have been crying:**

- () Yes, most of the time
- () Yes, quite often
- () only occasionally
- () No, never

4. I have been anxious or worried for no good reason:

- () No, not at all
- () Hardly ever
- () Yes, sometimes
- () Yes, very often

***10. The thought of harming myself has occurred to me:**

- () Yes, quite often
- () Sometimes
- () Hardly ever
- () Never

***5. I have felt scared or panicky for no good reason:**

- () Yes, quite a lot
- () Yes, sometimes
- () No, not much
- () No, not at all

11. Does any household member smoke?

() Yes () No () Unsure

Is smoking done indoors and/or in cars?

() Yes () No () Unsure

Does anyone your baby is around regularly smoke?

() Yes () No () Unsure

***6. Things have been getting on top of me:**

- () Yes, most of the time I haven't been able to cope at all
- () Yes, sometimes I haven't been coping as well as usual
- () No, most of the time I have coped quite well
- () No, I have been coping as well as ever

Administered/Reviewed by _____ Date _____

*Source: Cox JL, Holden JM, Sagovsky R. Detection of postnatal depression: Development of the 10-item Edinburgh Postnatal Depression Scale (1987). *Br J of Psychiatry*, 150:782-786.

Ht:

Date:

Wt:

Head:

2 Month Visit

Your baby should be more awake during the day and sleeping more at night. You know her so much better now than you did when she was born. And now she's smiling, which makes everything a little easier!

Development

1. At this age your baby should be able to fix his gaze on a face, smile spontaneously, grasp objects, coo and babble, and lift his head 45 to 90 degrees when lying on his tummy.
2. Playing with and talking and reading to your baby will encourage your baby's language development. Don't text on your phone, talk to your baby! Read the handout to learn more.
3. Babies usually begin rolling over between 3 and 4 months of age. Initially they roll over by accident, usually from tummy to back, and later learn to roll over to move from one spot to another.
4. Most infants still awaken every 4 to 6 hours for feeding at night, but you should expect two 4-5 hour sleeping blocks of time at night by this point.
5. Over the next two months, you should start to see a nap schedule starting to form. So by 4 months of age, most babies will have two 1-2 hour naps per day.

Injury Prevention

1. Never leave your infant unattended. Babies can scoot and rock themselves to the floor off of a surface or roll over before you are aware of it.
2. Maintain smoke detectors on each level of your home and in or near each bedroom. Set your water heater to 120 degrees. If you have an older home or use gas heat, you need a carbon monoxide detector too.
3. Beware of curtain or blind cords hanging near the bed or playpen. Do not hang objects on the crib. Babies can become entangled in the cords and strangle themselves. No pillows, blankets, or stuffed toys in the crib.
4. No bumper pads. They look so cute, but they are not worth it.
5. Never shake your baby as this can cause permanent brain injury, even death. All of us are frustrated by fussiness and crying, so put your baby down, walk away, take a break, and come on back. It is OK to let your baby cry in her crib for 10-15 minutes while you recharge. She will be fine screaming her head off while you take a break.

Nutrition

1. Breast milk or formula will supply all of your baby's nutritional needs. It is usually not recommended to begin solid foods before 4 months of age. If you think your infant needs more nutrition, please talk with us about it.
2. Duration of sleep is not related to the amount or type of feeding. Solids will not help your baby sleep longer.
3. Do not prop the bottles for feeding; this can cause choking and may lead to chronic ear infections.
4. If you are breastfeeding, stay on your prenatal vitamins.

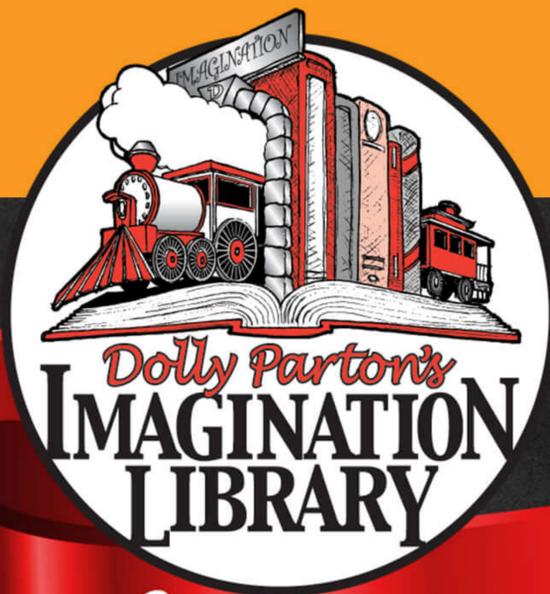
Hygiene

Your baby doesn't need to bathe everyday, especially if she seems to have sensitive skin. Limit soap use to dirty parts; you don't need to lather up arms, legs, belly, and back. Use a mild soap and a good moisturizer. Trim nails after baths with an emery board. Don't use Q-tips in the ear canal because over time they can block the ear canal with wax.

Next Visit

We will see you at your baby's Four Month Well Check. By then, your baby will be making lots of fun noises, reaching for everything, and it will all go into the drooly mouth! Most of us feel that our four-month-old is teething because they are drooling and chewing on everything, but this is normal. Most are not teething. She will get the same vaccines at the next visit.

Parents & Caregivers



Inspire a Love of Reading



A love of books and reading offers the foundation for literacy skills that set children up for future success. Parents reading to their children from birth improves a child's future reading ability.

Dolly Parton believes that if you can read, you can do anything, dream anything, and be anything. Through her Imagination Library program, she wants to ensure all children have books at home, regardless of the environment in which they live.

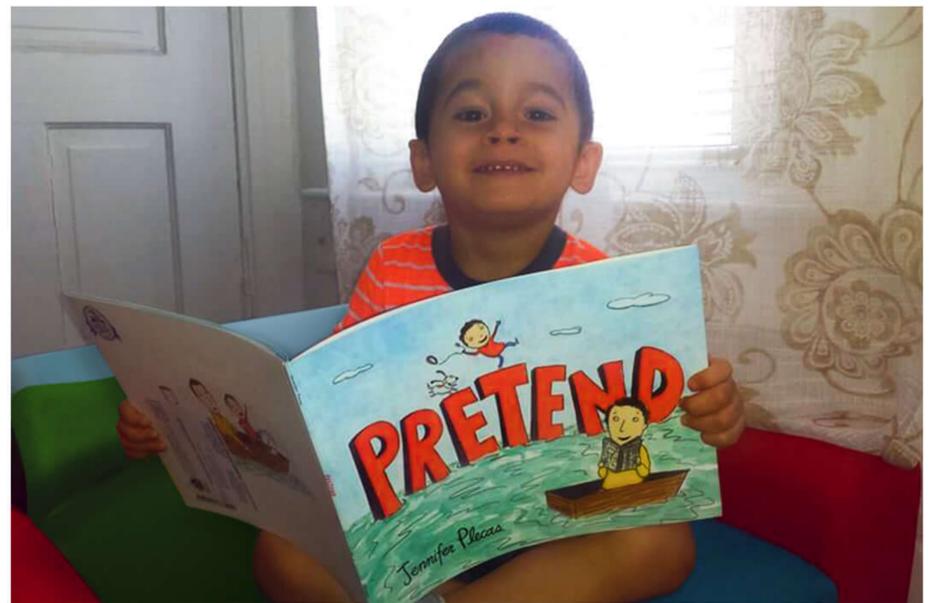
"The single most significant factor influencing a child's early educational success is an introduction to books and being read to at home prior to beginning school."

National Commission on Reading

As a parent or caregiver, reading with your child is the most important activity that you can do to help set them up for future success.

Through the Imagination Library, Dolly wants children to be excited about books and to feel the magic that books create. Moreover, she could insure that every child would have books, regardless of their family's income. For over 20 years, tens of millions of Imagination Library books have been sent to children around the world.

Register your child to receive a book a month from the Imagination Library.



Dolly Parton's Imagination Library puts books into the hands and hearts of children across the world.

We partner with local communities to provide one free, specially-selected, age-appropriate, high-quality book each month to children from birth to age five. These books are personalized with your child's name and mailed directly to your home to create a gifting experience that makes books exciting and shows the child someone is thinking of them.

Visit the [ImaginationLibrary.com](https://www.imaginationlibrary.com) website to access proven and trusted resources for parents and caregivers including tips for reading to children and family engagement activities.

Engaging Parents & Caregivers

Imagination Library has lots of experience with caregivers, children, and reading. We encourage good reading habits for parents, caregivers, and their children. When your child receives their Imagination Library books, we ask you to do the following:



Begin reading to your child immediately



Read to your child at least five days per week



Read books multiple times

Snuggle, ask questions, notice letters, make sounds, have fun!

Dolly Parton's Imagination Library books are specially-selected, age-appropriate, high-quality books that are mailed to registered children at home each month from birth to age five. And best of all, it is a *free* gift to the family!



The Imagination Library Blue Ribbon Selection Committee consists of a nationally recognized group of professionals hand selected to lend their expert recommendations and guidance when tasked with choosing the perfect set of books for hundreds of thousands of children.

Parents and caregivers may visit the Parent Resource section of ImaginationLibrary.com to access reading tips and guides by age, activities, and more.



Thank you so much for the books! I love reading them to my daughter, some I had never read, and some I loved as a kid. It is an awesome program and my three year old LOVES getting her own special mail every month.

Smyrna, TN

My kids absolutely love getting their books in the mail every month! My husband and I read to our kids every night and enjoy the variety of stories we get to introduce them to. It was hard to pick just three that topped our lists, since so many are a huge hit in our house. Awesome program!!!

Waterford, MI

I absolutely love Imagination Library. It is such a wonderful way to get children on the right track to a successful education. Thank you for providing books to my child. He's almost two and he loves your books and uses them on a daily basis!

Harlingen, TX





WHY IT IS NEVER TOO EARLY TO READ WITH YOUR BABY

BOOKS BUILD CONNECTIONS TOOLKIT



Here are some tips from doctors on reading with very young children, including the 5 Rs of early education.

When parents talk, read, and sing with their babies and toddlers, connections are formed in their young brains. These connections build language, literacy, and social-emotional skills at an important time in a young child's development. These activities strengthen the bond between parent and child. Pediatricians know this and urge parents to start reading with their babies from the start.

So what are some tips for reading with the very young?

- **Cuddle up and read with emotion.** Infants as young as a few days or weeks old can know and prefer their parents' voices and faces. Although they may not understand the words or story in a book, they will respond to the emotion in your voice and the expression on your face when you read or talk with them. They love to look at pictures with bright colors and are happiest in your arms.
- **Choose colorful and sturdy books.** As babies get older, they will reach out to hold a book and then put it into their mouths to explore it.
- **Plan a special reading time.** Active young children may lose interest in a book after only 1 to 2 minutes. So follow their lead, but keep reading, talking, and singing WITH your baby regularly and his interest and attention span will grow. Make this time special by giving your baby your full attention. Turn off the TV and computers and take a break from texting.
- **Read together every day.** As babies grow into toddlers, reading aloud together can be a very helpful routine, especially when it is part of your regular calming bedtime. Young children love having choices, so letting them pick the book to read together can be a big hit. Toddlers quickly develop favorites and may ask you to read the same story over and over, so offer choices that you like too.
- **Make time to talk about feelings.** Toddlers can point to pictures of objects (*Show me the car.*) and characters (*Which one says meow?*) in books. As their language grows, they may be able to name the pictures that you

TALK



READ



SING



FAMILY RESOURCE: Why It Is Never Too Early to Start Reading With Your Baby



point to or finish the sentences in favorite books such as *Twinkle, twinkle little... (star)*. Sometimes they even pretend to read the book themselves. Talking about the emotions characters in books are having can give you a chance to talk to young children about their own feelings, like being mad, sad, or happy.

- **Ask your child questions.** Preschoolers are often chatty, curious, and full of themselves. By this age, they can probably tell you part of the stories in their favorite books or the stories that they have imagined. As print becomes more interesting, some learn to point to letters in the alphabet or to count some of the pictures. Asking your child questions about the story (*What are the characters thinking? What might happen next?*) is a fun way for them to learn. These kinds of conversations build language, a desire to learn, and early reading skills.
- **Keep reading together, even when your child can read.** Children are never too young or too old to enjoy reading with you. When they are learning to read themselves, you can still read stories to them that are at a higher reading level than those they can read on their own. There are many great children's books. Your local librarian can help you find just the right books to enjoy during your special time reading together.

This time together has a powerful impact on children's development because it strengthens their relationships with their parents and caregivers, the most important people in their world. A great deal of research supports this statement, yet fewer than half of children younger than age 5 in the United States are read to daily. This has not changed in the past 10 years, despite recent support for early education.

Pediatricians are promoting the 5 Rs of early education with young families:

- **Reading** together as a daily, fun, family activity
- **Rhyming**, playing, talking, singing, and cuddling together often throughout the day
- Building **Routines** for meals, play, and sleep, which help children know what to expect and what is expected of them
- Giving **Rewards** for everyday successes (especially for effort toward goals like helping), understanding that praise from those closest to a child is a very potent reward
- Developing **Relationships** that are nurturing, reciprocal, purposeful, and lasting, which are the foundation of healthy early brain and child development

Pediatricians are taking a stand to spread the news that reading aloud, talking, and singing with young children are both fun and rewarding. The benefits are so clear and so important that promoting reading at young children's check-ups has become an essential part of pediatric care. Starting a daily routine of reading with young children, perhaps to settle down at bedtime, is a powerful way to build healthful habits that last a lifetime. The return on this investment is huge!





Adapted from 2014 AAP Policy Statement, *“Literacy Promotion: An Essential Component of Pediatric Primary Care Practice,”* and expanded by Pamela C High, MD, FAAP, and the AAP Council on Early Childhood, 2014

Other family resources related to early literacy and early learning include the following:

- Helping Your Child Learn to Read
- Sharing Books With Your Baby up to Age 11 Months
- Sharing Books With Your 1-Year-Old
- Sharing Books With Your 2-Year-Old
- Sharing Books With Your Preschooler
- Sharing Books With Your School-Age Child
- The Secret to a Smarter Baby

Pediatric Professional ePubs in this AAP series include the following:

- Evidence Supporting Early Literacy and Early Learning
- Finding the Right Book for Every Child
- Selecting Books for Your Program
- What Every Pediatric Professional Can Do to Promote Early Literacy and Early Learning

Please visit aap.org/literacy for further information about resources mentioned within this publication and additional resources on early literacy.

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