



Exposure to Maternal Depression: The Impact on Children:

- Neurological delays and Cognitive deficits (Stein et al, 1991; (Diego et al, 2002)
- Baby's brain activity looks same as clinically depressed adults (Diego et al, 2002)
- Increased rates of depression and anxiety themselves in childhood and as adults (Diego, et al, 2002; Pediatric Child Health, 2004)
- Lower self-esteem (Pediatric Child Health, 2004)
- Correlated with later ADHD and behavior problems (Van Den Bergh et al. Neuroscience Biology Behavior Review 2005; 29(2)
- Preschoolers (Long Term Effects of Postpartum Depression Exposure) (Pediatric Child Health, 2004)
 - Insecure emotional attachment with mom
 - Poorer attention
 - Lower frustration tolerance and anger control (aggressive)
 - Poorer cognitive processing
 - Poorer social behavior
 - Poorer performance on verbal comprehension
 - Poorer expressive language skills
 - Less cooperative (not willing to share)
- School Age Children (Long Term Effects of Postpartum Depression Exposure) (Pediatric Child Health, 2004)
 - More conflict with peers and siblings
 - More aggression and uncontrollable anger
 - Poor cognitive processing
 - Poor school work
 - Enuresis (bed wetting)
 - Sleep problems
 - Withdrawal, passivity
 - Anxiety
- Teenagers: correlated with impulsivity on testing and poorer scores on Intelligence subtests (Pediatric Child Health, 2004; Van Den Bergh et al. Neuroscience Biology Behavior Review 2005; 29(2)
- Poorer Safety Practices by Moms with depression (Paulson, 2006; Phelan, et al, 2007)

- Less likely to use car seat
- Less likely to reduce water temperature
- Less likely to put infants to sleep on their backs
- More Likely to put infants to bed with bottle