

SaturDATE
WITH
ARIF

(Achieving Resilient & Inspiring Families)

& **Masjid**
AL-ISTIGHFAR

present

Post-Natal
life.

What must husbands know?



Life Once the Baby is Born

Dr Suzanna Sulaiman

KKH

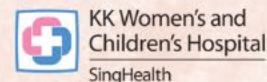
15 July 2023



Organised by



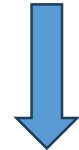
Supported by



The moment you deliver



Pain
Energy
Exhaustion
Sweat
Stretch
Tears



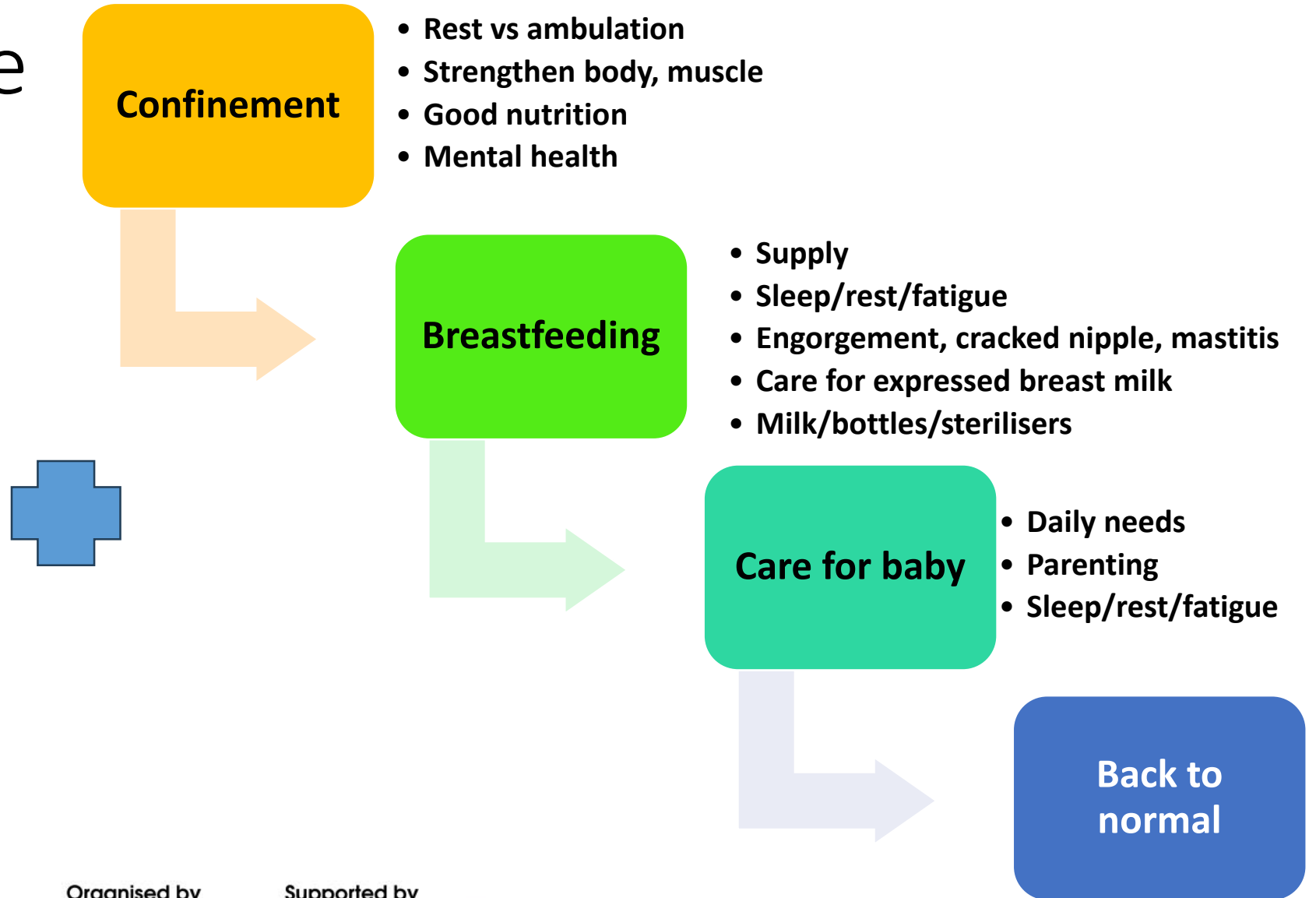
Organised by



Supported by



Postnatal Life



Organised by



Supported by



Help me...please...



Organised by



Supported by





Emotional Wellness

Postnatal Blues

typically peak on the **4th- 5th day** after delivery, may last for **a few hours/days**, remitting spontaneously within **2 weeks of delivery**.

mood lability, tearfulness, anxiety, difficulty in sleeping, irritability.

Postnatal Depression

1 per 10 women

Depressed/sad mood
Tearfulness
Fatigue/Sleep disturbance
Poor concentration
Change in appetite
Feeling of
guilt/worthlessness/
incompetence
Loss of interest in activities

Postnatal Psychosis

1 to 2 per 1000 women

Rapidly shifting depressed/elated mood, disorientation/confusion, and erratic/disorganized behavior.
Delusional beliefs.
Auditory hallucinations.
Infanticide, as well as suicide.

Organised by



Supported by



Risk Factors to Postnatal Depression(PND)

- Previous episode of PND
- Depression during pregnancy
- History of depression/bipolar disorder
- Recent stressful life events
- Inadequate social supports
- Marital problem



Organised by



Supported by



What you can do

Husband

- How do I recognise?
- What can I do to help?
- Who can I ask for help?

Wife

- How do I ask for help?
- How do I tell my husband?
- Who can I ask for help?

RECOGNISE THE EARLY SIGNS

Not all that glitter is gold, not all low mood is depression

Organised by



Supported by



Treatment

- Treat medical causes
- Support
- Medication e.g Antidepressants
- Inpatient treatment

THE STRAITS TIMES

SINGAPORE

PDF

New guidelines to support mental health of women during pregnancy and after birth



Organised by



Supported by





Organised by



Supported by

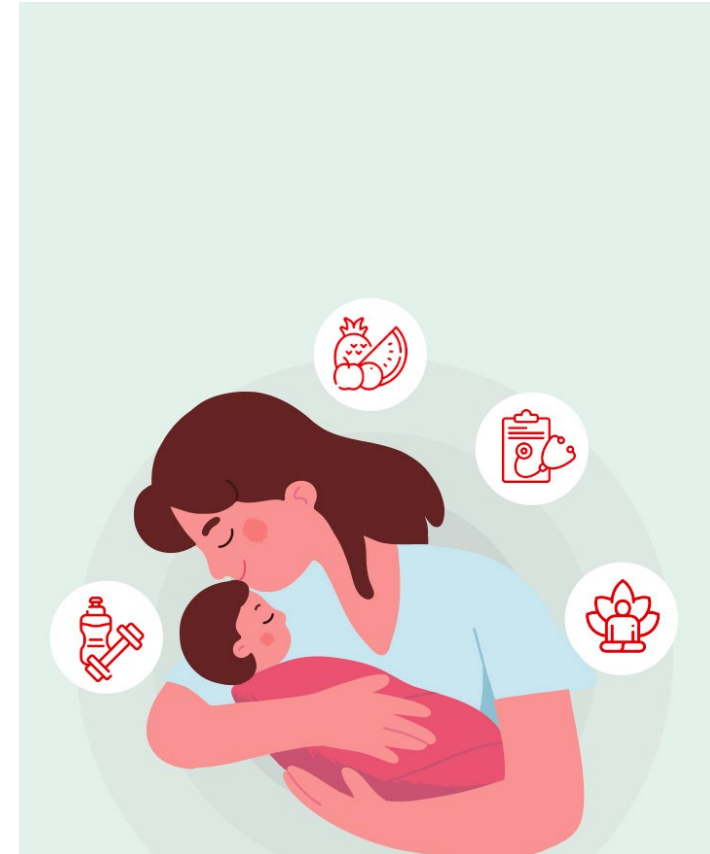


Caring for Our Mental Well-Being



What is “Back to Normal”?

- Daily necessities
- Physical exercise
- Work
- Mental wellness
- Family planning
- Sexual activity/Intimacy
- Secondary subfertility



Organised by



Supported by



Rekindling Intimacy

- “Sex is a powerful tie to bind”
- It is not only physical pleasure...
 - Connection
 - Closeness
 - Affection
 - Feeling attractive
 - Feeling whole as a person (BE-ing ONE)



Organised by



Supported by



When to Resume Sexual Intercourse

- How long should I wait?
- “Clean”
- “Healed”
 - Normal vaginal delivery versus Caesarean section
- “Ready”
 - Am I? Are you?
- Can I? May I?
- What about the newborn?
- Start small
- Be understanding
- Be patient
- Be gentle
- Roles
- Are we safe?
- Pillow Talk – Our Needs

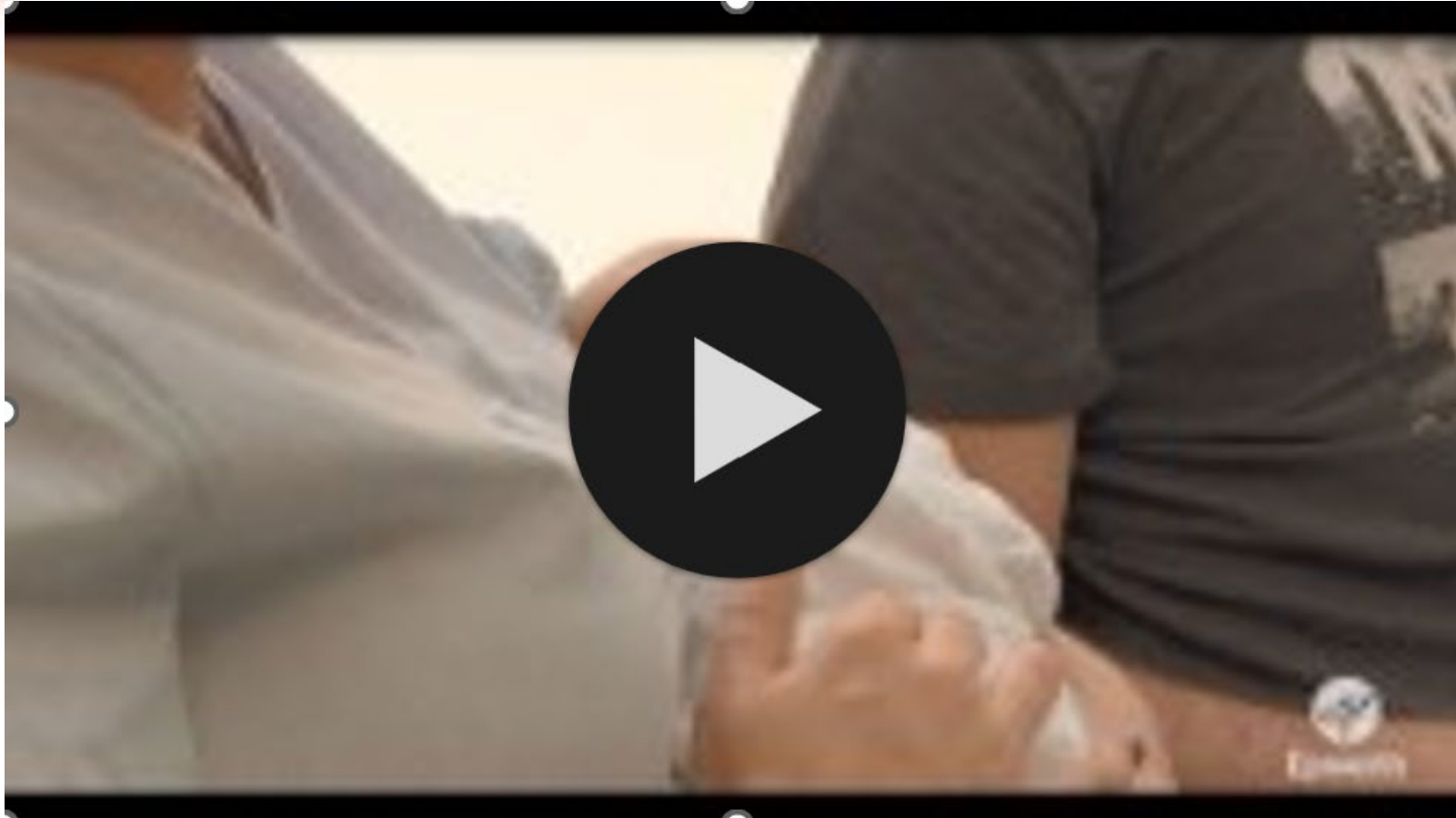
Organised by



Supported by



What can you do to support your partner



Organised by



Supported by



KK Women's and
Children's Hospital
SingHealth



Majlis Ugama Islam Singapura
(Islamic Religious Council of Singapore)



TEMASEK
FOUNDATION



The Husbands

- Your role changes too (financial, spiritual, physical, emotional preparation)
- You were pregnant too
- You support her - in all ways, always
- You remind her that she is doing good
- You remind her of your dreams as a couple, as a family
- You are the best birth partner
- You are her best fan!

Organised by



Supported by



To laugh it off...

I told my wife
she should
embrace her
mistakes...
She hugged me.



**Marriage is not just
spiritual communion
and passionate
embraces; marriage is
also three-meals-a-day
and remembering to
carry out the trash.**

Joyce Brothers
Homemade
GIFTS MADE EASY

Organised by



Supported by



Resources



Association for
Breastfeeding Advocacy
(Singapore)



www.healthhub.sg



Breastfeeding
Mothers'
Support Group
SINGAPORE



www.projectarif.sg

Organised by



Supported by

