**All items in BLUE are completed**

<https://momsapp.netlify.com/>

**Landing page**

* Can you change the color or tint of the photo? A patient advisory described it as too harsh. Something softer! (I like the navy blue … maybe a version of green like we have in our logo) **MMHN green = RBG 192,199,10 | #c0c70a**
* Title = ??? **KELLY IS WORKING ON IT** Emotional Wellness Self-Help Tool
* Helping those who want to become pregnant, are pregnant and just welcomed a baby understand and manage perinatal depression and anxiety

**About this Resource**

* The sentence that begins with ‘Our intention …’ is repeated 2x
* Replace ‘maternal depression and anxiety’ with ‘perinatal depression and anxiety’

**Let’s Get Started**

* Can you delete the questions underneath the titles? We don’t think they are necessary. And this would make the boxes smaller.

**I’m Thinking of Having a Baby**

* Need new photo for this section **DONE … image provided by Kelly. Attribution added to Credits page.**
* **Is it possible to distinguish each section with a different color backdrop – just alternate a light gray and white color to break it up more? Let’s discuss on team call**
* **Is it possible to put the share links (twitter, facebook and mail icons) on the right or left columns and have them ‘float’ down the page?**
* Know When to Get Help – Change ‘Difficulties concentrating’ to ‘Difficulty concentrating’
* Let’s combine the ‘Know when to get help’ and ‘How to tell you need help’ sections. Just move the second section up below the list of symptoms and delete the heading. Please move the Take Action box below so that it appears right above ‘What Does Help Look Like?’
* Self care - Making adjustments in your life to reduce stress, such as get exercise, sleep more, or make changes in your diet. (Add such as before get exercise)
* Peer support – replace ‘experienced infertility and/or loss’ with ‘had difficulty conceiving, including infertility and/or loss’
* Groups – replace ‘women’ with people’
* Medication - replace ‘women’ with people’
* There is not one right way - replace ‘women’ with people’
* There is not one right way – replace ‘or’ with ‘Also’
* Take Action box – Delete the 1st sentence about harming yourself. And delete ‘Warning’.
* Can we create a Warning Box (similar to the Take Action box). This would say ‘If you are having thoughts of harming yourself or if you feel that you can see and hear things that others can’t, reach out for help immediately. Do not suffer with scary thoughts alone. This can be positioned where the When is Mental Health an Emergency section is currently. (And please delete that section)
* Remember section – can you bold each of the 3 main sentences and include the italic text directly to the right (not underneath). **Rendered in table**

**I’m Pregnant**

* **Is it possible to distinguish each section with a different color backdrop – just alternate a light gray and white color to break it up more? Let’s discuss on team call**
* **Is it possible to put the share links (twitter, facebook and mail icons) on the right or left columns and have them ‘float’ down the page?**
* Emotional changes during pregnancy – delete first sentence
* Balancing needs – delete the second sentence that starts with ‘Taking care …’
* Create your Postpartum Action Team box – delete the vertical space between the last and second to last sentence
* Know when to get help – delete 3rd bullet point (feeling nervous)
* Big changes in appetite – add ‘significantly’ after eating and before more
* Change ‘difficulties’ to ‘difficulty concentrating’
* Delete feeling so overwhelmed it makes you hopeless
* Change to Crying all the time or not being able to stop crying
* Take Action box – Delete the 1st sentence about harming yourself. And delete ‘Warning’
* Let’s combine the ‘Know when to get help’ and ‘How to tell you need help’ sections. Just move the second section up below the list of symptoms and delete the heading. Please move the Take Action box below so that it appears right above ‘What Does Help Look Like?’
* How to tell that you need help - If your symptoms are impacting your life, by creating problems with your partner, your ability to care for yourself and the baby or do your job ...
* Self care - Making adjustments in your life to reduce stress, such as get exercise, sleep more, or make changes in your diet. (Add such as before get exercise)
* Peer support - Talk to friends and family members who have experienced depression or anxiety during pregnancy. You will quickly learn that you are not alone.
* Support groups – other pregnant people. (add pregnant, delete trying to conceive and/or who have experienced loss)
* Individual psychotherapy – delete ‘infertility and/or loss’ and add ‘your pregnancy’
* Medication – replace ‘mothers’ with ‘parents’
* Can we create a Warning Box (similar to the Take Action box). This would say ‘If you are having thoughts of harming yourself or if you feel that you can see and hear things that others can’t, reach out for help immediately. Do not suffer with scary thoughts alone. This can be positioned where the When is Mental Health an Emergency section is currently. (And please delete that section)
* Remember section – can you bold each of the 3 main sentences and include the italic text directly to the right (not underneath).

**I’ve Had My Baby**

* **Is it possible to distinguish each section with a different color backdrop – just alternate a light gray and white color to break it up more? Let’s discuss on team call**
* **Is it possible to put the share links (twitter, facebook and mail icons) on the right or left columns and have them ‘float’ down the page?**
* Delete first heading ‘What changes after your baby is born?’
* Passing down the good - We all have had both good and difficult aspects of our upbringing. It can seem overwhelming to figure out how to create the life you want for you baby, especially if you have concerns about the negative things you experienced in your own childhood.
* Good Mom v Bad Mom – We want to rewrite this slightly and delete the table. Please replace the text with the below:

Modern day society imposes a number of expectations on motherhood. According to the media and other sources, a *Good Mom* is one who is married, has only two kids, exclusively breastfeeds, makes her own baby food, loses her baby weight immediately after birth, has kids who sleep through the night since birth, got pregnant on her first try, has a clean house, and more! What this list demonstrates is that the concept of a *Good Mom* is an impossible ideal. Instead, we’d like to propose the concept of a *Good Enough Mom*. A *Good Enough Mom* takes care of her own needs so that she can better care for her baby. Keep that in mind as you navigate the postpartum period.

* Balancing needs – delete ‘When you take care of yourself, you will indirectly be taking care of your baby’
* Activity Box – delete vertical space between two sentences.
* Circle of Support – delete last sentence
* Delete Getting Sleep heading
* Promoting sleep and rest – replace ‘sleeping and resting’ in the second sentence with ‘it’
* Promoting sleep and rest – replace ‘things to consider’ with ‘ways’
* Delete ‘this promotes rest during times without activities’
* 4th bullet point – replace ‘relaxing’ with ‘resting’
* Make the last bullet point a sentence below the bulleted list (i.e. don’t bullet it).
* Delete ‘Know When to Get Help’
* Replace the text with the following: The “Baby Blues” are mood changes experienced during the first couple of weeks after having your baby. During this time, it is normal to experience tearfulness, irritability, sadness, sleeplessness, anxiety, and exhaustion. It usually lasts between 3 to 14 days and it goes away on its own. If these symptoms persist, it could be a sign of postpartum depression or postpartum anxiety.
* Postpartum depression and anxiety – Move the first bullet point further down the list.
* Delete feeling nervous
* Feeling so nervous that nothing can calm you down (replace ‘me’ with ‘you’)
* Feeling so overwhelmed (delete it made me hopeless)
* Take Action box – Delete the 1st sentence about harming yourself. And delete ‘Warning’
* Let’s combine the ‘Know when to get help’ and ‘How to tell you need help’ sections. Just move the second section up below the list of symptoms and delete the heading. Please move the Take Action box below so that it appears right above ‘What Does Help Look Like?’
* Self care - Making adjustments in your life to reduce stress, such as get exercise, sleep more, or make changes in your diet. (Add such as before get exercise)
* Peer Support - Talk to friends and family members who have experienced postpartum depression and anxiety. You will quickly learn that you are not alone.
* Support Groups - Replace ‘women trying to conceive and/or who have experienced loss’ with ‘people who have recently had babies’.
* Individual Psychotherapy – Replace ‘infertility and/or loss’ with ‘postpartum depression and anxiety’
* Medication – Replace ‘expectant mothers’ with ‘postpartum parents’
* Can we create a Warning Box (similar to the Take Action box). This would say ‘If you are having thoughts of harming yourself or if you feel that you can see and hear things that others can’t, reach out for help immediately. Do not suffer with scary thoughts alone. This can be positioned where the When is Mental Health an Emergency section is currently. (And please delete that section)
* Remember section – can you bold each of the 3 main sentences and include the italic text directly to the right (not underneath).

**Managing Stress**

* Stress is usually perceived as something negative, but some types of stress can be good for you. It’s important to know how to tell the difference between positive and negative stress.
* Managing Stress – delete ‘to help you’. Replace ‘certain’ with ‘positive coping’
* Important factors – delete ‘and accepting’ and delete ‘and thereby decreasing overwhelm’
* Activity – delete vertical space between 2 sentences
* Realistic expectations – delete last bullet point (you are a Rockstar)
* Communication skills – can you put the illustrative talking points in italics?
* Practicing one’s tolerance – delete ‘Tunnels and Bridges’ from the heading
* Add ‘instead, they’ after ‘and’ in the first sentence
* Delete the vertical space
* Delete ‘Most importantly, trust your instincts.’

**Mindfulness Exercises**

* **Is it possible to distinguish each section with a different color backdrop – just alternate a light gray and white color to break it up more? Let’s discuss on team call**
* **Is it possible to put the share links (twitter, facebook and mail icons) on the right or left columns and have them ‘float’ down the page?**
* Tuning into Your Five Senses – can we make the card for each sense smaller and list side by side. Feedback was that there was too much scrolling in this section. **CARDS REDESIGNED**
* Can we upload an audio file that guides users through this exercise? **Yes, but will need to host it on a streaming server. Send me the audio file as MP3 and let me sort out a no-cost streaming solution (I’m thinking about a free account on AnchorFM, which offers high quality playback with low latency)**
* ~~Calming breath – delete last sentence or delete??~~ DELETED AS REQUESTED BELOW
* ~~Mindful moments – delete?~~
* Breath Meditation – put this at the top of the page
* Identifying automatic negative thoughts and turning them around – Replace with ‘Identify negative thoughts and turn them around’

#### Identifying automatic negative thoughts and turning them around – Replace with Cognitive Reframe?? **[No action taken]**

* Replace ‘moms’ with ‘parents’
* Delete ‘it can ben helpful to try and’ and replace with ‘try to’

**The Role of Partners**

* **Is it possible to distinguish each section with a different color backdrop – just alternate a light gray and white color to break it up more? Let’s discuss on team call**
* **Is it possible to put the share links (twitter, facebook and mail icons) on the right or left columns and have them ‘float’ down the page?**
* Delete ‘Those who know you best may notice.’ In intro

**Care Plan**

* Delete ‘moving’
* **Who can I turn to … When a box is checked, there should be a text box that appears below it. The user will then answer the question in the text box. [By design, this is a static app that provides information, but does not collect or store personal patient information from users. We can enable form caching, but the performance of this will vary depending on the browser. May we instead add a line that asks the viewer to write down the name of their support person and keep it handy?]**
* Mindfulness exercises – delete as necessary **NOT FOUND**
* **Download Care plan – I got a message ‘Failed no file.’ Is this not set up yet? Is it possible to email it to yourself? MMHN TO PROVIDE PDF**

**Team Credits**

* This free maternal mental health resource is made available through the generous support the California HealthCare Foundation and in Partnership with the Hospital Quality Institute
* Add the following names as editorial team members:
* Suzanne Bressler, Sutter Health
* Boris Kalanj,  MSW, LCSW, Director, Cultural Care and Experience, Hospital Quality Institute
* Kelly O’Connor Kay, Executive Director Maternal Mental Health NOW
* Gabrielle Kaufman, MA, LPCC, BC-DMT, NCC, PMH-C, Clinical Director, Maternal Mental Health NOW
* Anna King, LCSW, PMH-C, Clinical Training Specialist, Maternal Mental Health NOW
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* Melissa Saccoccio, Patient Advisor
* Miriam Schultz, MD, Adult & Reproductive Psychiatry
* Barbara Sheehy, MS, Project Manager, Maternal Mental Health Project, CommonSpirit Health
* Julia Slininger, RN, BS, CPHQ, Program Manager, Perinatal Mental Health Initiative, Hospital Quality Institute
* Anna Sutton, RN, PHN, MSN, Director, Public Health Nursing, MCH, Yolo County Public Health

**Feedback Not Captured**

During Pregnancy – taking time to connect with baby feels judgy

During Pregnancy – what does help look like? Add links

Provide Scripts – how to ask for support

Hi there again,

An update on the edits that I sent to you yesterday …

* Please delete Calming Breathe and Mindful Moments sections from the Mindfulness Exercises section.
* There is a paragraph at the bottom of the Identifying negative thoughts section.  This should be its own section and the title should be H.A.L.T.
* Can you add new text boxes (similar to the Take Action boxes) below Circle of Support on each of the 3 stages?  The text boxes should be labelled 'How to Ask for Help' and the text within each box is below:
  + Before Pregnancy - "I think I want to get pregnant, but I'm scared.  I think I need to talk to somebody."  "This is really stressing me out.  Its seems like everyone in the world can get pregnant except for me.  Can you help me find someone that I can talk to."
  + During Pregnancy  - "I'm not feeling like myself.  I think I need help.  Can you help me find someone to talk to?"  "I feel so alone in my feelings.  Do you think there are other people like me who are having a hard time being pregnant.  Can you help me find them?"
  + After Pregnancy - "I am really, really tired.  Can you watch the baby for 3 hours so that I can nap?"  "I'm having a hard time getting dinner on the table.  Could you prepare some meals that I can stick in the freezer?"  "I thought this would be different.  I'm not feeling like myself.  Can you help me find someone I can talk to?"
* In during pregnancy - delete the boxes about creating a playlist of songs and postpartum action team.
* **I am awaiting graphics for Affirmations and Turning Negative Thoughts around and for Trying to Get pregnant.   Will send as soon as!**
* On the credits page, Suzanne's affiliation is as follows: Suzanne Bressler, RNC, MSN, CNS,Clinical Performance Improvement Consultant, Sutter Health
* Still thinking of a snappy title.

Thank you!

Kelly