# How a Mother’s Mental Health Affects Her Child (Mother’s Day, May 14)

Mothers play a huge role in shaping their children’s life and mind. From their childhood memories to their habits, children learn many of their ideas for navigating the world from their mothers.

That is why a mother’s mental health and wellness play such a significant role in the development and future of her child. From the prenatal stage well into adulthood, this is how a mother’s mental health affects her child.

## The Impacts of Maternal Mental Health in Pregnancy

The impact of a mother’s [mental health begins in the womb](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10889100/#:~:text=In%20utero%20depression%20was%20associated,aspects%20of%20children's%20cognitive%20development.). Yes, you read that correctly. A woman’s mental and emotional state while pregnant significantly impacts her baby’s development. It can affect the child’s temperament and has even been suggested to predispose them to mental health struggles later in life.

Maternal mental health struggles don’t only impact fetal mental health, though. Some studies have linked mental health disparities like stress, anxiety, and depression to a number of physical issues like low birth weight and preterm birth.

## The Fourth Trimester

Once a child is born, the bond between the mother and baby plays a critical role in development. From emotional regulation to the child’s ability to form healthy attachments, a mother’s ability to bond with her baby can have a huge impact. This ability to bond is significantly affected by the mother’s mental health and emotional state, making her wellness critical to the baby’s development.

## Mental Health Through Every Stage of Life

As the child grows, their mother’s mental health will continue to impact their view and behaviors within their world. Children are like sponges, soaking up every bit of information they can from those around them, like their mothers.

This means that they will be learning emotional regulation, self-care habits, how to form relationships, and more from their mothers.

## Caring for Maternal Mental Health

As a mother, your mental health is crucial to the development of your child. Finding little ways to care for your mental health is key to teaching your little ones healthy habits for their mental wellness. A few ways you can do this include:

### **Develop a Routine That Allows Space for Rest**

Developing a healthy routine that allows time for breaks can be critical to maintaining quality mental health. From morning routines to weekly rhythms, maintaining a routine allows you to ensure you are reaching healthy habit goals and scheduling time for self-care.

### **Set Healthy Boundaries**

Healthy boundaries are a key player in maintaining optimal mental health. Establish realistic expectations for yourself by saying no when you need to, developing a healthy work-life balance, and avoiding taking on more tasks than you can handle while maintaining your health.

### **Care for Your Physical Health**

Your physical health plays a huge role in caring for your mental health. Make sure you get enough sleep. Make time to move your body daily. Eat nutritious and filling foods. Sell your doctor's advice for any health concern.

### **Seek Help When Needed**

If you are experiencing mental health struggles, talking to a mental health professional is crucial. Reach out to a professional, and don’t be afraid to open up to them about your symptoms.

If you are considering beginning therapy, we are here for you. [Contact](https://www.michiganpsychologicalcare.com/contact.php) us today, and our caring mental health professionals will work to help you develop a deeper understanding of your thoughts, emotions, and feelings.

**References**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10889100/#:~:text=In%20utero%20depression%20was%20associated,aspects%20of%20children's%20cognitive%20development>

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