



Edinburgh Postnatal Depression Scale (EPDS)

Pt Name: _____

DOB: _____

Patient #: _____

Date of Service: _____

NOTE: Not a permanent part of the chart – Enter Total score into Intergy – Shred Document

Instructions: As 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 would mean: "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
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
- *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
4. I have been anxious or worried for no good reason
 - ☐ No, not at all
 - ☐ Hardly ever
 - ☐ Yes, sometimes
 - ☐ Yes, very often
- *5. I have felt scared or panicky for no very good reason
 - ☐ Yes, quite a lot
 - ☐ Yes, sometimes
 - ☐ No, not much
 - ☐ No, not at all
- *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
- *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
- *8. I have felt sad or miserable
 - ☐ Yes, most of the time
 - ☐ Yes, quite often
 - ☐ Not very often
 - ☐ No, not at all
- *9. I have been so unhappy that I have been crying
 - ☐ Yes, most of the time
 - ☐ Yes, quite often
 - ☐ Only occasionally
 - ☐ No, never
- *10. The thought of harming myself has occurred to me
 - ☐ Yes, quite often
 - ☐ Sometimes
 - ☐ Hardly ever
 - ☐ Never

Administered/Reviewed by: _____

¹Source: Cox, J.L., Holden, J.M., and Sagovsky, R. 1987. Detection of postnatal depression: Development of the 10-item Edinburgh Postnatal Depression Scale British Journal of Psychiatry 150:782-786.

²Source: K.L. Wisner, B.L. Parry, C.M. Piontek, Postpartum Depression N Engl J Med vol. 347, No 3, July 18, 2002.

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BRIGHT FUTURES HANDOUT ► PARENT

1 MONTH VISIT

Here are some suggestions from Bright Futures experts that may be of value to your family.

✓ HOW YOUR FAMILY IS DOING

- If you are worried about your living or food situation, talk with us. Community agencies and programs such as WIC and SNAP can also provide information and assistance.
- Ask us for help if you have been hurt by your partner or another important person in your life. Hotlines and community agencies can also provide confidential help.
- Tobacco-free spaces keep children healthy. Don't smoke or use e-cigarettes. Keep your home and car smoke-free.
- Don't use alcohol or drugs.
- Check your home for mold and radon. Avoid using pesticides.

✓ HOW YOU ARE FEELING

- Take care of yourself so you have the energy to care for your baby. Remember to go for your post-birth checkup.
- If you feel sad or very tired for more than a few days, let us know or call someone you trust for help.
- Find time for yourself and your partner.

✓ FEEDING YOUR BABY

- Feed your baby only breast milk or iron-fortified formula until she is about 6 months old.
- Avoid feeding your baby solid foods, juice, and water until she is about 6 months old.
- Feed your baby when she is hungry. Look for her to
 - Put her hand to her mouth.
 - Suck or root.
 - Fuss.
- Stop feeding when you see your baby is full. You can tell when she
 - Turns away
 - Closes her mouth
 - Relaxes her arms and hands
- Know that your baby is getting enough to eat if she has more than 5 wet diapers and at least 3 soft stools each day and is gaining weight appropriately.
- Burp your baby during natural feeding breaks.
- Hold your baby so you can look at each other when you feed her.
- Always hold the bottle. Never prop it.

If Breastfeeding

- Feed your baby on demand generally every 1 to 3 hours during the day and every 3 hours at night.
- Give your baby vitamin D drops (400 IU a day).
- Continue to take your prenatal vitamin with iron.
- Eat a healthy diet.

If Formula Feeding

- Always prepare, heat, and store formula safely. If you need help, ask us.
- Feed your baby 24 to 27 oz of formula a day. If your baby is still hungry, you can feed her more.

✓ CARING FOR YOUR BABY

- Hold and cuddle your baby often.
- Enjoy playtime with your baby. Put him on his tummy for a few minutes at a time when he is awake.
- Never leave him alone on his tummy or use tummy time for sleep.
- When your baby is crying, comfort him by talking to, patting, stroking, and rocking him. Consider offering him a pacifier.
- *Never hit or shake your baby.*
- Take his temperature rectally, not by ear or skin. A fever is a rectal temperature of 100.4°F/38.0°C or higher. Call our office if you have any questions or concerns.
- Wash your hands often.

Helpful Resources: National Domestic Violence Hotline: 800-799-7233 | Smoking Quit Line: 800-784-8669
Information About Car Safety Seats: www.safercar.gov/parents | Toll-free Auto Safety Hotline: 888-327-4236

1 MONTH VISIT—PARENT



SAFETY

- Use a rear-facing-only car safety seat in the back seat of all vehicles.
- Never put your baby in the front seat of a vehicle that has a passenger airbag.
- Make sure your baby always stays in her car safety seat during travel. If she becomes fussy or needs to feed, stop the vehicle and take her out of her seat.
- Your baby's safety depends on you. Always wear your lap and shoulder seat belt. Never drive after drinking alcohol or using drugs. Never text or use a cell phone while driving.
- Always put your baby to sleep on her back in her own crib, not in your bed.
 - Your baby should sleep in your room until she is at least 6 months old.
 - Make sure your baby's crib or sleep surface meets the most recent safety guidelines.
 - Don't put soft objects and loose bedding such as blankets, pillows, bumper pads, and toys in the crib.
- Swaddling should be used only with babies younger than 2 months.
- If you choose to use a mesh playpen, get one made after February 28, 2013.
- Keep hanging cords or strings away from your baby. Don't let your baby wear necklaces or bracelets.
- Always keep a hand on your baby when changing diapers or clothing on a changing table, couch, or bed.
- Learn infant CPR. Know emergency numbers. Prepare for disasters or other unexpected events by having an emergency plan.

WHAT TO EXPECT AT YOUR BABY'S 2 MONTH VISIT

We will talk about

- Taking care of your baby, your family, and yourself
- Getting back to work or school and finding child care
- Getting to know your baby
- Feeding your baby
- Keeping your baby safe at home and in the car

Consistent with *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents*, 4th Edition

For more information, go to <https://brightfutures.aap.org>.

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



The information contained in this handout should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances. Original handout included as part of the *Bright Futures Tool and Resource Kit*, 2nd Edition.

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Immunizations for Babies

A Guide for Parents

These are the vaccinations your baby needs!

At birth ^{1,2}	HepB RSV-mAb ¹ 0–7 mos												
2 months ^{1,2}	HepB 1–2 mos ²	+	DTaP	+	PCV	+	Hib	+	Polio	+	RV		
4 months ^{1,2}	HepB ³	+	DTaP	+	PCV	+	Hib	+	Polio	+	RV		
6 months ^{1,2}	HepB 6–18 mos ²	+	DTaP	+	PCV	+	Hib ⁴	+	Polio 6–18 mos ²	+	RV ⁵	+	Influenza ⁶ + COVID ⁷
12 months and older ^{1,2}	MMR 12–15 mos ²	+	DTaP 15–18 mos ²	+	PCV 12–15 mos ²	+	Hib 6–18 mos ²	+	Chickenpox 12–15 mos ²	+	HepA ⁸ 12–23 mos ²	+	Influenza ⁶

Check with your doctor or nurse to make sure your baby is receiving all vaccinations on schedule. Many times vaccines are combined to reduce the number of injections. Be sure you ask for a record card with the dates of your baby's vaccinations; bring this with you to every visit.

Here's a list of the diseases your baby will be protected against:

HepB: hepatitis B, a serious liver disease

DTaP: diphtheria, tetanus (lockjaw), and pertussis (whooping cough)

PCV: pneumococcal conjugate vaccine protects against a serious blood, lung, and brain infection

Hib: *Haemophilus influenzae* type b, a serious brain, throat, and blood infection

Polio: polio, a serious paralyzing disease

RSV: respiratory syncytial virus, a serious lung infection

RV: rotavirus infection, a serious diarrheal disease

Influenza: a serious lung infection

MMR: measles, mumps, and rubella

COVID-19: a serious and highly infectious disease

HepA: hepatitis A, a serious liver disease

Chickenpox: also called varicella

Notes to above chart:

1. From October through March, infants age birth through 7 months may need RSV preventive antibody (RSV-mAb) if RSV vaccine was not given during pregnancy. Certain older infants age 8 through 19 months may need RSV-mAb during their second RSV season.
2. This is the age range in which this vaccine should be given.
3. Your baby may not need a dose of Hep B vaccine at age 4 months, depending on the vaccine used. Check with your doctor or nurse.
4. Your baby may not need a dose of Hib vaccine at age 6 months, depending on the vaccine used. Check with your doctor or nurse.
5. Your baby may not need a dose of RV vaccine at age 6 months, depending on the vaccine used. Check with your doctor or nurse.
6. All children age 6 months and older should be vaccinated against influenza in the fall or winter of each year.
7. Your child will need 2 or 3 doses, depending on the brand of COVID-19 vaccine given.
8. Your child will need 2 doses of HepA vaccine, given at least 6 months apart.



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Questions Parents Ask About Vaccinations for Babies

Why are vaccinations important?

Vaccinations protect your child against serious diseases. They do this by teaching your immune system to watch for certain bacteria and viruses and to react quickly.

Why are vaccinations important?

Vaccinating your baby protects against serious diseases like measles, whooping cough, polio, tetanus (lockjaw), two forms of hepatitis, chickenpox, severe diarrhea, influenza, COVID-19, and more. Vaccines won't protect children from all minor illnesses, but they can prevent many serious diseases.

Why does my baby need these vaccines if the diseases are rare now?

- Some of these diseases are almost gone, but if your baby is not protected, she can get sick if she is ever exposed even once.
 - Some diseases are common in others parts of the world and are just a plane ride away.
 - Some diseases, such as measles and whooping cough, spread very easily, so babies need protection from unvaccinated people.
 - If we stop vaccinating against these diseases, many more people will become infected.
 - Vaccinating your child will keep him or her safe.
-

Are there better ways to protect my baby against these diseases?

- Vaccines are the most reliable way to keep babies safe from infection
- Breastfeeding has many benefits, including short-term immunity from some illnesses. Still, experts agree that it does not protect babies from diseases prevented by vaccines.
- Vitamins won't protect against the bacteria and viruses that cause these serious diseases.
- Chiropractic remedies, naturopathy, and homeopathy do not work to prevent vaccine-preventable diseases.

If a baby gets certain diseases, he may develop "natural" immunity. But he must go through the disease before he gets natural immunity. That illness may be terrible and leave him with long-term disabilities such as brain injury, paralysis, deafness, blindness, or even death. When you consider disease risks, vaccination is definitely the better choice.

Are vaccines safe?

- Vaccines are safe. We know this because scientists constantly gather information to make sure vaccines are safe.
- Every vaccine in the U.S. goes through many levels of testing *before* being licensed. Vaccine safety continues to be monitored as long as the vaccine is in use.
- Most vaccine side effects are minor, such as feeling sore where the vaccine was given or a low-grade fever. These side effects go away quickly and are easy to treat.
- Serious reactions are very rare. The tiny risk of a serious vaccine reaction should be weighed against the very real risk of getting a dangerous vaccine-preventable disease.

CONTINUED ON THE NEXT PAGE ►



Can my baby get a vaccine if she has a cold or fever, or is taking antibiotics?	Yes. Your child can still get a vaccine, despite having a mild illness, a low-grade fever, or while taking an antibiotic. Talk with your child's healthcare provider if you have questions.
How many times do I need to bring my baby in for vaccinations?	At least five visits are needed before age two years, but the visits can be timed to coincide with well-child check-ups. Your baby should get the first vaccine (hepatitis B) at birth, while still in the hospital. Multiple visits during the first two years are necessary because there are 15 diseases your baby can be protected against, and most require two or more doses of vaccine for the best protection.
How do I know when to take my baby in for vaccinations?	• Your healthcare provider should let you know when the next doses are due. If you are not sure, call your healthcare provider's office to find out. • Doses cannot be given too close together or immunity doesn't have time to build up. • On the other hand, you don't want to delay your child's vaccinations and get behind schedule because during this time, your child remains unprotected against these serious diseases.
If we miss an appointment, does my baby need to start the vaccines all over again?	No. If your baby misses some doses, just keep going with the series. Your provider will continue from where she left off.
How do I keep track of my baby's vaccinations?	• After each vaccination visit, ask for a copy of the vaccination record. Whenever your child receives a vaccine, make sure your copy gets updated. • Bring your copy of the record to all visits. Take a picture of it with your smartphone after it is updated so you have a back-up copy. • Make sure your child's vaccination record is also in the state registry for safe keeping. Your child's healthcare provider enters all vaccination records in the state immunization registry for safe-keeping.
What if I can't afford to get my child vaccinated?	• The U.S. Vaccines for Children program guarantees that vaccinations are free or low cost for all children younger than age 19 years when families can't afford them. • Call your healthcare provider or local/state health department to find out where to go for low-cost vaccinations. • You can get telephone numbers and website for state immunization programs at www.immunize.org/coordinators.

Your child's health depends on timely vaccinations.

Reliable Sources of Immunization Information: Where Parents Can Go to Find Answers!

Websites

American Academy of Pediatrics (AAP)

www.healthychildren.org

Centers for Disease Control & Prevention (CDC)

For parents: www.cdc.gov/vaccines/parents

For healthcare providers: www.cdc.gov/vaccines

Immunize.org's websites

For the public: www.vaccineinformation.org

For healthcare providers: www.immunize.org

Vaccinate Your Family

www.vaccinateyourfamily.org

Vaccine Education Center (VEC), Children's Hospital of Philadelphia

www.chop.edu/centers-programs/vaccine-education-center

Vaxopedia

www.vaxopedia.org/about/

Voices for Vaccines

www.voicesforvaccines.org

Use www.vaccines.gov to find influenza and COVID-19 vaccines near you.

Apps for Mobile Devices

CDC Mobile App – This app provides 24 hour, 7 days a week access to timely CDC vital health information. With direct links to social media, text and email, this app lets you immediately share information with friends and family. Available for Android and Apple devices.

Vaccines on the Go: What You Should Know – This app provides reliable information about the science, safety, and importance of vaccines and about the diseases they prevent. The app links to videos and resources as well as offering an opportunity to email vaccine-related questions directly to the experts at VEC. Created by VEC and available for Android and Apple devices.

Voices for Vaccines App – A free app, created by the Task Force for Global Health, helps debunk misinformation, guide vaccine conversations, and inspire advocacy. Available for Android and Apple devices.

Books for Parents

(available from your favorite book seller)

Baby 411: Your Baby, Birth to Age 1 by Denise Fields and Ari Brown, MD, Windsor Peak Press, 10th edition, 2022. See baby411.com/

Immunization Information: The Benefits and the Risks by Martin Myers, MD., Houndstooth Press, 2021.

Vaccines and Your Child, Separating Fact from Fiction by Paul Offit, MD and Charlotte Moser, 2011. See excerpts in <https://media.chop.edu/data/files/pdfs/vaccine-education-center-vaccine-safety-eng.pdf>

Video Suites

Immunize.org's Video Library – This website has hundreds of video clips about vaccines and vaccine-preventable diseases. Compiled by Immunize.org. <https://vaccineinformation.org/videos>

Shot by Shot Video Collection – Go to www.shotbyshot.org to see videos of people's stories of vaccine-preventable diseases shared on the California Immunization Coalition website.

Vaccine Education Center (VEC), Children's Hospital of Philadelphia Videos

Go to www.chop.edu/centers-programs/vaccine-education-center/resources/vaccine-videos-and-dvds for videos such as "Vaccine Conversations," "Dr. Offit Answers Your Questions @ Vaccines," "Doctors Talk Diseases," "My COVID-19 Vaccine Experience," "Perspectives on COVID-19 Vaccine for Kids," and the Vaccine Makers Project animations.

Getting Answers

CDC-INFO Contact Center – Operated by the CDC, this number is for anyone with questions about immunization and vaccine-preventable disease. At any time, email CDC via an online form at wwwn.cdc.gov/dcs/ContactUs/Form. Or, call (800) CDC-INFO or (800) 232-4636. TTY: (888) 232-6348; Monday through Friday from 8:00 a.m. to 8:00 p.m. (ET).

Vaccine Education Center (VEC), Children's Hospital of Philadelphia – Parents and healthcare professionals can email their questions to VEC directly at vacinfo@chop.edu.

