

# Parents of Infants with Newborn Seizures

## KNOW THAT YOU ARE NOT ALONE



Early intervention is not just for your child. Taking care of yourself helps you to take care of your baby.

It is common for parents to experience mental health symptoms related to their child's NICU experience.

It is important to get support when/if you experience these symptoms and they begin to interfere with daily life.

### NEW RESEARCH FINDINGS

Many parents whose babies had or still have seizures experience mental health symptoms that improve over time.

Some parents experience:

Hospital discharge after birth

24 months later

Anxiety



Depression



PTSD



### WHAT DOES THIS LOOK LIKE?

#### Depression

- Persistent sad, anxious, or "empty" mood
- Losing interest or pleasure in activities

Feeling:

- Hopeless, or pessimistic
- Irritable
- Guilty, worthless, or helpless
- Fatigued

To learn more:



#### Anxiety

- Difficulty concentrating
- Muscle tension
- Difficulty controlling worry
- Sleep problems, such as difficulty falling or staying asleep, or restlessness

Feeling:

- Restless or on-edge
- Irritable
- Easily fatigued

To learn more:



#### PTSD

- Nightmares or flashbacks
- Avoiding situations that bring up memories of the event
- Negative feelings and beliefs about life in general

Feeling:

- Uncomfortable, irritable or angry when in settings that trigger memories of the traumatic event

To learn more:



### EVERY PARENT'S EXPERIENCE IS DIFFERENT. HERE IS WHAT YOU CAN DO:

- Learn about the symptoms of depression, anxiety and PTSD.
- Ask your care provider\* to connect you with resources for social and emotional support:

"I am having trouble coping with the impact this has had on my child and my family. I would appreciate any resources you may have."

\*Case Worker, Pediatrician, Nurse, Teacher, Nurse Practitioner, Social Worker, Therapist

- Know that you are not alone. Learn more and connect with other parents who have similar experiences:



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[hopeforhie.org](http://hopeforhie.org)

[caseyscircle.org](http://caseyscircle.org)

[handtohold.org](http://handtohold.org)

[tinyurl.com/childneurofoundation](http://tinyurl.com/childneurofoundation)

[tinyurl.com/neoszreg](http://tinyurl.com/neoszreg)