

## **Case Study – Redditch Family Support Worker**

My first family was referred by the Health Visitor. Mom had had severe postnatal depression when her son was born, to the point of attempting suicide. Mom was in the mother and baby unit at the QE hospital for several weeks and was put under a CPN. Mom had full support from her partner throughout this time. Mom had very low self esteem and was put on a high dose of anti-depressants.

Mom also has two other children, a 17 year old daughter and a 7 year old son. Mom is still in contact with the daughter, and was currently going through court proceedings with regards to her son, which Mom was always too upset to talk about.

The health visitor wanted me to support Mom to play with her son and offer advice on safety in the home. The boy was 15 months old when I first visited, the house was very cluttered and Mom and son were still in their pyjamas at 3pm.

Over the weeks that I visited, Mom seemed a lot happier, she had not long married and had full support from her husband. I explained and showed Mom about different types of play, encouraging development, explaining safety issues, tidying regularly, having the space to move around, going to parks and groups, and routine.

Mom took all of this on board. As Mom worked it was difficult for her to come to groups, I suggested for her son to start nursery once or twice a week. Mom was keen but didn't feel confident enough to ask for information or to look at nurseries, I told her that I would speak to the nursery and find out all the information for her and that we could go along together for the first time. Mom was really pleased about this and felt more confident in herself.

Her son is now in nursery two days a week giving her more time to herself to clean, tidy and have more time for her own needs.

Mom is much happier and is currently on a much lower dose of medication.