All Our Families (AOF) is a community-based, longitudinal pregnancy cohort in Calgary, Alberta designed to understand relationships between life experiences, maternal and family well-being, and child development.

It’s no secret that babies bring newness and change to their families. AOF participants tell us their experiences with a new arrival in their home.

4 out of 5 participants reported high levels of optimism when they were pregnant.

**In the first year, new mothers experienced...**

<table>
<thead>
<tr>
<th>Competency</th>
<th>Moderate</th>
<th>High</th>
<th>Anxiety</th>
<th>Separation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parenting</td>
<td>81%</td>
<td>86%</td>
<td>16%</td>
<td>25%</td>
</tr>
</tbody>
</table>

*Neuroticism is the tendency to focus and dwell on the negative aspects of a situation, rather than the positives.*

During the postpartum period, nearly 16% of women experienced either anxiety or depression. However, AOF found that participating in the following activities helped to buffer the influence of poor maternal mental health on women, children, and families.

- Using low-cost community resources such as story time, recreation centres, or the library.
- Having a social support system in place such as a close friend, helpful neighbour, or group.
- Using a drop-in or structured child care arrangements.
- Learning to have a positive outlook.

In the first year after delivery, women reported the following intermed with daily tasks:

- **52%** back pain
- **17%** urinary incontinence

**By two years post-delivery:**

72% of mothers had returned to work or school, either part time or full time.

Among these women, nearly 1 in 2 use a formal childcare arrangement.

<table>
<thead>
<tr>
<th>Incontinence</th>
<th>17%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Back pain</td>
<td>52%</td>
</tr>
</tbody>
</table>

**What did we learn?**

When women can develop social support networks and engage in community activities, their mental health can improve. Improved maternal mental health can benefit mom, children and their families.

**Acknowledgements**

We extend gratitude to our AOF participants.

Learn more about us here:

[ALL OUR FAMILIES STUDY](https://www.allourfamilysstudy.com)

Results from the All Our Families Cohort

BABY IS HERE! HOW ARE MOMS DOING?

During the postpartum period, nearly 16% of women experienced either anxiety or depression. However, AOF found that participating in the following activities helped to buffer the influence of poor maternal mental health on women, children, and families.

- Using low-cost community resources such as story time, recreation centres, or the library.
- Having a social support system in place such as a close friend, helpful neighbour, or group.
- Using a drop-in or structured child care arrangements.
- Learning to have a positive outlook.

In the first year after delivery, women reported the following intermed with daily tasks:

- **52%** back pain
- **17%** urinary incontinence

**By two years post-delivery:**

72% of mothers had returned to work or school, either part time or full time.

Among these women, nearly 1 in 2 use a formal childcare arrangement.

**What did we learn?**

When women can develop social support networks and engage in community activities, their mental health can improve. Improved maternal mental health can benefit mom, children and their families.

**Acknowledgements**

We extend gratitude to our AOF participants.

Learn more about us here:

[ALL OUR FAMILIES STUDY](https://www.allourfamilysstudy.com)

Results from the All Our Families Cohort

BABY IS HERE! HOW ARE MOMS DOING?

During the postpartum period, nearly 16% of women experienced either anxiety or depression. However, AOF found that participating in the following activities helped to buffer the influence of poor maternal mental health on women, children, and families.

- Using low-cost community resources such as story time, recreation centres, or the library.
- Having a social support system in place such as a close friend, helpful neighbour, or group.
- Using a drop-in or structured child care arrangements.
- Learning to have a positive outlook.

In the first year after delivery, women reported the following intermed with daily tasks:

- **52%** back pain
- **17%** urinary incontinence

**By two years post-delivery:**

72% of mothers had returned to work or school, either part time or full time.

Among these women, nearly 1 in 2 use a formal childcare arrangement.

**What did we learn?**

When women can develop social support networks and engage in community activities, their mental health can improve. Improved maternal mental health can benefit mom, children and their families.

**Acknowledgements**

We extend gratitude to our AOF participants.

Learn more about us here:

[ALL OUR FAMILIES STUDY](https://www.allourfamilysstudy.com)