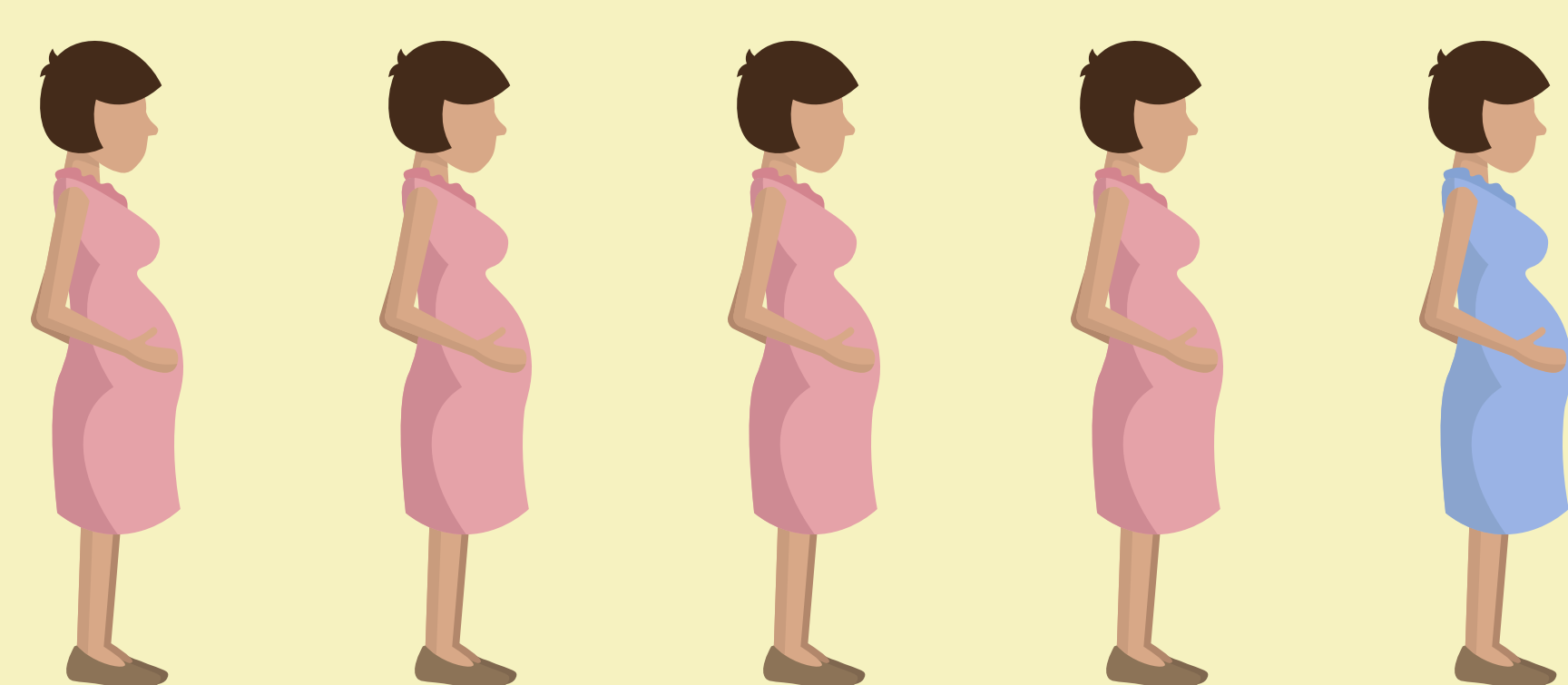


BABY IS HERE! HOW ARE MOMS DOING?



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.

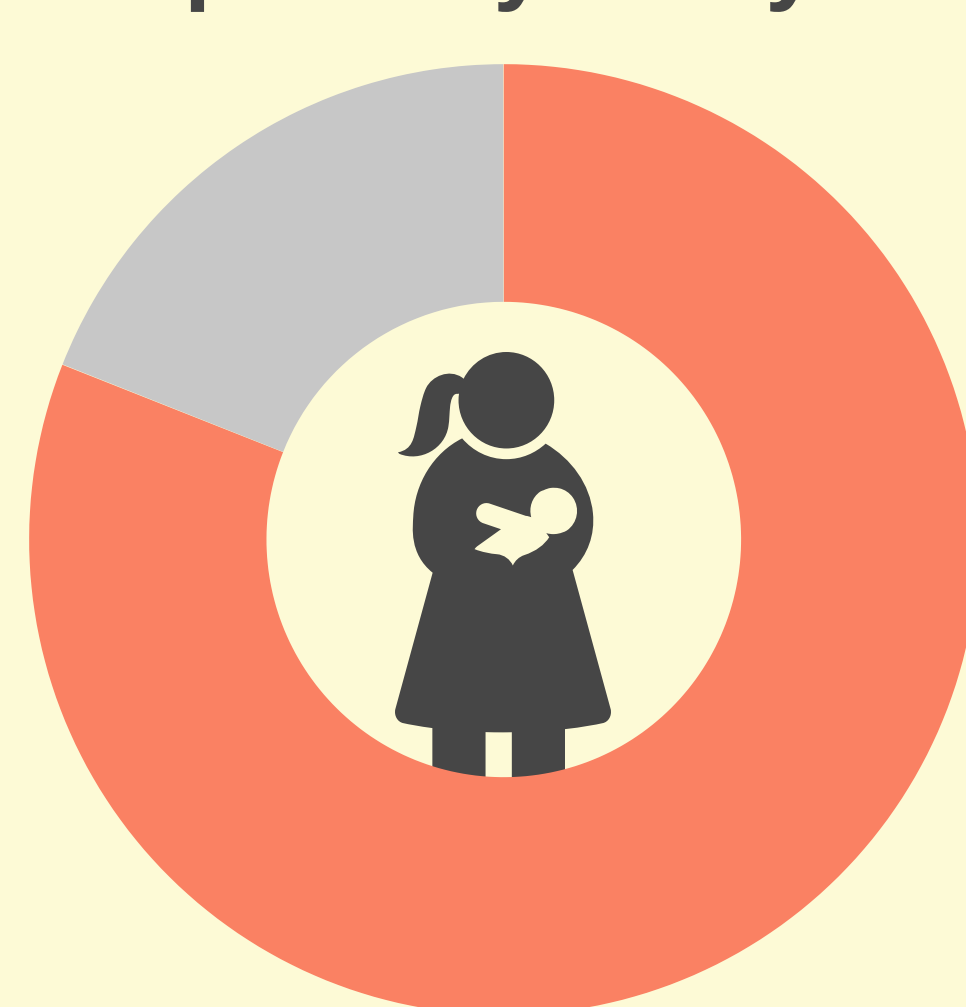
It's no secret that babies bring newness and change to their families. AOF participants tell us their experiences with a new arrival in their home.



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

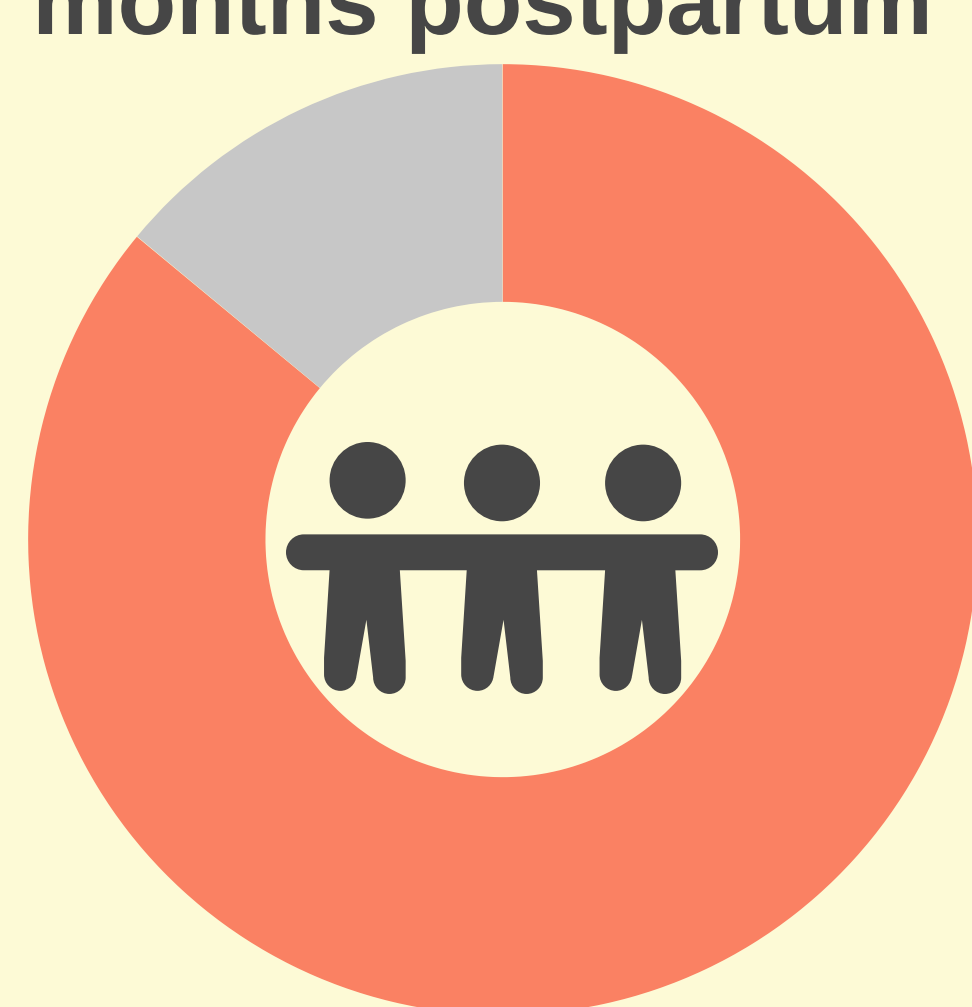
In the first year, new mothers experienced...

parenting competency at 1 year



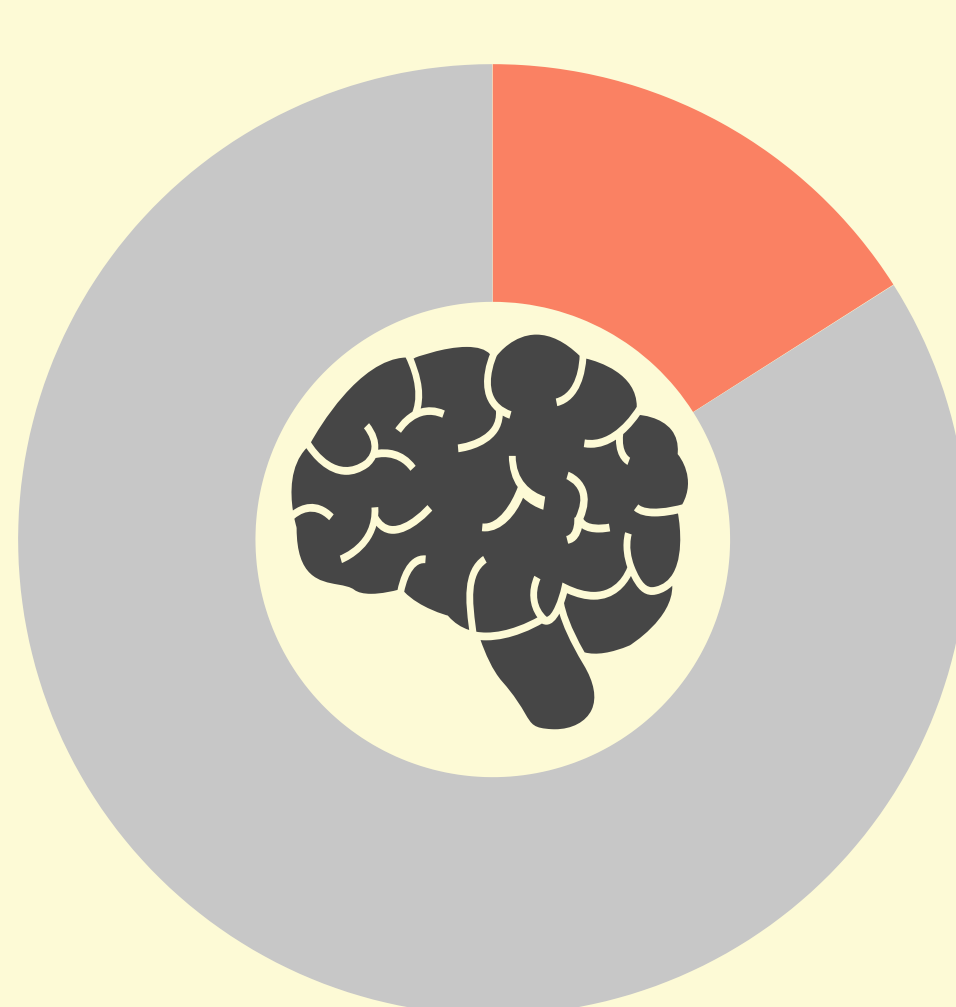
81%

moderate to high social support 4 months postpartum



86%

neuroticism*



16%

maternal separation anxiety at 1 year



25%

* 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 interred with daily tasks:

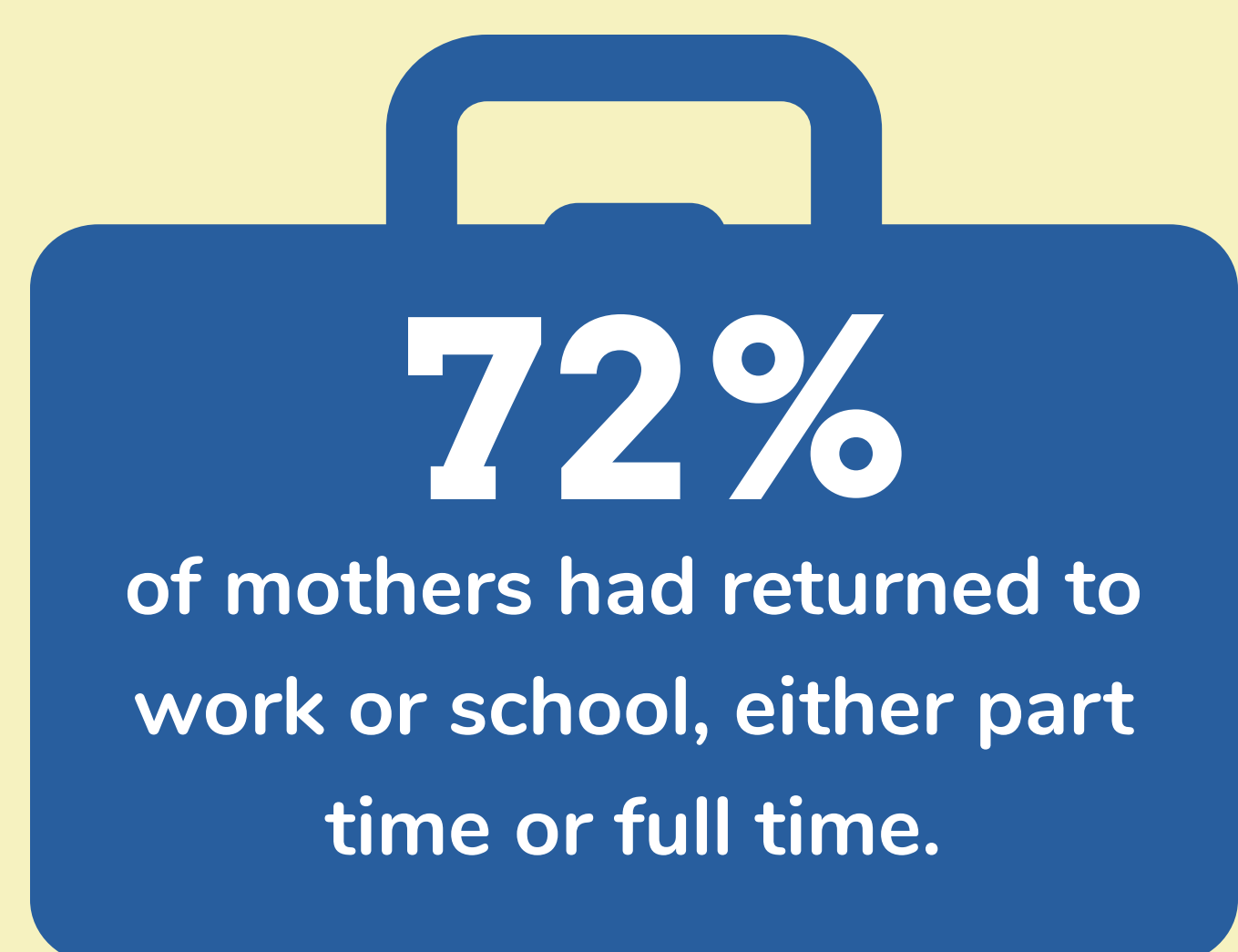


52%
back pain



17%
urinary incontinence

By two years post-delivery:



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

† Day home or childcare centre

20%

of mothers experienced separation anxiety.

38%

of children are in a childcare setting such as a childcare centre or day home for at least 10 hours a week.

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.

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Learn more about us here: allourfamiliesstudy.com

