# Parental Resilience

Parental Resilience *outcomes or indicators* include those related to parents and caregivers developing skills for managing both crisis and the everyday challenges of family life, addressing the physical, emotional and cognitive impacts of stress, and developing skills in daily family life management and economic self-sufficiency.

## Parental Resilience Related to *Formal and Informal Sources of Support*

Programs from the FRIENDS' Program Directory* with components that promote outcomes or indicators in this sub-domain are: Early Head Start, Nurse Family Partnership, Infant Health and Development, Parents As Teachers, Dare to Be You, Healthy Families America, Healthy Families New York, Infant Health and Development, Nurturing Parenting Program, Project SafeCare, Reaching Educators, Children, and Parents (RECAP), Creating Lasting Family Connections, 1-2-3 Magic: Effective Discipline for Children.

| Short-term | Intermediate / Long-term |
|---|---|
| **Outcome**<br>Participants know the importance of having a mutual support network.<br>**Indicators**<br>• Participants know how they can benefit from a support network of friends, family and neighbors.<br>• Participants know their personal needs for support.<br>• Participants know their limits on the help/time they can give to others in their support networks.<br>• Participants know when support from family, friends and neighbors becomes dependence. | **Outcome**<br>Participants have a mutual support network of friends, family and neighbors they use for support and assistance as needed.<br>**Indicators**<br>• Participants ask reliable, safe and appropriate friends, family members and neighbors for support and assistance when they need it.<br>• Participants set reasonable limits on the help/time they can give to others in their support networks.<br>• Participants develop plans to meet their family's needs without outside assistance when they have the capacity to do so in order to not become overly dependent on the help of others. |
| **Outcome**<br>Participants know how to access formal support systems in the community.<br>**Indicators**<br>• Participants know family needs that can best be met through community organizations or agencies.<br>• Participants know the array of services available to them in the community.<br>• Participants know the support they can receive from religious or secular organizations.<br>• Participants know their capacity to meet their families' needs independently. | **Outcome**<br>Participants access formal support systems in their communities as needed.<br>**Indicators**<br>• Participants contact the agencies that are most likely to help them meet their family's needs.<br>• Participants complete the necessary paperwork and/or interviews necessary to qualify for services.<br>• Participants are affiliated with a religious or secular support group that they turn to for support when needed.<br>• Participants reduce their reliance on formal support systems as they develop capacity to meet their family's needs independently. |

## Parental Resilience Related to *Family Management/Self Sufficiency*

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Programs from the FRIENDS' Program Directory with components that promote outcomes or indicators in this sub-domain are: Creating Lasting Family Connections, Early Head Start, Families and Schools Together, Dare to Be You, Perry Preschool Project, and Project SafeCare.

## Short-term

### Outcome

Participants know how to manage family life to promote self-sufficiency and stability.

### Indicators

- Participants know how to find quality child care.
- Participants know how to access adult education and jobs preparation services as needed.
- Participants know how to effectively search for employment with livable wages.
- Participants know how to develop and manage a household budget.
- Participants know comparison shopping.
- Participants know how to obtain safe, affordable housing.
- Participants know where they can access emergency clothing, food, medications and shelter in emergency situations.

## Intermediate / Long-term

### Outcome

Participants manage family life to promote self-sufficiency and stability.

### Indicators

- Participants access high-quality, reliable child care as needed.
- Participants access education and jobs preparation services as needed.
- Participants who are able and needing work conduct employment searches.
- Participants who are able, needing work and/or looking for a better job, obtain and maintain employment with a living wage.
- Participants develop and manage a household budget.
- Participants comparatively shop for food, services and household goods to stay within budgets.
- Participants access emergency clothing, food, medications and shelter in emergency situations as needed.
- Participants obtain safe and affordable housing.

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## Parental Resilience Related to *Health and Safety*

Programs from the FRIENDS' Program Directory* with components that promote outcomes or indicators in this sub-domain are: Carolina Abecedarian Project , Early Head Start, Healthy Families America, Healthy Families New York, Infant Health and Development , Nurse Family Partnership, Perry Preschool Project, Project SafeCare.

| Short-term | Intermediate / Long-term |
|---|---|
| **Outcome**<br>Participants understand how to care for their health & well-being.<br>**Indicators**<br>• Participants know the need to regularly associate with other adults.<br>• Participants identify healthy activities they enjoy.<br>• Participants identify their personal needs for health and safety. | **Outcome**<br>Participants take care of their personal needs for health & well-being.<br>**Indicators**<br>• Participants associate with other adults regularly.<br>• Participants have adequate rest, exercise and nutrition.<br>• Participants find time for healthy activities they enjoy. |
| **Outcome**<br>Participants understand the components of a healthy diet and exercise program for their families.<br>**Indicators**<br>• Participants know foods and portions that are appropriate to their children's needs.<br>• Participants know how to read food labels.<br>• Participants know healthy snacks for themselves and their children.<br>• Participants know how to access WIC, food stamps, food banks, and other nutrition programs. | **Outcome**<br>Participants and their families follow a healthy diet and exercise program.<br>**Indicators**<br>• Participants engage in games and activities that provide appropriate exercise for themselves and their families.<br>• Participants serve appropriate foods and portions.<br>• Participants read food labels prior to making food purchases.<br>• Participants make healthy snacks available for their family.<br>• Participants access nutrition programs as needed (such as WIC). |
| **Outcome**<br>Participants know how to meet children's health & safety needs.<br>**Indicators**<br>• Participants know healthy hygiene standards.<br>• Participants know when to schedule routine medical examinations and immunizations.<br>• Participants know how and where to secure a "medical home" for their children.<br>• Participants know when it is appropriate to seek medical care for their children.<br>• Participants identify how to select appropriate caregivers. | **Outcome**<br>Participants meet their children's health and safety needs.<br>**Indicators**<br>• Participants maintain a healthy standard of hygiene for their infants and children.<br>• Participants obtain routine medical examinations (including well-baby visits) and immunizations.<br>• Participants have secured a "medical home" for their children.<br>• Participants received appropriate medical care for their children.<br>Participants select appropriate caregivers for their children. |

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## Parental Resilience Related to *Domestic Violence*

Programs from the FRIENDS' Program Directory* with components that promote outcomes or indicators in this sub-domain are: Creating Lasting Family Connections, Dare to Be You, Families and Schools Together, Get Real About Violence , Guiding Good Choices, Helping the Noncompliant Child, Olweus / Bullying Prevention Program, Parenting Wisely, Strengthening Families, Success in Stages.

| Short-term | Intermediate / Long-term |
|---|---|
| **Outcome**<br>Participants understand the dynamics of domestic violence.<br>**Indicators**<br>• Participants know what domestic violence is.<br>• Participants know domestic violence laws.<br>• Participants identify the effects of domestic violence on children. | **Outcome**<br>Participants create a violence-free household.<br>**Indicators**<br>• Any member of the participants' household who has perpetrated or experienced domestic violence receives appropriate treatment.<br>• No family member experience or witnesses domestic violence. |
| **Outcome**<br>Participants know the community resources available to help with domestic violence issues.<br>**Indicators**<br>• Participants know public and private agencies that can provide help with domestic violence issues.<br>• Participants know the services each agency provides as it relates to domestic violence.<br>• Participants identify friends and family who can offer support. | **Outcome**<br>Participants access help in the community for help with issues related to domestic violence.<br>**Indicators**<br>• Participants receive appropriate legal, counseling, shelter, or other support services from community agencies as needed.<br>• Participants' children who have been exposed to domestic violence receive appropriate treatment services.<br>• Participants receive support from friends and family. |

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## Parental Resilience Related to *Stress and Anger Management*

Programs from the FRIENDS' Program Directory* with components that promote outcomes or indicators in this sub-domain are: Creating Lasting Family Connections¸ Bullying Prevention Program, Nurturing Parenting Program, Guiding Good Choices, Project SafeCare, Reaching Educators, Children, and Parents (RECAP),

| Short-term | Intermediate / Long-term |
|---|---|
| **Outcome**<br>Participants know when their emotions interfere with parenting.<br>**Indicators**<br>• Participants identify when they are experiencing anxiety, exhaustion, anger, depression, or other stressors.<br>• Participants know how anxiety, exhaustion, depression, anger, and other stressors can affect their parenting.<br>• Participants know where to get help when they are experiencing debilitating stressors. | **Outcome**<br>Participants access help when their stress interferes with parenting.<br>**Indicators**<br>• Participants use community resources (respite programs, anger management classes, mental health counseling, etc.) for help when they are experiencing debilitating stress.<br>• Participants receive help and support from safe, reliable friends and family members when they experience debilitating stress. |
| **Outcome**<br>Participants know pro-social and non-violent methods of stress and anger management.<br>**Indicators**<br>• Participants know how to share their feelings and concerns in productive ways.<br>• Participants know how family lifestyle choices can mediate or increase stress and/or anger.<br>• Participants know the "hot buttons" that trigger their anger.<br>• Participants know how to effectively and assertively solve problems without aggression or violence. | **Outcome**<br>Participants practice pro-social methods of stress and anger management.<br>**Indicators**<br>• Participants share their feelings and concerns in productive ways.<br>• When participants recognize signs that indicate they are losing control of their emotions, they practice effective and healthy methods of relaxation.<br>• Participants assertively and non-violently protect themselves and their family if they are threatened with violence.<br>• Participants use healthy methods to reduce stress and/or anger.<br>• Participants communicate with others without aggression.<br>• Participants solve problems with others effectively and assertively. |

(Continued)

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## Parental Resilience Related to *Safe Homes and Communities*

Programs from the FRIENDS' Program Directory* with components that promote outcomes or indicators in this sub-domain are: Early Head Start, Nurse Family Partnership, Healthy Families New York, Healthy Families America, Parents As Teachers, Creating Lasting Family Connections, Project SafeCare, Triple P - Positive Parenting Program.

| Short-term | Intermediate / Long-term |
|---|---|
| **Outcome**<br>Participants know how to create safe home environments.<br>**Indicators**<br>• Participants know the conditions that create a child-safe home.<br>• Participants know the materials and supplies needed to have a child-safe home and where to get them.<br>• Participants know household hazards.<br>• Participants have a list of emergency numbers. | **Outcome**<br>Participants have a safe home environment.<br>**Indicators**<br>• Participants access and install materials and supplies needed to have a child-safe home.<br>• Participants remove household hazards (including outside hazards) that jeopardize child safety.<br>• Participants post or have ready access to a list of emergency numbers. |
| **Outcome**<br>Participants know how to protect children from risks in the community.<br>**Indicators**<br>• Participants know community risk factors.<br>• Participants know appropriate supervision.<br>• Participants know how to screen child care providers. | **Outcome**<br>Participants protect their children from risks in the community.<br>**Indicators**<br>• Participants ensure that their children are in a safe environment when in the care of others.<br>• Participants supervise their children according to the developmental needs of the children. |

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## Parental Resilience Related to *Substance Abuse and Dependency*

Programs from the FRIENDS' Program Directory* with components that promote outcomes or indicators in this sub-domain are: Creating Lasting Family Connections, Olweus / Bullying Prevention Program, Guiding Good Choices, Healthy Families America, Nurse Family Partnership, Project SafeCare, Reaching Educators, Children, and Parents (RECAP), Schools and Families Educating Children (SAFE Children).

### Short-term

**Outcome**

Participants understand the effects of substance abuse on the family.

**Indicators**

- Participants know the effects of substance dependency and abuse on health and relationships.
- Participants know the effects on the developing infant when exposed to drugs and alcohol.
- Participants know what codependence is and its relationship to substance abuse/dependency.
- Participants know the signs of substance abuse/dependency in themselves and their family members.

**Outcome**

Participants know how to access help when they or any of their family members are affected by substance abuse/dependency.

**Indicators**

- Participants know which resources are available in their communities for dealing with substance abuse/dependency problems.
- Participants know how to access resources in their communities for dealing with substance abuse/dependency problems.

Participants know friends and family who support them in recovery.

### Intermediate / Long-term

**Outcome**

Participants access and receive appropriate treatment when their family is affected by substance abuse/dependency.

**Indicators**

- Participants who are dependent on or who abuse substances enroll in an appropriate in-patient or out-patient program.
- Family members, including children and youth, who are dependent on or who abuse substances enroll in an appropriate in-patient or out-patient treatment program.
- Participants contact friends and family for support in dealing with issues related to substance abuse/dependency.

**Outcome**

Participants and/or family members adjust their lifestyles to support sobriety.

**Indicators**

- Participants and/or family members who are dependent on or who abuse substances adhere to treatment plans.
- Participants and/or family members who have been dependent on or who have abused substances remain clean and sober.
- Family members support the efforts of one another to maintain a home free of substance-abuse.

Family members do not enable one another to resume substance abuse.

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## Parental Resilience Related to *Parent Leadership and Involvement in Prevention*

No programs listed on the FRIENDS Program Directory* are related to this sub-domain.

### Short-term

**Outcome**

Parents are prepared to assume a leadership role in developing and implementing program policies and activities.

**Indicators**

- Parents report feeling welcome to participate on boards and committees.
- Parents know how to meaningfully participate on boards and committees.
- Parents report feeling confident enough to contribute ideas to boards and committees.
- Parents know how to volunteer to participate on boards and committees.
- Parents demonstrate an understanding that childcare, transportation, and work leave issues will affect levels of board and committee involvement.

**Outcome**

Parents are prepared to enter into mentoring relationships with other parents, agency staff, board members, policymakers, or funders.

**Indicators**

- Parents identify personal boundaries they should establish/maintain in order to participate in a mentoring relationship.
- Parents identify opportunities to develop mentoring relationships with other parents, agency staff, board members, policy makers or funders.
- Parents express interest in mentoring other parents (and/or staff).

### Intermediate / Long-term

**Outcome**

Parents assume an active role in developing and implementing program policies and activities.

**Indicators**

- Parents have resources and supports in place to participate on boards and committees.
- Parents serve on advisory boards and committees, such as boards of directors, curriculum development, and evaluation committees, etc.
- Parents attend organization-wide trainings, and conferences.
- Parents make suggestions for program services/activities.
- Parents design and implement program activities in partnership with program staff.
- Parents advocate for community support of the program via outreach, legislative advocacy, or public awareness.

**Outcome**

Parents develop mentoring relationships with parents, agency staff, board members, policymakers, or funders.

**Indicators**

- Parents mentor new staff.
- Parents mentor new program participants.
- Parents help facilitate other mentoring relationships between parents and other parents, agency staff, board members, policymakers, or funders.

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## Parental Resilience Related to *Parenting Children with Special Needs*

There are no programs in the FRIENDS' Program Directory that are designed exclusively for Parenting Children with Special Needs. However, the following programs have components that address some of the outcomes and indicators in this domain: Carolina Abecedarian Project, Early Head Start, Healthy Families America, Healthy Families New York, Helping the Noncompliant Child, Infant Health and Development, Nurse Family Partnership, Parent Child Interaction Therapy, Parents As Teachers, Perry Preschool Project, Project SafeCare, Reaching Educators, Children, and Parents (RECAP), Schools and Families Educating Children (SAFE Children Triple P - Positive Parenting Program.

### Outcome

Participants with children with special needs are aware of community resources and supports available to them.

### Indicators

- Participants can list where to go in the community for assessment and evaluation.
- Participants know special education and other resources for which their child may qualify.
- Participants know where to access appropriate physical, occupational, or mental health therapy.
- Participants know how to participate effectively In IEP, IFSP or treatment planning meetings.
- Participants know where and how to access low-cost medications or any adaptive equipment their child needs.

### Outcome

Participants advocate for their children with special needs.

### Indicators

- Participants ensure that their child with special needs is receiving appropriate physical, occupational, or social emotional therapy.
- Participants attend IEP Meetings and effectively advocate for their child's educational needs.
- Participants meet with teachers routinely to ensure that their child is benefiting from the educational services provided.
- Participants ensure that their child has access to the adaptive equipment appropriate to the child's needs.
- Participants participate in treatment planning and / or clinical meetings with medical, mental health or other professionals who responsible for providing care for their child with special needs.

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## Parental Resilience Related to Parenting *Children with Challenging Behaviors*

Programs from the FRIENDS' Program Directory* with components that promote outcomes or indicators in this sub-domain are: Get Real About Violence ,Guiding Good Choices, Helping the Noncompliant Child, Olweus / Bullying Prevention Program, Parenting Wisely, Reaching Educators, Children, and Parents (RECAP), Strengthening Families, Success in Stages, Triple P - Positive Parenting Program.

### Short-term

**Outcome**

Participants understand the dynamics of their child's behaviors.

**Indicators**

- Participants recognize their children's positive attributes.
- Participants accurately describe behaviors targeted for intervention including frequency, duration, and intensity.
- Participants accurately describe the settings in which the targeted behaviors most often occur.

### Intermediate / Long-term

**Outcome**

Participants practice appropriate and effective strategies for mediating their children's challenging behaviors.

**Indicators**

- Participants structure environments to facilitate positive behavior.
- Participants practice appropriate and effective methods for encouraging their children's positive behaviors.
- Participants practice appropriate, effective and non-abusive methods of reducing their children's negative behaviors.

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## Parental Resilience Related to *Teen Parenting*

There are no programs in the FRIENDS' Program Directory that are designed exclusively for teen parenting, However, the following programs have components that promote outcomes or indicators in this sub-domain are: Carolina Abecedarian Project, Early Head Start, Families and Schools Together, Healthy Families America, Healthy Families New York, Infant Health and Development, Nurse Family Partnership, Nurturing Parenting Program.

| Short-term | Intermediate / Long-term |
|---|---|
| **Outcome**<br>Participants are prepared to complete their secondary education.<br>**Indicators**<br>• Participants have made childcare arrangements with appropriate caregivers (including back-up caregivers).<br>• Participants enroll in high school or GED preparation classes.<br>• Participants know how to access assistance from family, community, or school (such as tutors and homework support hotlines) to ensure passing grades for completion of school work.<br>• Participants are confident that they will be able to complete their high school education.<br>• Participants develop a schedule that ensures they can attend school while still meeting their children's needs. | **Outcome**<br>Participants complete their secondary education.<br>**Indicators**<br>• Participants attend school daily when they and their children are in good health, and they have caregivers for the provision of safe childcare.<br>• Participants access assistance from family, community, or school (such as tutors and homework support hotlines) for study support as needed.<br>• Participants complete homework on time.<br>• Participants graduate from high school or obtain GED certification. |
| **Outcome**<br>Participants are prepared to begin a postsecondary education.<br>**Indicators**<br>• Participants know the benefits of a postsecondary education.<br>• Participants complete the high school courses necessary to prepare themselves for secondary education.<br>• Participants identify their academic interests and strengths.<br>• Participants develop a realistic plan for financing postsecondary education.<br>• Participants apply to postsecondary education institutions. | **Outcome**<br>Participants begin their postsecondary education.<br>**Indicators**<br>Participants are accepted into a postsecondary educational institution.<br>Participants have the resources needed to pay for school and to provide for themselves and their child.<br>• Participants enroll in a postsecondary education institution. |

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## Parental Resilience Related to *Fatherhood*

There are no programs in the FRIENDS Programs from the FRIENDS' Program Directory that are designed exclusively for Fathers.

| Short-term | Intermediate / Long-term |
|---|---|
| **Outcome**<br>Fathers know how to participate positively in their children's lives.<br>**Indicators**<br>• Fathers know how to assist children in feeding, bathing, diapering and other custodial duties.<br>• Fathers know the importance of being involved in their children's education.<br>• Fathers know age appropriate play and recreational activities they can do with their children. | **Outcome**<br>Fathers participate positively in their children's lives.<br>**Indicators**<br>• Fathers assist children in feeding, clothing, bathing, and other custodial duties according to children's needs.<br>• Fathers are involved in their children's education.<br>• Fathers routinely participate in age appropriate play and other recreational activities with their children.<br>• Non-custodial fathers keep all visitation appointments. |
| **Outcome**<br>Fathers know how to work cooperatively with their children's mother to promote a healthy environment for their children.<br>**Indicators**<br>• Fathers know the importance of contributing to the economic support of their families.<br>• Non-custodial fathers know effective and positive communication skills for interacting with their children's mother and negotiating visitation and child support payments.<br>• Non-custodial fathers know effective communication skills with their children's mother.<br>• Fathers know the importance of establishing paternity. | **Outcome**<br>Fathers work cooperatively with their children's mother to promote a healthy environment for their children.<br>**Indicators**<br>• Fathers work cooperatively with their children's mother to establish house rules and expectations for their children.<br>• Fathers contribute to the economic support of their families.<br>• Non-custodial fathers develop parenting-plans and child support payment plans in cooperation with the children's mother and the courts, if applicable.<br>• Non-custodial fathers practice effective communication skills with their children's mother.<br>• Fathers establish paternity when paternity is in doubt. |

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## Parental Resilience Related to *Healthy Marriage*

Programs from the FRIENDS' Program Directory* with components that promote outcomes or indicators in this sub-domain are: Creating Lasting Family Connections.

### Short-term

**Outcome**

Couples understand the basis of a healthy marriage or relationship and how it relates to parenting.

**Indicators**

- Couples know elements that make-up a healthy marriage/relationship.
- Individuals in the relationship know the need for each to have their own separate interests and activities.
- Couples know the behaviors and conditions that undermine healthy marriages/relationships.
- Couples can describe the advantages of a healthy two-parent family for children.
- Couples can describe disadvantages of an unhealthy two-parent family for children.

**Outcome**

Couples know skills and behaviors that support a healthy marriage / relationship or other co-parenting relationship.

**Indicators**

- Couples know the need for consistent household rules.
- Couples know the need for consistency in their approach to discipline.
- Couples know the need to model respectful problem resolution skills.

### Intermediate / Long-term

**Outcome**

Couples assess the health of their own marriage/relationship and develop strategies for strengthening them.

**Indicators**

- Couples inventory their marriage/relationship and list its strengths and challenges.
- Couples develop a plan for strengthening their marriage/relationship.

**Outcome**

Couples practice skills and behaviors that support a healthy marriage /relationship.

**Indicators**

- Couples agree on a set of household rules.
- Couples support each other's efforts to maintain household rules.
- Couples practice a consistent, positive approach to discipline.
- Couples resolve conflicts respectfully.

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## *Parental Resilience Related to Prenatal Care*

Programs from the FRIENDS' Program Directory* with components that promote outcomes or indicators in this sub-domain are: Healthy Families America, Healthy Families New York, Infant Health and Development, Nurse Family Partnership, Project SafeCare.

### Short-term

**Outcome**

Participants understand what supplies and support systems need to be in place when they bring their babies home.

**Indicators**

- Participants know what appropriate sleeping arrangements for an infant are.
- Participants identify appropriate foods for infants.
- Participants know the importance of immunizations.
- Participants know nutritional and medical programs that can provide free or low-cost services for themselves or their babies (WIC, Health Department, etc.).
- Participants identify the types and quantities of clothing, bedding, and diapering supplies needed for infants.
- Participants identify their personal needs for rest and self-care.

**Outcome**

Participants understand postnatal depression.

**Indicators**

- Participants know symptoms of depression.
- Participants know the effects postnatal depression can have on the entire family.
- Participants know where to get help (mental health, etc.) if they develop postnatal depression symptoms.

### Intermediate / Long-term

**Outcome**

Participants have the necessary supplies, feeding plans, and support systems in place when they bring their babies home.

**Indicators**

- Participants have appropriate sleeping arrangements for infants.
- Participants breast-feed or feed infants an appropriate formula.
- Participants schedule immunizations for their infants.
- Participants access nutritional and medical programs that can provide free or low-cost services for themselves or their babies (WIC, Health Department, etc.) as needed.
- Participants arrange for friends and/or family members to provide occasional respite so that the participants can take care of their personal needs for rest and other self-care.

**Outcome**

Participants who experience postnatal depression receive appropriate treatment.

**Indicators**

- Participants with symptoms of postnatal depression identify them.
- Participants with symptoms of postnatal depression receive appropriate treatment.

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