

Other considerations

Get more training for your practice about cultural customs and preferences.

- Review the References section.
- Understand the cultural stigma of postpartum depression. Increase awareness and identification of behavioral health signs and symptoms.
- Provide information on available behavioral health resources.

References

- Eberhard-Gran, Malin, Garthus-Niegel, Susan, Garthus-Niegel, Kristian, and Eskild, Anne. *Postnatal care: a cross-cultural and historical perspective*. Archives of Women's Mental Health. Dec2010, Vol. 13 Issue 6, p459-466. 8p.
- Lisa Johnson Waugh (2011). *Beliefs Associated with Mexican Immigrant Families' Practices of La Cuarentena Postpartum Recovery*. JOGNN.
- www.mothermag.com/postpartum-care-traditions/.
- www.ncbi.nlm.nih.gov/pubmed/7633342.
- Journal of Pregnancy (2014). *Use of postpartum care: predictors and barriers*.
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