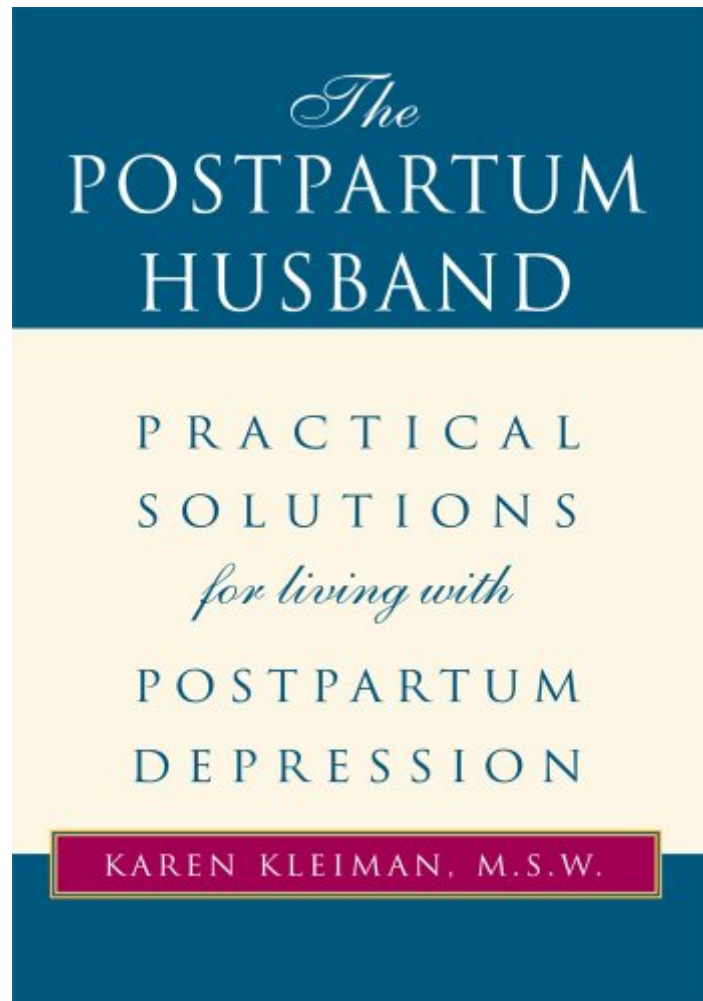


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# The Postpartum Husband : Practical Solutions For Living With Postpartum Depression



## Synopsis

For too many families, the postpartum period brings unexpected pain and devastation when depression entered the picture. The anticipated joy and pleasure of parenthood is replaced with feelings of fear, sadness, anger, confusion and resentment. Research has shown that supportive relationships during postpartum depression treatment is associated with a reduction in depressive symptoms. When partners have the right information, they will not only gain a better understanding of the illness and its impact, they will also feel better themselves. Furthermore, we know that this understanding and capacity for support is directly related to his wife's sense of well being and control. In my first book, *This Isn't What I Expected: Overcoming Postpartum Depression* (Bantam, 1994), we included a chapter for husbands, which turned out to be an invaluable resource for the partners of women suffering from PPD. After receiving feedback from the families I treat, I was shown that husbands needed support and information that is distinct from what their wives were seeking. *The Postpartum Husband* offers that information with its handy reference-style format and addresses specific questions that may arise throughout the course of the illness. As the husband feels more in control of the situation and his wife feels understood and cared for, symptoms improve and recovery is augmented.

## Book Information

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## Customer Reviews

I recommend this book to all husbands, partners and family members of women suffering from postpartum depression. I am a clinician specializing in treatment of prenatal and postpartum mood disorders. This book is succinct and to the point. It is written in bullet points and brief paragraphs that give specific and clear information. Chapters include topics such as Understanding PPD, Misconceptions about depression, What she might be feeling and what you can do about it, What NOT to say, and more. Important sections cover topics such as coping, what you (the husband) might be feeling, medications, and recovery. It's amazing Kleiman could get so much information into this book. So often the husbands and families are confused about how to understand this problem and be helpful. Anyone who reads this book will feel supported. Pec Indman Ed.D., MFT author of *Beyond the Blues, A Guide to Understanding and Treating Prenatal and Postpartum Depression*

This book is written entirely in bullet points and one-page "chapters" consisting of more white space than text. If it were subtitled "Positive Affirmations," rather than "Practical Solutions," I would not object. But I would also not have been misled into buying it. The author has an informative website that I would endorse, and the content of the book is appropriate in that format. It would make a good give-away pamphlet to families in treatment. As someone who truly is looking for practical solutions, however, I was disappointed that *Postpartum Husband* does not delve much deeper than, "Be patient and supportive." And despite the title, the book gives surprisingly minimal attention to what a postpartum husband might do to take care of his own well-being while patiently supporting his emotionally struggling wife and fulfilling all of his other family and work obligations. The book promises more than it delivers, which is unfortunate because there is a real need for advice directed to the practical-minded husband.

I bought the ebook since I'm a new dad and experiencing PPD myself. I purchased the book on a recommendation from a men's site where they had this posted as a possible resource. I place blame on the Website for posting this on their resources page, but I also have to put blame on the author/publisher of this book. The book deals more with the husband and how he can be supportive of his wife while she's going through PPD. I'm not against such a book, but it is misleading. Not to

mention the book, as many reviewers have already pointed out, is nothing more than pages upon pages of bullet points. Nothing that goes into real depth. With U.S. society wanting men to step-up and be real fathers, this book adds to my personal frustration of finding any real support in helping men/dads adjust and cope with pregnancy development and fatherhood. How can we expect men to do their job properly when they don't have the resources to begin with?

I got this book in hopes of learning and understanding PPD. Instead I got a book written in bullet points with no real meaningful content. I certainly didn't gain any knowledge or insight that I was looking for.

If you're looking for a quick "check in the box" read, this is it. Very shallow with no complex explanations. Not a single footnote in the entire book. Makes me think it was either written assuming husbands are uneducated or lazy and just want an easy solution. Choose the book because it was one of the few written on the topic but now I realize I'm going to have to do much more detailed research.

This was so helpful for me. Bullet point for my husband. I could highlight things for him and give the even more condensed version of how to support me through PPD. Some editing mistakes but overall a great resource.

I bought this book for my husband. He was experiencing essentially a male version of PPD. He agreed to read on the subject, only to find out it was not even useful for his situation. We based our buying decision on the reviews and description. It is a well put together information source, but make sure you need one that discusses how men should help women with PPD.

Every PPD husband must use this valuable resource. If you know of any woman walking through PPD, PLEASE give her spouse a copy of this resource so he may understand how traumatic PPD may be on his wife and how he can assist her and ensure only supportive family members and friends help out with caring for her. I wish my husband would have had this resource. What a huge difference it may have made. I am using my PPD Journey to help with other mothers walking through this extremely challenging journey by being a PP Doula in hopes of saving other marriages.

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