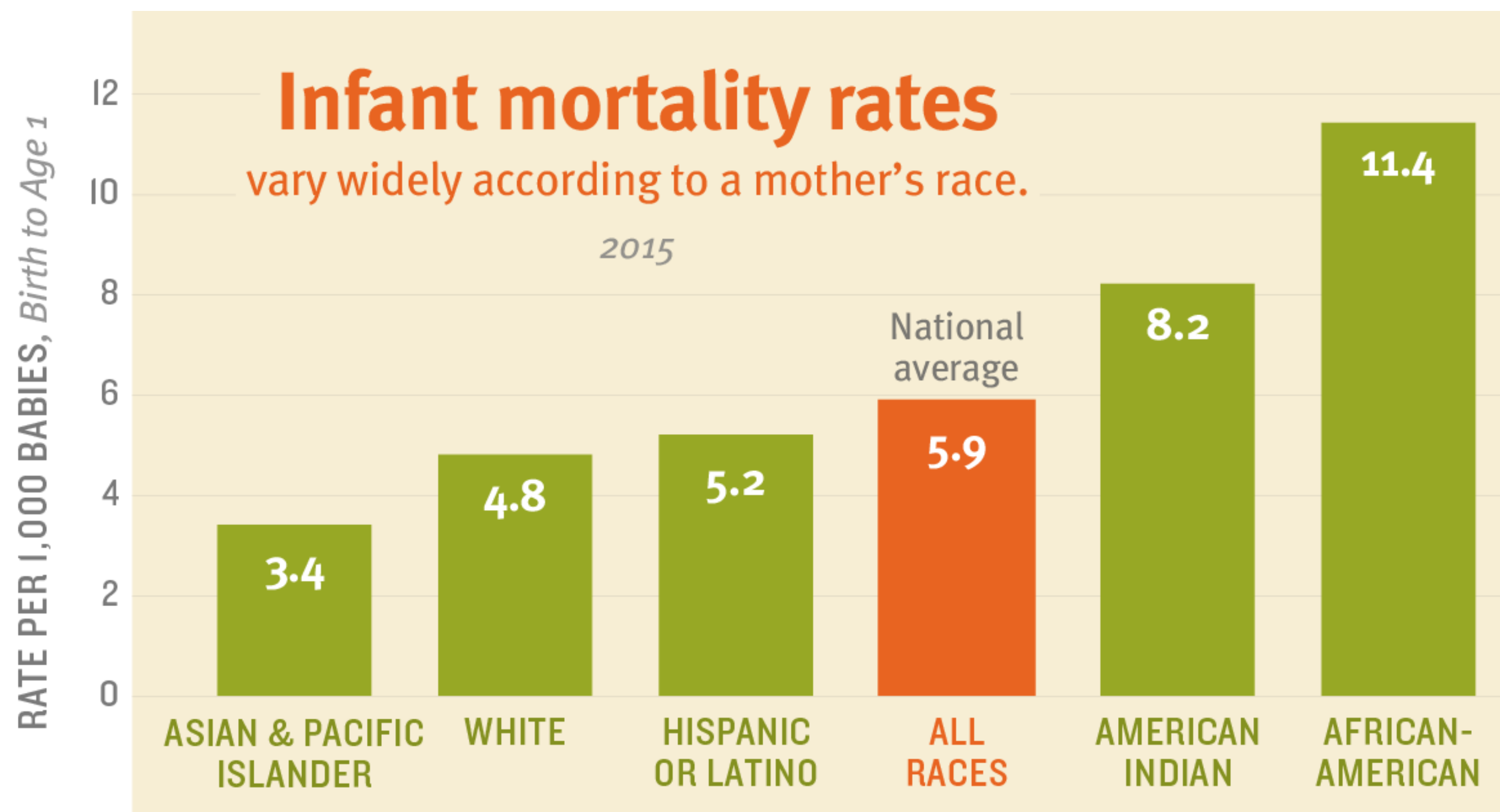


What?



PPD occurs nationally in 10% of births, with 11.7% of North Carolina women reporting depressive symptoms during the postpartum period.



Infant mortality is one of the top public health concerns for Pitt County [4]. A significant disparity exists between White Non-Hispanic and African American Non-Hispanic infant deaths.



ACKNOWLEDGEMENTS

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Teaching practical skills and launching a support group for postpartum women decreases levels of stress in the 4th trimester.

So What?

The confidence and skill set gained through the Infant CPR class will not only ease the anxiety of the fourth trimester by teaching a lifesaving skill but will also contribute to the reduction of Pitt County infant mortality rates.

Virtual Support Group Benefits:

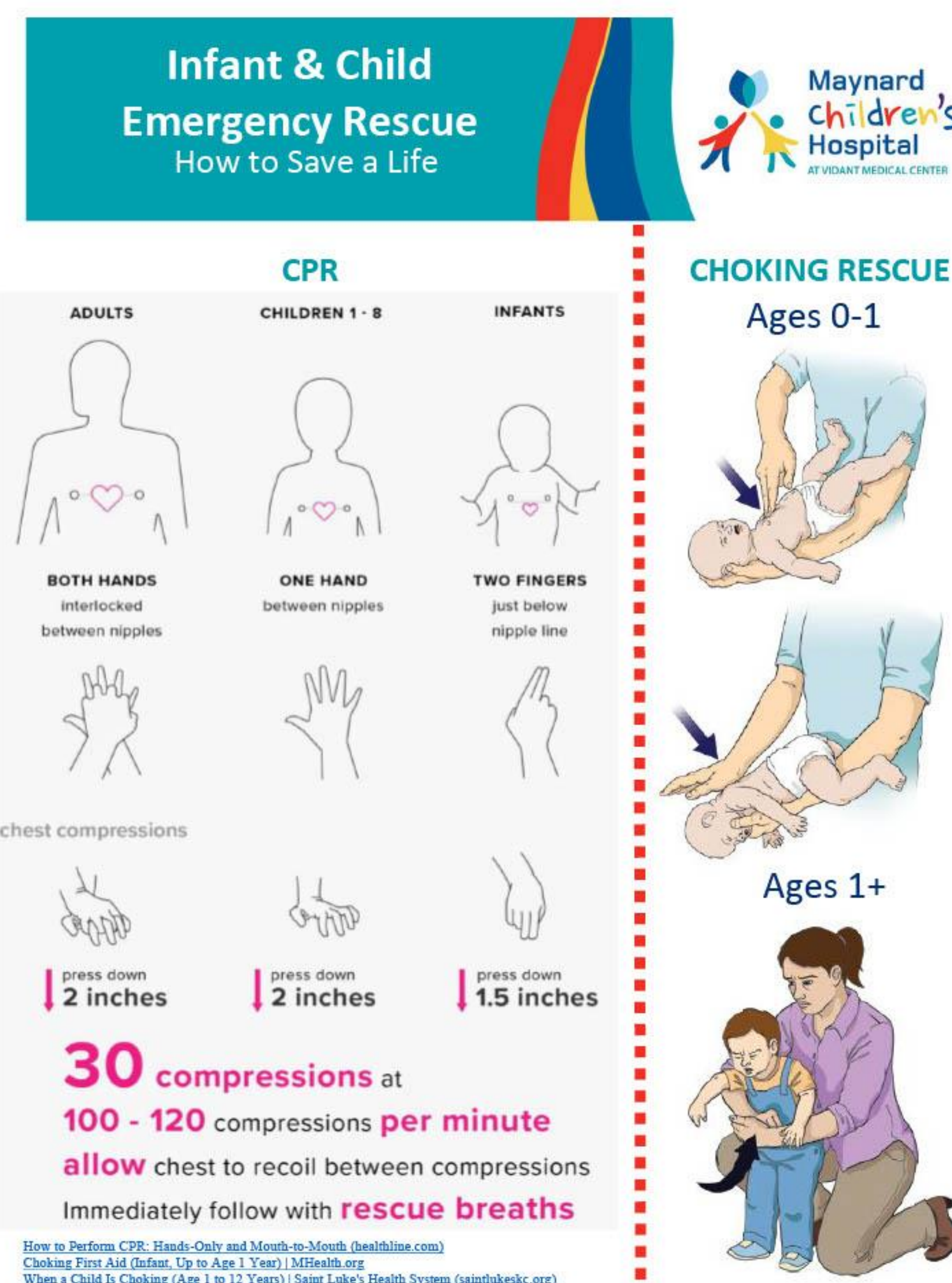
- immediately accessible group
- co-counseling within group
- gaining comfort seeking help
- safe open space for communication
- safe social interactions during the COVID-19 pandemic

Now What?

Infant and Child CPR and Choking Rescue

Virtual Postpartum Support Group

Postpartum Stressor Scale & Edinburgh Depression Screen



Infant & Child Emergency Rescue
How to Save a Life

Maynard Children's Hospital
at VIDANT MEDICAL CENTER

CPR

ADULTS	CHILDREN 1 - 8	INFANTS
BOTH HANDS interlocked between nipples	ONE HAND between nipples	TWO FINGERS just below nipple line
chest compressions		
press down 2 inches	press down 2 inches	press down 1.5 inches

30 compressions at **100 - 120 compressions per minute** allow chest to recoil between compressions. Immediately follow with **rescue breaths**

CHOKING RESCUE
Ages 0-1

Ages 1+

How to Perform CPR - Hands-Only and Mouth-to-Mouth (heartline.com)
 Choking First Aid (Infant, Up to Age 1 Year) | Mouth-to-Mouth
 When a Child Is Choking (Age 1 to 12 Years) | Saint Luke's Health System (stluks.org)

