

# Career to Cradle Syndrome

The Silent Threat to Our Mums  
and Children

# Career to Cradle Syndrome



9/3/09

Dynamic Excellence Coaching

# Career to Cradle Syndrome

## Aims

- To create awareness of Career to Cradle syndrome
- To identify the effects of moving from successful career to parenting – on women, partners, children
- To identify the hidden risks
- To provide the skills and tools necessary to empower these women

# Career to Cradle Syndrome



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## Post natal depression

- 15% of women effected
- Psychosocial, ? Hormonal

# Career to Cradle Syndrome

## Risk factors

- Physiological and emotional stress
- Role and identity changes
- Stress associated with caring for new baby
- Poor social support, particularly emotional
- Lack of practical support
- Anxious personality
- Early discharge
- Traumatic delivery
- Sick baby

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## The Effects of Moving From Successful Career to Parenting

- Women
- Partners
- Children

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## Hidden risks

- Child neglect
- Child abuse
- Self harm
- Relationship breakdown
- Biological changes in baby

# Career to Cradle Syndrome

## Hidden Costs

- Families
- Relationships
- Communities
- Health systems
- Government

# Career to Cradle Syndrome

## What to look for?

- Experiencing "low" moods
- Feeling inadequate and a failure as a mother
- Feeling a sense of hopelessness about the future
- Feeling exhausted, empty, sad or tearful
- Experiencing anxiety or panic
- Fear for the baby and of the baby
- Insomnia, or excessive sleep, nightmares
- Appetite changes, not eating or over-eating
- Inability to cope with a daily routine
- Ideas about suicide

# Career to Cradle Syndrome

## Skills and tools to empower these women

- **Normalise situation and feelings**
- **Communication skills needed by professionals**
- **Acknowledgement**
- **Clarity**
- **Create awareness of symptoms**
- **Support networks**
- **Time out**
- **One step at a time**
- **Gratitude**
- **Letting go**
- **Shortcuts**
- **Healthy lifestyle**

