

Does Breastfeeding Protect Maternal Mental Health? The Role of Oxytocin and Stress



High 5 Webinar with Kathleen Kendall-Tackett



April 16, noon-1:30
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Breastfeeding and depression have a complicated relationship. On one hand, mothers who are depressed are less likely to breastfeed. In fact, depression is a direct threat to breastfeeding.

On the other hand, exclusively breastfeeding mothers are less likely to be depressed. This apparent contradiction disappears once you understand the underlying physiology and the relationship between the stress and oxytocin response systems.

Join us for an informative webinar exploring how the stress and oxytocin systems relate to both maternal mental health and breastfeeding. The role of birth interventions and mother-infant sleep, as well as practical strategies that increase oxytocin, will also be covered.

Kathleen Kendall-Tackett, PhD, IBCLC, FAPA, is a health psychologist and International Board Certified Lactation Consultant, and the Owner and Editor-in-Chief of Praeclarus Press, a small press specializing in women's health. Dr. Kendall-Tackett is Editor-in-Chief of two peer-reviewed journals: *Clinical Lactation* and *Psychological Trauma*. She is Fellow of the American Psychological Association in Health and Trauma Psychology, and a member of the APA's Board for the Advancement of Psychology in the Public Interest. Dr. Kendall-Tackett specializes in women's health research including breastfeeding, depression, trauma, and health psychology, and has won many awards for her work – including the 2017 President's Award for Outstanding Service to the Field of Trauma Psychology from the APA's Division 56. Dr. Kendall-Tackett has authored more than 420 articles or chapters, and 35 books.

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